



# 7 Principles for a Better Life

FOR EVERYONE WHO WANTS TO SUCCEED

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Institute for the People and Changes

## Introduction

These 7 principles do not explain everything, but they are the essence of my answer on the Question,

# What to do and what do I have to change, if I want a better life?

We are humans. I (the author), you and many other, around us. We all want to feel good in our everyday life. The real-life is not simple. It contains many things. Some of them we like, another – don't like, and so many things do not affect our perceptions. I hope you agree with me, that we shall accept this variety in the world and I believe that everyone can perceive, study and understand its surroundings. We also have some power to influence our feelings, thoughts and actions.

You are reading my thoughts, written in this introduction, you are understanding them, judging and some questions are emerging in your mind. Maybe some of them are similar to:

- “What the hell is talking about this guy?”
- “What does he want to sell me?”
- “Should I read it further?”
- ...

I am talking here about you, me, other people and our lives. This pdf article is free of charge. It does not explain all my philosophy but explains a bunch of principles, related to **our abilities to make improvements in our own lives**, and I believe they are among the most important.

If you like this, if you wish to learn more, if you wish to become powerful, read about these principles and try to apply them.

## Table of Contents

Introduction .....	1
1. You are not alone .....	3
2. Pay attention to your physical body .....	4
3. Take care for your emotions .....	5
4. Be sociable enough .....	6
5. Be curious and expand your knowledge .....	7
6. Be brave enough and do what you think shall be done .....	8
7. Keep open your eyes, heart and mind .....	10
About the author.....	11
Conclusion.....	12
Bibliography .....	13

## 1. You are not alone

We are social beings, we do not live alone. We live on the Earth. Humanity is divided into various groups: countries, cities, municipalities, companies, neighbourhoods, buildings households etc. Each group consist of two or more people. Usually, they have some common set of features and relationships.

There is some time, every day, when people reside alone and do something alone. However, no one could find his happiness, being alone. *We shall seek for happiness and success diving in miscellaneous relationships with other people:*

- Parents
- Children
- Spouse
- Neighbors
- Friends
- Shopkeepers,
- Cashiers
- Employer
- Colleagues
- Authorities
- ...

These relationships are not as hard as a stone. *Usually, they could be improved*, but sometimes, a relationship is better to be disconnected and as much as possible – forgiven and forgotten.

## 2. Pay attention to your physical body

We are alive while our human body is alive. Every day we are taking care of it. We do this while we breathe, eat, drink and satisfy our hygiene needs. Our body and our brain do assessment continuously and subconsciously of the physical needs of the body. We feel and know when we need more air, food, water, or something other. When we know that our body is ill, we search the help of a physician, i.e. – doctor.

*Take care for your physical body, for your health. Avoid or limit some harmful substances. Take some time for rest and physical exercises every day. You cannot have a good life if your health is bad.*

### 3. Take care for your emotions

Our neural system and our brain continuously and subconsciously perceive and evaluate what happens around us and with us, even within us. Most of this information is filtered, *some of it generates emotions and some arrive at our consciousness*. This is, what we understand about the present situation. Emotions indicate some things that we like or do not like, that we assess as good or bad, positive or negative. They determine our immediate emotional state and reactions. For example:

- |              |            |
|--------------|------------|
| + Friendly   | - Scared   |
| + Thankful   | - Hesitant |
| + Optimistic | - Nervous  |
|              | - Angry    |

We like positive emotional states and aim to be in them. We don't like the negative emotions and we try to avoid them or change them or, in the worst case – to suppress them. Some negative emotions are too strong and their suppression for a short time is fine. Unfortunately, the long suppression of negative emotions accumulates and leads towards depression and anger.

**My advice:** do not suppress your negative feelings too long. Be brave enough to admit that there is a problem, a reason for the negative emotion. Ask yourself appropriate questions to find out the cause for the problem and adequate actions. For example:

- Do I have some negative feelings?
- What are they?
- What is the name of this feeling? How strong is it?
- Since when?
- What is the reason for this feeling?
- What is the problem?
- Why did this happen?
- What should I do?
- When?

*Find some solutions and do what you feel is right, to solve your problems. The better you deal with your problems, the happier you will be.*

#### 4. Be sociable enough

You are not alone. You have a family, friends, boss, colleagues, partners, clients etc. and every day you communicate with these and other people. Some people are introverts and another are extroverts. The last are not afraid to communicate and they love to communicate with other people.

I believe you cannot have a successful life if you fail with the communication.

Yes, everything new that we try is a little scary, but... there is only one way to overcome your fear from talking:

- Answer yourself, what do you want to talk about?
- With whom?
- Why?

