

TI Defenses Against High-Power Microwave (HPM) Directed Energy

Below are some techniques that I have found helpful. Stop doing any of these techniques if they make you feel worse. Be careful when using them and take good care of yourself. If any of these techniques, to any extent and for any period of time, relieve your pain, then they are useful. May you find peace and an end to your suffering.

List of Defenses Against Nose/Breathing Attacks

Of all the things that the perpetrators can do to you with high-powered microwaves (HPM), the worst thing in my opinion is to impair your breathing, to suffocate you. To do so they will try to attack your nose in time with your breathing (that is, they will try to suffocate you or shoot you in the nose while you are trying to breathe in).

The following tips are for defending yourself from such attacks.

Defenses While Driving

1. *The Hand Visor*: One of the best defenses is the *hand visor*. Just make a visor shape out of one of your hands, holding it against your forehead about where a visor on a hat would be. Yes, it looks funny to others (as many defenses do), but which would you rather be, funny-looking or suffocated? From time to time you may feel, if you remain vigilant, a “pre-attack” beam, which feels like a sort of slight tingling on your face/nose that comes before the main suffocating blast. When you feel this, sort of lower your hand like you're lowering the visor, bringing your hand more closely above your eyes. This will stop the oncoming blast.
2. *The Nose Grab*: The hand-visor defense is very useful and will stop almost all nose attacks made while you are moving (either in a car or on foot) except for the most determined. To stop the very very worst attacks, do the *nose grab*: just grab your whole nose with your whole hand, covering as much of your nose as you can (but leaving room for air to go in and out). You may need to extend a finger along the side of your nose that is closest to your side window. (If you drive on the left, grab with your left hand and extend your left index finger along the left side of your nose; if you drive on the right, grab with your right hand and extend your right finger along the right side of your nose.)
3. *The Under-Finger*: The hand visor and nose grab are excellent defenses while driving but require a bit of effort. For those you may wish to support your elbow on a pillow. A different technique is the *under-finger*: Just put a finger under your nostrils, close but so close you can't breathe. The hot exhaust from your nostrils will hit your finger and make it a little harder for the perpetrators to see the exhaust and thereby target your breathing. This will not stop the most determined attacks, but for less intense attacks it is very convenient and also doesn't attract as much attention as the other defenses do.

You can do some variations on the *under-finger* by using two fingers underneath your nose instead of one (say, your index and middle finger together), or by bending the fingers slightly and also by getting a knuckle or two involved.

4. *Window/vents/fan*: Air moving across your face can help obscure your exhalation a little bit. Sometimes the car's ventilation/fan system can be helpful, especially in hotter weather; but the most helpful air circulation comes from opening your car windows all the way and letting the air blow free. The downside of this is that all this air in your face is often uncomfortable, and while this technique does obscure a bit, it does not obscure completely.

Defenses While Not Driving or Walking, but Awake

Protecting yourself while you are not moving is much more difficult than when you are moving (in a car or on foot) because a moving target is more difficult to attack accurately. For all of these defenses, try to get to a ground floor; otherwise, they may shoot you from below. These defenses are designed to protect you from above, while you are stationary. Try these defenses:

1. *The face cover*: Sit in a sturdy chair and bend your head down so your nose is pointing at your lap. Cover your face with *both hands*, taking care to completely cover both your nose *and eyes*. It's important to cover the eyes because a very common trick of the perps is to shoot your nose with a beam that comes very close to the *orbital bones* of your eyes. You must cover the eyes in order to defend the nose. Also, you may get more protection by bending your head over your knees, making your head more and more parallel with your knees, and if necessary putting your head on or between your knees. Remember that while *covering* your nose and eyes completely, including the sides (corner edges) of the nose, do not press so tight that no air may go in and out. You still must be able to breathe, of course. You want to cover as tightly as possible while leaving just enough space underneath for air to go in and come out. In essence, what you are doing is preventing the perpetrators from "seeing" the heat in your nose, eyes, and air exhaust by "blocking" those traces with your hands and head.

2. *The preacher*: This defense can be used against the most dire, vicious attacks. As far as I can recall the perpetrators have *never* breached this defense when I performed it properly. You need only a flat, level area of ground and a flat, normal, vertical wall. The ground should be carpeted for comfort, but in an emergency it need not be.

