

# Life Book

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# Intro to Life

This is a bit of the lessons I have learned and I wanted to share them so others can benefit.

If you know better, do inform me so I can update these presentations.

I intend to learn my whole life.

# Some ideas

There are many videos on youtube which give advice on how to be successful financially.

One of the things which they propose is to reduce the family time to prioritize financial stability.

This made me think that there are better ideas and I wanted to share those.

# Marriage

One idea is that getting married early, having kids, continuing the education along with the job and the business all at the same time between the ages of 20 to 25 teaches you time management.

So you do not have to give up on the idea because of the suggestions to do just one thing at a time. Just be sure you are ready to manage the pressure and keep at it.

# Pressure and health

If I had learned that pressure is your friend, then some things would be a LOT different.

I slowed down a lot of things at age 25 thinking taking too much pressure is not a good thing.

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

# Pressure and health

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case.

Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

# Pressure and health

This ted talk is important to learn from. It teaches that stress can be used to make us prepare for the tough challenges ahead.

However stress effects health only if you think that stress is bad.

Stress does not effect health badly if you think that stress is preparing you for challenges.

Many people need to learn this because the media has propagated some useless incorrect info about stress and health over the last 20 years.



# Education and Jobs

To get a job during the time I was doing masters, I told the company that they shall not feel any interference from my studies.

So I got the job. The point is to be able to manage and multitask quitely. Don't make it a big deal that you are doing something or something else.

After all you are doing something ELSE for yourself and not for those you are doing SOMETHING important for.

# Jobs vs Business

You can do a business even if you are doing a job. Due to lack of experience, it is better to learn while having basic expenses paid for.

You shall be more relaxed.

What I learned from having multiple jobs and thinking of them as being a part of my “business” is that I was able to negotiate better for higher hourly rates.

# Jobs vs Business

Others (normals) keep one job until they lose. Then they spend a few months on marketing and selling to get another one.

Business people are always “investing” their time even if there is pandemic or a recession. We business people develop products and services during the slow times.

# Jobs vs Business

As a kid I used to wonder why people complain about higher prices and inflation. And somehow the shop keeper does not complain.

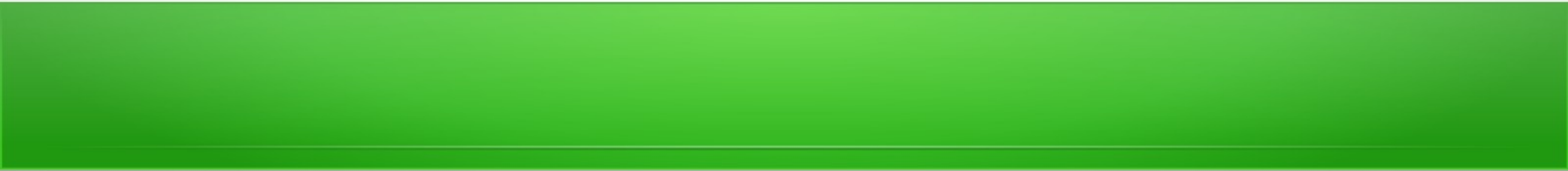
This is something I call floating. Like a currency can be pegged or floating.

# Profits vs salary

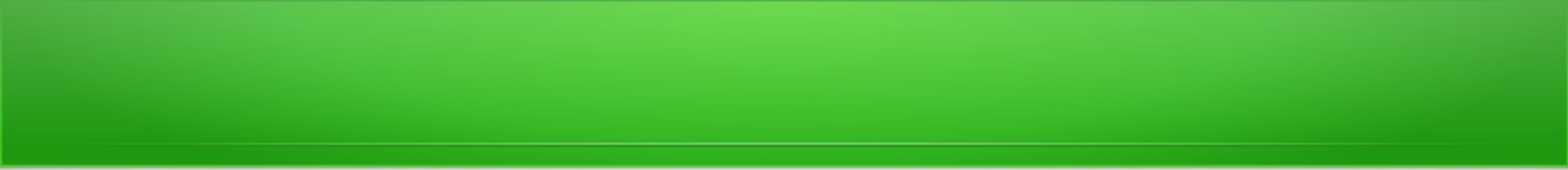
Inflation is a tax on the poorest people who can only get a job.

When the currency value is dropped, the salary does not increase as much.

However the grocery store business person just floats between the cost of purchase and adds the 5% retail profit and provides the increased new sale price.







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