

LIFE'S SIMPLE RULES

- Keep her happy.
- Chew your food.
- Drink more water.
- Don't steal stuff.
- Ferrets aren't pets.
- Check your spelling.
- Always say goodbye.**
- Invest in shoes.
- Don't be creepy.
- Finish your swing.
- Keep your word.
- If late, call.
- Stop shaving naked.
- Say you're sorry.**
- Count to 10.
- Don't hit people.
- Ask more questions.
- Make out more.
- Practice the toast.
- Eat more protein.
- Hit the cutoff.**
- Listen, don't talk.
- Don't get sloppy.
- Make your point.
- Make your bed.
- Tell the truth.
- Do your homework.
- Salt pasta water.**
- Lose the earbuds.
- It's not "ginormous."
- Bring her flowers.
- Consider the source.
- Stop your whining.
- Go all in.
- Use vacation time.**
- Eat more hummus.
- Same for guacomole.
- Think before posting.
- Don't do drugs.
- Take a honeymoon.**
- Clean your tools.
- Facebook isn't real.
- Yelling rarely works.
- Floss every day.
- Hold the door.
- Get up early.
- Start with layups.**

DON'T SLIP AWAY

Find the hosts and everyone you had more than casual words with. Smile. Shake hands. Look at her long enough to remember her eye color. Say her name, followed by, "It was great talking to you about Peru." (Unless you didn't. That was just an example.) Letting a person know she was memorable makes *you* memorable.
Your pithy expert: Carol Kinsey Goman, Ph.D., author of *The Silent Language of Leaders*

KEEP IT SHORT

With eye contact and an even tone say, "I totally screwed up. I'm sorry." Then stop talking. You've owned the problem and your brevity displays respect and sincerity. Rambling makes it about you (bad) and leads to excuses (worse).
Your pithy expert: Carl Alasko, Ph.D., marriage and family therapist and author of *Say This, Not That*

SWALLOW YOUR EGO

Long throws require extra steps and the ball tends to sail. Make the short, sure throw, and do it quickly. Runners will hesitate, teammates will appreciate the trust you've shown, and people will want you on their side. Yes, baseball *is* a metaphor for life.
Your pithy expert: Doug Glanville, retired major league outfielder and ESPN analyst

CURE BLANDNESS

Pasta lacks salt and therefore flavor. Add enough kosher rocks to boiling water so it tastes like the sea. There's now no need to overseason the sauce; you've created a dish called balance.
Your pithy expert: Michael White, chef and co-owner of Marea in New York City.

COME BACK STRONG

Worried about appearances? The company approved it. Just remind your boss who'll cover for you; the boss is now happy. You can relax and come back re-energized.
Your pithy expert: Bob Corliss, CEO of clothing maker Robert Talbott, Inc.

TREASURE ALONE TIME

You'll de-stress and make memories to call up when you re-stress. More important, new couples create things, like bills and babies. The longer you delay a honeymoon, the harder it is to justify, schedule, and enjoy.
Your pithy expert: Paul Hokenmeyer, Ph.D., a New York City marriage and family therapist

ESCHEW THE HOOP

Warm up by honing your release against a wall. *Then* start shooting, working your way out to Treyville.
Your pithy expert: Tommy Amaker, head men's basketball coach, Harvard University



Three Simple Words

The best advice is short, but resonates in many corners of your life. And when three words aren't enough, we offer a few more. Open your ears.

BY STEVE CALECHMAN