Sit close "on your knees" (that is, with your knees under your legs) close enough to the wall that you may put your head against the wall and close to the ground. The effect is sort of like you are praying, when someone sort of "prostrates" themselves before a statue, kneeling and bringing their hands and head close to the ground. Keep the top of your head against the wall and your nose pointing down towards the ground, with your nose just barely above the ground. Bring your hands around the sides of your nose with the tops of your fingers covering your eyes. For maximum protection in the most extreme cases, bend your head inward (with the top of your head still touching the wall) so that your nose points toward your knees, still covering nose and eyes with hands. Such an inward position is far from comfortable but makes it very difficult for the perpetrators to see your "air exhaust".

3. *The elbow*: Sit at a table. Put your crossed arms on the table. Lay your head on your arm that is "on top" with your nose and eyes tightly in the crook (inside corner) of your elbow, and with your nose resting on the fist of the arm that is "below". This defense is not absolutely impenetrable but it's really good and most of all relatively comfortable.

4. *Redirection*: You redirect your airflow. This takes effort but is highly effective. You will not be able to do it forever, only for short periods of time, but it provides a needed respite for 3-5

minutes or longer. You will find that the more you practice this, the longer the period of time for which you can do it. Practice makes perfect.

The idea here is that they can only shoot what they can see. They are “visualizing” the exhaust from your nostrils. Divert this exhaust and they will shoot the wrong place. A easy form of redirection is to simply breathe in your nose and out your mouth. This will stop light to medium intensity attacks, but with the side effect that they will be attacking your mouth and jaw area, which will unfortunately begin to spasm, and extremely high intensity attacks will rattle your jaw and head and be very uncomfortable and even suffocate you still a bit, as the “fallout beam” of the HPM is still intense and close enough to your nose. (In a directed-energy weapon like HPM there is the “central beam” or inner part of the beam that is of the highest intensity and very very narrow in diameter, as narrow as the head of a pin or narrower; and there is also the “fallout beam” or large radius beam that, while not as intense as the central beam, can still be powerful and do damage. While being attacked intensely, I have at times “noticed” the fallout beam causing bystanders within up to a *20-foot radius* to start to sneeze. That's powerful.)

More advanced redirection involves “bending your mouth” to redirect your exhaled breath out the *corner* of your mouth and to the side of your head. This does take some practice, but once you perfect this there is very little they can do about it. If they shoot at what they see, they simply end up attacking the wrong location. They could hazard a guess about where your mouth or nose actually are but this is a guess and a very dangerous game for them indeed, as they may end up “hitting” someone else unintentionally. At any rate, it is very difficult for them to attack you effectively while you are doing this. On the downside, it requires substantial conscious effort, and you will find that you can only do it for 10-15 minutes tops (and that's with practice), but it's often well worth the respite it provides.

Another version of redirection is to breath out your mouth but with your tongue in the center of your mouth (making turbulence) or even with your tongue hanging out your mouth. This looks silly but which would you rather be, silly looking or suffocated?

5. Hand blocking: Simply move your hand or arm in from of your exhaled airflow while you breathe out. For example, you breathe in normally, and then just as you exhale you move your hand in front of your nose, with the exhaled air hitting your hand. Then drop your hand to your side until the next exhalation. The downside is it requires enough energy to move your hand and arm, but often this is more convenient than other defenses.

6. The Dodge: How in the hell do you dodge a weapon whose output moves nearly at the speed of light? The answer is, *you don't*. You dodge the *operator* of the weapon.

Weapons don't fire themselves. Between the time that an operator visualizes you, takes aim, and finally pulls the trigger, is a good number of milliseconds. If you learn to move at that time, and to *anticipate* an operator's moves, you can actually “dodge” the beam. What actually happens is *you* are already moving as the operator *commits* his finger to the trigger/button/whatever and by the time it's depressed you're not where you used to be. This is not easy to do, and it's also physically exerting and exhausting, so use this only as a last defense when you have no steel and no other way to stop the nasty suffocation attacks.

When moving (dodging), the most effective movement is *up and down (vertical) movement*. It is not that hard for the operator to retrain the weapon on you when you make moderate

horizontal (left/right) movements, but up/down movements are much harder to compensate for. A quick “dip” downwards can be enough to make a perpetrator (maybe it should be *perpetrator*) miss entirely. Dodging is also useful when you are *not* on the ground floor of a building, as the perpetrators have to worry about the beam missing you and hitting someone else on its way to the ground.