*Answer these questions, push your fear aside, contact the person, and talk. The more you practice communication, the better you will become.*

## 5. Be curious and expand your knowledge

It is well known that "One learns while one is alive".

Because the more you know, the better you understand what is happening - around you, with you and with your things.

We also use our knowledge to predict what might happen, as well as to make plans. For us, as well as for other people and activities that are under our influence.

There is a special category of knowledge - BELIEFS. We comply with them because someone once explained to us that they are true. We simply accept them as such and comply with them. This usually turns out to be correct. However, most beliefs have no scientific evidence and may be right for some situations and wrong for others.

Development and new successes, in addition to acquiring new knowledge, are often accompanied by correcting beliefs or even denying them and replacing them with new ones.

## 6. Be brave enough and do what you think shall be done

You may know Newton's second law, which relates the acceleration of a body to the force acting on it (*acceleration = force / mass*). Usually, this force is resultant, i.e. it is the sum of several forces. In engineering, it is usually a matter of one driving force and several resistance forces that determine the movement (*force = driving force - resisting forces*).

This law is also true for other areas, but the terms used are different. For example, in the economy, revenue is the driving force, costs are the resistance, and the difference between them is profit. The last determines how fast the company expands or melts.

When a person does something, he always needs to invest labor and / or some material resources to get what he wants. Each of our actions causes a small change in the world around us, and often in us. For example - eating satisfies hunger. Reading this text brings new ideas or confirms the truth of already known ideas. When you buy a book, you give some money and receive the contents of the book, recorded on paper or other media.

Most of the actions that a person does are done by inertia, i.e. he knows what to do in the situation and he just does it. For example - while the traffic light is red - he waits, and when it is green - he passes.

Development and success, however, cannot happen without the acquisition of new knowledge and the testing of new actions. These new actions are usually related to changes taking place in our environment and the need to adapt to these changes. For example, yesterday, my Facebook Messenger app was updated and the "Create Stories" button was replaced with a "Room" button. I had to find another way to create a story because *I wanted to continue being able to create stories. I thought, looked at the screen, and tried a few "buttons."* In less than a minute, I already knew that there was still a way to create stories via Facebook Messenger. *If I didn't dare to try out what happens after touching different places on the screen, I wouldn't know what the possible way of making stories is still available.*

Newton's law is also applicable in psychology. When we think about those things that happen in the mind and soul. Every desire to do something is accompanied by fears that it will not happen or will happen in a wrong way. The fear is greater when it comes to something new and unknown. There is *a chance for a desire to become a solution and an action when the desire itself is stronger than the fear that stops it.*

Those people, who know how to strengthen their desires enough and reduce their fears enough, are brave. In this way, they reach decisions, actions and achievements.

## 7. Keep open your eyes, heart and mind

This principle is strongly related to others. With the statement

### **Keep OPEN your eyes, heart and mind**

I want to emphasize how important it is observe what is happening to us and around us purposefully and with interest, because:

- We are not alone, we live in reality and together with other people
- We need to take care of ourselves
- We need to be interested in our own condition, in the way we feel
- We communicate with other people on a daily basis
- The world is constantly changing and we need to know its current state so that we can think and react adequately
- We must control the results of our actions.

## About the author

Rumen Krastev lives in Sofia, Bulgaria.

More than 30 years he has interests in a few areas: Engineering, Material properties, Mechanics, Personal development, Success in Life and Business endeavours. He works as a researcher at the *Institute of Mechanics – Bulgarian Academy of Sciences*.

In 2017 he founded *Institute for the People and Changes* (In-PC) to help people make positive changes in their lives. Its activity is carried out with the help of the website [www.in-pc.org](http://www.in-pc.org).

He is the author of a digital course of 24 lessons, in which he explains his understanding of Personal development and success in life. This course is in Bulgarian.

In August 2020 he decided to expand this business endeavour by starting to offer similar materials on the topic - personal development and success in life, but - created by other authors and in English.

A new Facebook page was built, [www.facebook.com/peopleandchanges](http://www.facebook.com/peopleandchanges) which is designed to promote the new goal: people who speak English, who are interested in techniques for better personal development and success in life, and are ready to do something for their development, for their achievements in life.

## Conclusion

This e-book contains a short description of 7 ideas that take place in the mentioned course. These are not all principles in this area, but they are amongst the most important.

You can help yourself to improve the way you live, to make a positive change in your life *if you study them, if you believe in them and if you apply them.*

I know that most people will not study them carefully, they will think that this is nonsense and they will not invest enough effort to change their mind and life. So a pity.

However I know that there are people who will see and understand the power of these principles, they will overcome their fears and excuses, and will begin to apply them, for new achievements and better life. I hope you are one of them.

If you have recommendations and questions, contact me:

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