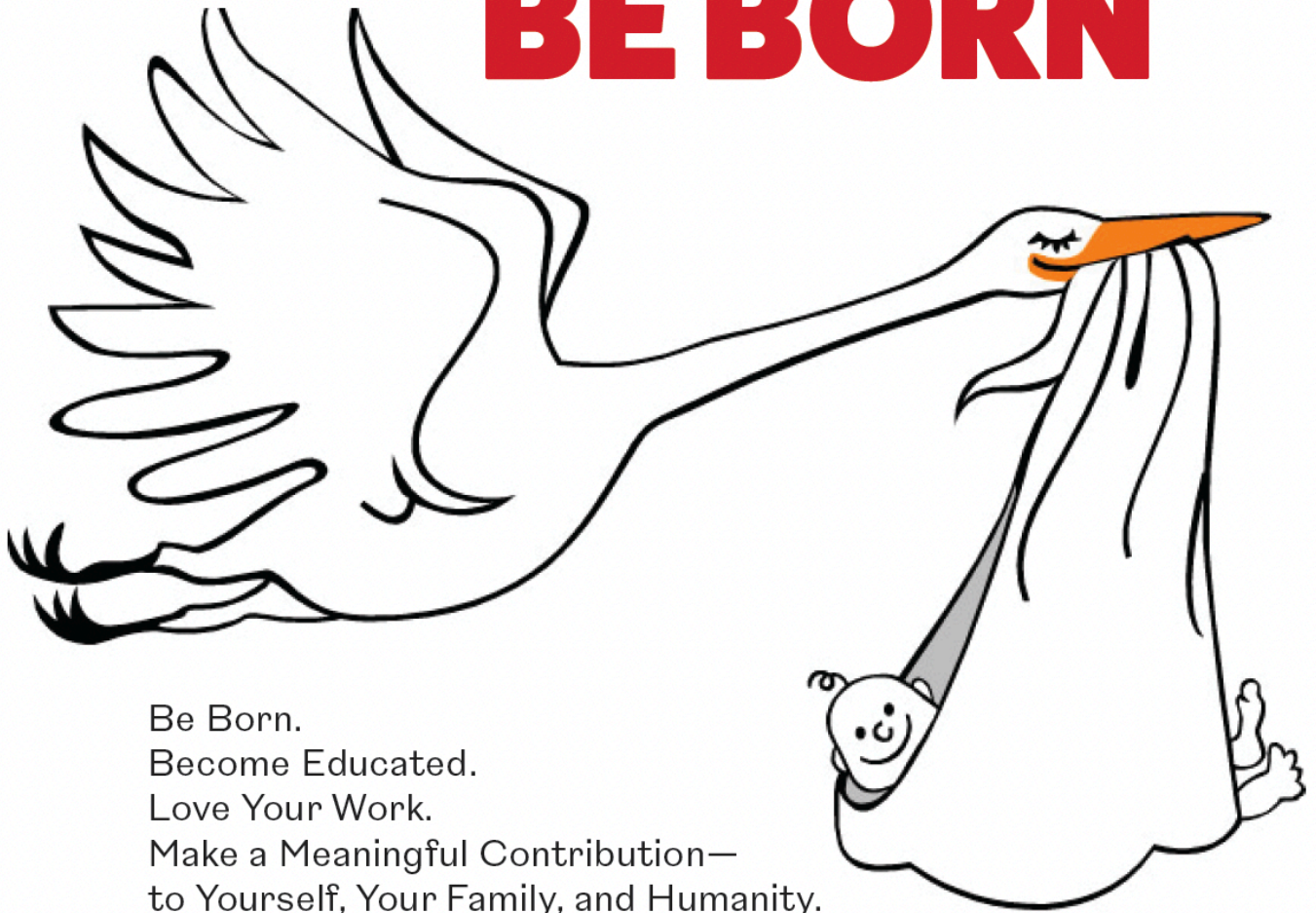


BE BORN



Be Born.
Become Educated.
Love Your Work.
Make a Meaningful Contribution—
to Yourself, Your Family, and Humanity.
Be a True Friend to Yourself First.
Have Sex with Someone You Love.
Make Love with Complete Abandon.
Enjoy Unconditional Love from Your Devoted Pet.
Make Time to Read the Funnies and Laugh.
Save Enough Money to Visit the Popular,
Pretty, and Peaceful Places of the World.
Read Great Literature, Listen to Great Music,
See Great Art, Watch the Great Movies,
Play the Fun Sports, and Dance till Dawn.
Taste the Great Culinary Delights of the World—
Eat Slowly, Enjoy Every Bite, and Stay in Shape.
Plan One Great Adventure and Stick to the Plan.
Grow Old and Wise.
Leave Your Money to Someone
You Love—Who Loves You Back.
Die in Your Sleep.

—Sharon Esther Lampert