7. *The Glasses Block*: If you already wear glasses, then you can use this defense. If not, you may wish to purchase a non-prescription pair to wear just for this purpose. The main thing is the frame, not the lenses. The frame should have as much metal as possible. Attach the glasses to your head with “Croakies” or “Chubbs” or any other cord made for keeping glasses in place. Adjust the glasses and the cord so that they hang down a bit over your nose, with the metal of the frame blocking a bit of the sides. If you adjust the frame properly, it can obscure what they can see a little bit.

8. *The Bottle Block*: Even drinking from a 700ml-sized bottled water can obscure your exhalation a bit. The bottle and the water in the bottle obscure your exhaled hot air, making it harder for the perpetrators to see your exhalation thus harder to suffocate you. This works best while you are holding the opening of the bottle right up to your lips, and with water in the bottle. It is not as effective when the bottle is empty. By the way, when you do actually drink from a water bottle or other container, cover up your throat with your free hand to prevent the perpetrators from shooting you in the throat as you drink, making you cough and gag.

8. *Electric Fans*: Fans are sometimes helpful, but usually they are corded (not cordless) and it is cumbersome to move and use the fan at the same time. When you are not moving at all, such as when you are sitting in a chair at home, a fan blowing across your face can help a little bit.

7. *The Hot Water Block*: This one gives you the best *obfuscation* (obscuring) of your nose and exhalation heat signature. When you're in the shower, make the water nice and hot (not scalding, of course) and put your face right into the hot water. If the water is hot enough and the pressure is sufficient, the perpetrators won't be able to visualize *anything* useful! It's a total block. This is a nice respite; but of course the downside is you must be in the shower, with your head in the water. If you have the money, I believe that a hot water tank in front of your face while you sleep would also obscure your heat signature; and this even suggests some custom hot-water tank possibilities that could very effectively inhibit the perpetrators' ability to visualize you.

8. *Point Your Head Down*. The perpetrators seem to attack from above, and I have found that simply pointing my head down (looking at the ground, with my nose facing the ground) helps to obscure your nose and exhalation's heat signatures, making it more difficult for them to attack you.

8. *Mix it up*: It is highly recommended to vary your defenses and “mix it up” to make it easier on you and to make things harder for the perpetrators. That's why it's good to have a multitude of defenses in your bag of tricks. Start with a nose grab; then do visor for 3 minutes. Suddenly dip your body toward the ground. Come up but redirect your airflow out a corner of your mouth. And so on.

Defenses While Walking

Many of the stationary-awake and driving defenses work equally well while walking. The *hand visor* is very effective as is the *nose grab*, *face cover*, and *under-finger*. *Redirection* works very well, and you can even do a form of the *elbow* by just wrapping and elbow around your nose and eyes while you are walking. If you don't mind looking quite weird/spasmodic in public, you can even *dodge* a bit. The *glasses block* and *bottle block* are also helpful. You can always *point your head down* as well.

There is one attack that the perpetrators can do while you are walking or stationary that is very hard to defend against: the “sneeze” attack. What they do is to make the HPM central beam as tiny as possible, causing it to be extremely penetrating, at the cost of it not having the impact or power of a normal attack. It will make you sneeze, which is annoying, but it will not suffocate or rattle you like more extreme attacks. Because of this, you do not *have* to defend against a sneeze attack, but because it is annoying, you may wish to do so. I have found only one surefire way, a modified *elbow*: Wrap an elbow around your nose and eyes area with one arm, and with the free hand on the other arm *grab* the remaining lower part of your nose, reaching under the elbowing arm. At times you may actually have to squeeze your nose a bit (for a short period of time while they're attacking) to stop the sneeze.

Defenses While Sleeping

Defenses That Do Not Require Steel

The easiest target of all is one that is asleep, because such a person is both stationary and unable to consciously defend him/herself. These are the most difficult suffocation attacks to fend off. Again, remember to try to be on the ground floor to avoid attacks from below.

I have at times had some success with the *elbow* (described above), falling asleep with my head on top of my arms on top of a table, but this is a far from ideal position to sleep in, and it will not stop the most determined attacks.

There is another position I call the *arm bar*. You can (in fact you must) do the *arm bar* lying down. Lie down on your side, on a comfortable, flat surface close to a wall. Extend your “top arm” completely, like right bar. By top arm, I mean that if you lying on your left side, then the right side of your face faces upwards (toward the sky) and your right arm is on top; if on your right side, your left arm is on top. Extend your top arm completely and rigidly like a straight iron bar and put your arm directly over your upward facing part of your nose and eyes, with the back side of your arm resting against a wall. You may find you need to *stretch and stretch your arm* to get it full extended and rigid to best protect your eyes and nose, and in the most dire circumstances you will find that you unfortunately must actually exert pressure on the top of your eye to prevent nose attacks via your eyes (via the orbital bones or ridges of your eyes).

