



## ENGLISH



- [no. 1/12] Take into account that great love and great achievements involve great risk.
- [no. 2/12] Follow the three R's:  
respect for self,  
respect for others,  
responsibility for all of your actions.
- [no. 3/12] Spend some time alone every day.
- [no. 4/12] Open your arms to change,  
but don't let go of your values.
- [no. 5/12] Remember that silence  
is sometimes the best answer.
- [no. 6/12] Live a good, honorable life.  
Then when you get older and think back,  
you'll be able to enjoy it a second time.
- [no. 7/12] A loving atmosphere in your home  
is the foundation for your life.
- [no. 8/12] Share your knowledge.  
It's a way to achieve immortality.
- [no. 9/12] Be gentle with the earth.
- [no. 10/12] Once a year, go someplace  
you've never been before.
- [no. 11/12] Remember that the best relationship  
is one in which your love for each other  
exceeds your need for each other.
- [no. 12/12] Approach love and cooking  
with reckless abandon.