

SIMPLICITY AND HAPPINESS GO TOGETHER

Simplicity is the whole secret of wellbeing.
—Peter Matthiessen

Why do we love to complicate our lives and make ourselves miserable?

This is the penetrating question that hits us in every page of this inspiring book.

In this book, you will learn how to create wealth in every area of your life as defined by your values, not as defined by the standards of society.

By taking the steps described herein, you will alter your priorities and start focusing on what is most essential to your happiness. You will transform the way you use money. You will raise the quality of your most intimate relationships to a higher level—because you'll discover that they are the source of your greatest joys.

And as usual, nationally renowned author and speaker Bo Sanchez grabs us with his irresistible humor, his spiritual wisdom, and his genuine warmth. The reader will know at once that the author speaks from experience, as someone who knows the terrain of the land. Like a personal coach, Bo guides, encourages, and leads us as pilgrims in this exciting journey towards our own personal expressions of happy simplicity.

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SIMPLIFY

BO SANCHEZ



SIMPLIFY

And Live the Good Life

How to Be Really Wealthy
in All Areas of Life

Author of the National Bestseller
"You Can Make Your Life Beautiful" (The BOss, Second Collection)

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AND LIVE THE GOOD LIFE

How to Be Really Wealthy
in All Areas of Life

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SIMPLIFY AND LIVE THE GOOD LIFE

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AND LIVE THE GOOD LIFE
Discover a Simple Path to Happiness

ISBN 971-91756-7-2

BO SANCHEZ

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Requests for information should be addressed to:

SHEPHERD'S VOICE Publications

#60 Chicago St., Cubao, Quezon City, Philippines 1109

Tel. No. (632) 411-7874 to 77

Fax No. (632) 727-5615

e-mail: sale@shepherdsvoice.com.ph

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*To the wonderful leaders of my little spiritual family –
you testify to me that God pampers me
with His very best.*

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PREFACE

The older I grow, the more clearly I perceive the dignity and winning beauty of simplicity in thought, conduct and speech: a desire to simplify all that is complicated and to treat everything with the greatest naturalness and clarity.

– Pope John XXIII, Journal of a Soul

My parents breathed simplicity.

Oxygen too, but that's pretty obvious.

Dad was an assistant vice president for a humongous company, yet I didn't "feel" like I was a rich man's kid. Because my parents made it a rule to live below their means. A millionaire's son rode a sleek Benz; I rode our 16-year-old Toyota that sounded more like a drum and bugle band, with its cacophony of bangs, rattles and whams. An heir of the moneyed class was chauffeured to school, but as early as Grade III, I was taking the public jeepney – sitting, standing or swinging from its handrails like a flapping flag.

The wealthy dined on gourmet meals every day. But the culinary highlight of my whole week was when Mom bought Coke for our Sunday lunch – the

only time we tasted the stuff. I'm not kidding.

Rich kids wore outfits from America, England and Paris. I wore clothes from Avenida, Escolta, and Pasay.¹

The mansions of the rich and famous are veritable furniture showcases, complete with 16 Egyptian jars from the Nefertiti era. I learned that one of those monstrous flower vases was equal to the price of our entire house. But naturally, we too, had our own flower vases. If my archaeological knowledge serves me right, they came from the Nescafé era.

Their estates have playrooms with life-size Barbies and Power Rangers. But the way I played with expensive toys was admiring them from the store shelf and using my imagination to the hilt. That way, I owned all the toys in the world.

You'll be shocked by what I'm going to tell you, but through all this, I never recall feeling deprived in any way.

Let me tell you why.

I remember my father coming home every night and we'd go jogging together – around our old car parked in the garage. (Dad says he wasn't vying for the Olympics anyway.) Then I'd sit on his lap and we'd talk about how to solve the problems of the universe. After dinner, we'd read the comic pages together. Tarzan was my favorite, until I reached

¹*Local sites in Manila*

puberty. From then on, it became Jane.

Almost every Saturday afternoon, it was father and son time. We'd walk to the shopping center and Dad would buy me a hotdog. Then we'd walk back home, bringing a little something for Mom, usually a chocolate bar. To add sentimental value to our token, I forced myself to take a few bites from it.

I guess being with Dad and Mom were all that my little boy's heart ever wanted.

And I got it, every single day.

I believe that God chose to write the "map of happiness" on the ordinary parchment of *simplicity* – like a treasure map written on recycled brown paper. Consequently, many people ignore that map, and are attracted instead to the more glossy, loud, shiny maps around. But when they follow these other maps, they end up tired as a dog chasing its own tail.

I have a radical suggestion.

Simplify.

Simplify because you want to discover the depths of your soul.

Simplify because you want to start living *deliberately*.

Simplify because you want to love from an

uncluttered heart.

Remember that simplicity is only the first step of the journey. Holding the treasure map, memorizing it, photocopying it a thousand times and keeping it safe in a vault won't make you claim the gold. You actually need to sail through oceans, climb peaks, cross valleys and explore caves.

Simplicity will point you to where and what and who the gold is in your life.

Once you know your gold, the game has just begun.

Will you *treasure* your gold?

My parents knew their gold: (1) each other, (2) their six children, and (3) their faith. They tried to live uncluttered lives so that they could have time for what was most important.

They didn't busy themselves buying a bigger house, because that would mean working harder to pay the monthly amortization, doing overtime work or taking a second job. Who would then go jogging with little Bo every night? Who would read Tarzan for him? They didn't burden themselves buying a BMW because that would mean laboring and worrying about installment bills. Besides, walking to the shopping center every Saturday afternoon with his son gave my dad his needed exercise, and made little Bo feel special.

One of the delights of my heart was seeing Dad

and Mom in their bedroom at night, after our nightly family prayer. The lights were turned off, and I'd see the silhouette of my father seated on his old chair and mom standing behind him, gently massaging his shoulders. I'd hear them talk about what transpired during their day. Even as a child, I sensed their quiet pleasure at being together. My question today: Could they have done this rich ritual each night and nourished their marriage if they had been busy paying for designer outfits for themselves or their kids, or if they had been worrying about monthly bills for new hi-tech appliances?

I don't think so.

And I've made the choice: I don't want that kind of life either.

It is then my pleasure to take you now through the peaks and valleys of this journey towards happy simplicity.

**I believe that
simplicity is having
the time and space to
embrace what is most
important to you.**