These are emergency defenses to use when you have no steel. Neither one is ideal for those looking for decent protection *and* decent comfort. To get anywhere close to that, I have found (so far) that only steel works.

Just today I was able to use an *elbow* over the top-facing side of my nose, with my other hand in a fist, supporting the other arm and pushing up the upper arm “flab” into the nose area to provide additional protection; my head was supported by one of those cylindrical pillows. This actually was not too bad comfortwise, but as I only did this for 15 minutes in the morning (albeit successfully, staving off

attacks by obscuring what the perpetrators can see), I cannot vouch that this will really do the trick through a whole evening of sleep.

I have tried using *electric fans*; they are the most helpful when you lie down with your head on a pillow and your nose and face propped up right against the face of the fan, with the fan on max; even so, the airflow will not totally obscure your exhalation, and the position itself is uncomfortable.

General Principles

The perpetrators seem to be attacking from the sky, from an airplane, helicopter or unmanned aerial vehicle (AEV) or some other aircraft. The main reason for this, I believe, is because there is a “fallout cone” from the weapon. They want the output of the weapon to go either into you, or into the ground, and ideally not to have the central or fallout beam come into contact with others. To do this, they need to attack from above, and my experiences seem to validate that they do attack from above.

Because of this, favor low places in general. For example, avoid sleeping on the top of a high hill, because the aircraft can come *much closer to you* that way and thereby do more damage. In general it appears that the perpetrators keep the aircraft within cloud cover to avoid having other people witness the spectacle; and the closer *you* are to the clouds, the worse off you are. Remember that the power of the weapon (of the energy) decreases with the inverse square of the distance between you and the weapon source. In other words, the farther away from their weapon that you are, the less damaging the beam is when it reaches you. Sleeping at the base of a hill/mountain can provide some protection because they must avoid slamming into the hill/mountain with the aircraft. I would guess that if you could somehow get underground, that sleeping underground would be better still; but there are not too many underground structures available to the public.

In general, steel and other *dense* metals will help obscure your heat signature and absorb some of the directed energy that the perpetrators shoot at you. One source of steel that is not particularly risky is to simply sleep in a cargo van, as I do every night. In a cargo van you are surrounded by steel. The steel of the van obscures your heat signature a little, but certainly not totally; nor does it reflect/absorb the energy totally, only a little. Still it is a good start. The downside is that you are sleeping in a van, without the typical comforts of sleeping in a bed in a house. You must deal with issues such as staying warm (thermal clothes, sleeping bag, cap are essential) and going to the bathroom (one solution is a portable toilet, such as what you may buy from an RV store).

Defenses Using Metal

There is some debate about whether using lead is a good idea or not. Certainly lead is talked about in the mainstream media as being a terrible terrible danger, yet it seems to me that this may be at least in part a government hoax, as I have never known any children to go around scraping of paint chips and eating them. The whole “evils of lead-based paint” thing seems to me to probably be more about the government being able to “see” into anyone's house accurately without being inhibited by lead-based paint.

That said, I do not really and truly know the ramifications of using lead as a defense against HPM and in fact I have never used it. It could be truly lethal, or maybe not. It could depend on the thickness of lead you use. Because there is at least the possibility of great danger using lead, I have shied away from it and cannot recommend it.

On the other hand, I have used all sorts of steel, and so that is what I will talk to you about. Steel, even in readily available literature, does not have the dangerous properties of lead, and in my experience is safe to use. I will tell you in a moment what to look for when selecting a steel for protection. But before I do that, **please heed these words of caution.** Using steel (or any metal) for protection while sleeping *always* comes with risk. Let me say that again: **Using steel (or any metal) for protection while sleeping *always* comes with risk.** It is a last resort measure when you are being constantly suffocated, every night, getting no sleep, and risking other serious health consequences.

Here are the risks you must know about be willing to accept.

Steel is heavy. It can crush you. Literally. Set it up the wrong way, sleep under it in the wrong way, and **it can fall on you and kill you.** If you know what you are doing you can mitigate these risks but there is always the risk you could set things up poorly and seriously injure, maim or even kill yourself. Know this going in.

Steel has sharp corners. By default, when you buy the steel it will have sharp corners that can slice and lacerate you. You will need to cover and pad these corners appropriately or risk severely cutting yourself and bleeding all over the place.

I say all this not to scare you but so that you know, and have been fully warned about, what you are getting into when using steel to protect yourself from criminals trying to harm you with directed high-power microwaves (HPM). It should always be a last resort, and you should always choose the *least dangerous and least demanding option that will do enough to protect you.* Steel is a last resort and not to be taken lightly. As part of the learning process for me, I have learned the hard way that steel is sharp and heavy. I have the cuts and scars to prove it; and I have been knocked in the head with a piece of steel on many occasions when I have not been careful. I have not been hit hard enough to cause a concussion, but nevertheless it smarts, and if you are not careful you can easily self-inflict a concussion or worse.

Steel is heavy and even when you properly set it up, you still need sufficient arm and hand strength to move it around. If you are not particularly strong then you will have to get strong or have others available and willing to assist you, which is often impossible. Moving steel around on a daily basis, you will *get* strong and you will also get callouses on your hands. Be prepared.

If you are still interested in steel-based defenses, read on.

Why Steel is Useful

Steel is useful in two ways: (1) In stopping the perpetrators' ability to “see” or visualize your heat signature (a technique I call *obscuring* or *obfuscation*), especially that of your exhalation; and (2) for physically deflecting or absorbing the high-power microwaves themselves. Of the two ways, *obscuring* is the better property, because they really cannot shoot what they cannot see; if they can visualize you, even though steel, they will likely be able to still shoot you to some degree. Coherent, directed HPM can penetrate all but the densest, thickest steel, though good quality steel certainly does attenuate (diminish) the strength of the beam.

Material Choice

You need the densest possible steel you can afford. Density is the key—both to *obscuring* their ability

to see you and to *absorbing* the energy they shoot at you. There are many different types of steel. Avoid *hot roll* steel; it is not nearly dense enough. I personally wasted \$500 on hot roll steel, thinking I could compensate for the lack of density with extra thickness. Impossible! It takes a HUGE amount of thickness to compensate for even the SMALLEST variation in density. It is futile to try. You need **DENSITY**. Do not be afraid to ask for it. Go to your nearest steel supplier and tell them you need their highest-density steel; density is what you chiefly need. Shop around to get the best price. In general, **cold roll** and **stainless** type steels have the highest densities. Stainless usually has the highest density of any steel, and the price is also accordingly more expensive. You need steel **sheets** big enough at least to cover your nose, and often you may want them big enough to cover your torso; more on that later.

By the way, just in case you were thinking of trying it, I have tried aluminum and it was totally useless. So was file cabinet steel. Again, think **DENSITY**: Neither aluminum nor file cabinet steel is dense enough to help you in reasonably manageable thicknesses.

Cold Roll Steel

Cold roll steel may come in a variety of densities and thicknesses; always choose the highest density and largest thickness, which is measured by *gauge*. The lower the gauge, the thicker the material. Do not buy a cold roll sheet with a gauge higher than 16; 16 gauge is the *minimum* density that is useful, and 14 gauge is better still. At 16 gauge you will have to bond several sheets together to be truly useful.

Stainless Steel

Stainless comes in a variety of forms and sizes. Check with your steel supplier and make sure to shop around to get the lowest price. I have often thought that a *custom face mask*, custom shaped to the contours of your nose/face, would be ideal, but as this is an expensive option, I have never been able to explore it. The idea is to have just enough curved to stainless steel to obscure your breathing so that the perpetrators cannot suffocate you. The stainless steel would not sit completely flush and airtight on your face, but rather there would be enough of a gap for air to enter and escape at the sides.

Stainless steel sheet could be used in the same way as cold roll sheet (see below), and to even better effect because it is more dense and thus obscures better.

Welding Steel

Welding steel is a sort of hybrid between hot roll and cold roll, and as such it often has a density that is in between the two. *Welding*, *cold roll* and *stainless* steel can all be useful, but in general *cold roll* and especially *stainless* will protect you more. Again, favor the steel with the greatest *density*.

Steel Preparation

You may wish to cover the steel, at least one side of it, to avoid having your face/ahead right against the cold steel. If you do so, use a *thin* contact paper (available at hardware stores). Do *not* use anything that is thick, because every bit of thickness matters. If you use a thick cardboard on every side of the steel, the perpetrators can “see” through the cardboard *and* shoot through it. Keep coverings thin.

The exception is the corners, which you *must* cover to avoid cutting yourself. Use a heavy-duty duct tape on the corners. If this is not enough, you can put a small amount of cardboard on the corners and *then* cover that with heavy-duty duct tape.

Always wear good-quality gloves when lifting or moving steel to avoid harming your hands. Even with gloves, you will still get callouses. And even with gloves, still use great caution to avoid pinching your fingers between sheets of steel or between steel and concrete.

Steel Setup

Because the perpetrators attack from above, it is most important to have steel directly above your head and to the sides of it, while you sleep. The basic idea is to build some sort of protective structure where your head is surrounded on most sides by steel. You must still leave room for air to enter and exit from such a structure. One thing to keep in mind is that air can travel around corners, but the perpetrators' weapon cannot; it is a *line of sight* weapon. In other words, the “beam” travels in a straight line, not around corners; so your structure can have corners that let air in and out, without opening up “holes” that the perpetrators can visualize and exploit.

I cannot say strongly enough, or enough times, that you must construct your steel “fort”, if you will, with the greatest of care. To support the overhead or side steel, you can use other steel, or concrete blocks, which you can purchase at any home supply store. Use *just enough* steel, and no more, to protect yourself “adequately” from the perpetrators' attacks.

Test any structure you build before putting your head under it. Put your hand on it. Try to wiggle it. Satisfy yourself that the structure will not collapse on your head. You cannot be too careful. If at any time you feel the structure is unsafe, get out from under it as quickly and carefully. If you feel cannot breathe, get out of it. Listen to your body and do what is safe.

Psychological Defenses

You may wonder why “psychological” defenses are even necessary. After all, what can they do to you “psychologically”?

The perpetrators are going to do everything they can do hurt you. They will have their members (who are mere strangers to you) glare at you hatefully, and make menacing gestures at you. (A favorite is the mafia hit sign—a finger laid upon the side of the nose.) They will shine their bright car headlights at you. They will scream things at you from their cars. They honk their car horns at you abruptly and unnecessarily.

A particular psychological trick they like to use is to have their members drive by you with huge American flags draped across their vehicles, very flashy and very much in your face, to try to make you feel that *you* are the traitor, when it is indeed *they* who are the traitors to America and to everything America stands for and is based on.

Those these tricks may all seem like small things, the sheer *number* of people they can mobilize to do this to you, on a daily basis, takes its toll psychologically. You will need to develop the patience of Job.

One trick that I have found helpful is to *ignore everyone*. Don't look at those around you; don't make eye contact. If you don't pay attention to them, they can't hurt you. You cannot be psychologically harmed but what you do *not* perceive. When someone approaches you, look the other way. Learn to “cross focus”: to focus on something far away when some nearby approaches, or to focus on something nearby when someone approaches from far away. True, not everyone out to get your attention is trying

to hurt you, but if there is no harm in keeping to yourself; it is not a personal affront against good people, and it most certainly helps you psychologically against those trying to intimidate and harm you psychologically.

It can be a catharsis to keep a website and post every day. Trust me—they are going to hurt you anyway, either now or later, and upon their whim; you are better off publishing the truth now and letting them do whatever violence they choose to do, then trying to appease them and then looking back years from now, when they're torturing you anyway, and wishing you had spoken out earlier. Fear doing evil, not evildoers; fear the hand of justice, not the hands of the unjust. At any rate, the reason why they are attacking you is probably because you have a conscience; and this is nothing to be ashamed of. You may as well be yourself.

If possible, actually try to “have fun”, at least a little, every day. Most people are unfortunately cowardly and selfish (that's why we had a Holocaust in World War II) and are not going to help you in your endeavors to do what is right, so you may have to be your own best friend. Try to laugh every day. Watch funny movies. Most of all be proud of who you are and that you have a clear conscience at the end of each and every day. You answer to a higher authority—your conscience—and not to a bunch of criminals. Listen to your conscience and you'll have no regrets.

Value quality over quantity. This is as true of the days of your life as it is of your choices in food, clothing, and most things. No one lives forever. What is important is the quality of your life, not the quantity. You cannot live forever, so at least live with honor.

Try to get some exercise every day, no matter how little or how easy or difficult. Exercise improves both your physical health as well as your mental state and mood.

Don't be afraid of dreaming big. It's good to have dreams, even if they never come true. The dream itself is pleasurable. Don't *expect* any dream to come true; but at the same time, don't deprive yourself of the dreaming.