

A serene sunset scene with a large yellow number '26' in the upper right. The foreground is filled with tall, dark grasses silhouetted against a sky transitioning from deep blue to a vibrant orange-red near the horizon. The sun is a bright red orb just above the ocean, with its reflection shimmering on the water's surface.

26

The Best Things in Life

There are some things that money can't buy, the best things life has to offer are free and priceless.

A photograph of a white dove standing on a dark, textured surface. A small, dark-furred baby monkey is perched on the dove's back, looking over its shoulder towards the camera. The dove has a red beak and feet. The background is blurred, showing some greenery and a fence.

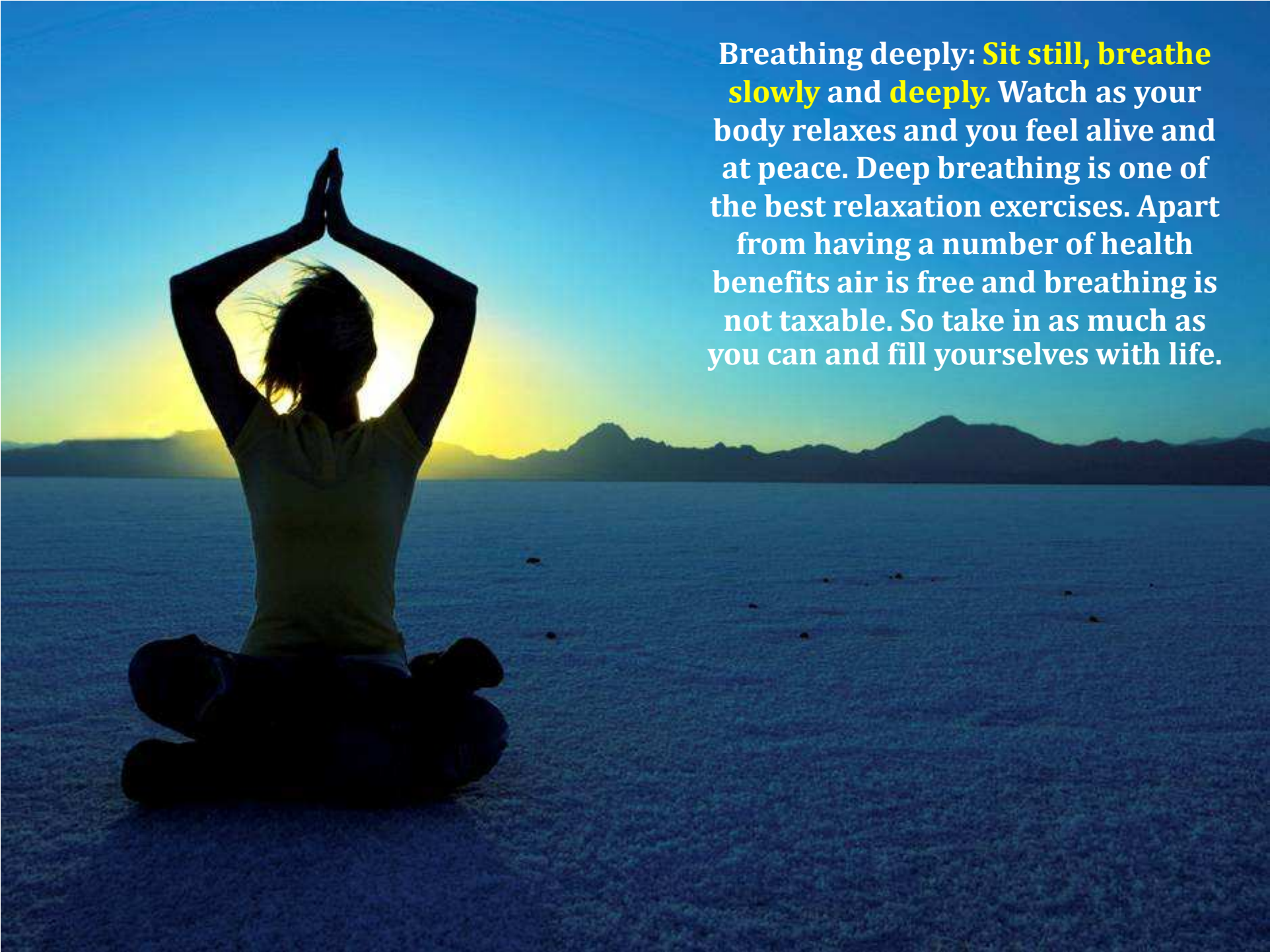
Acceptance: We all crave for acceptance, from our family, our friends and the society in general. Only when you love truly can you accept a person unconditionally. **Love** and **unconditional acceptance** are the two things each one of us wants. More than money, wealth and fame love and acceptance are what everyone looks forward to.

A wide-angle photograph of a rugged mountain range. In the foreground, a person is seen from behind, climbing a steep, rocky hillside covered in sparse vegetation. The middle ground shows a deep valley with a winding river and patches of green grass. The background features more mountain peaks, some with snow, under a cloudy sky.

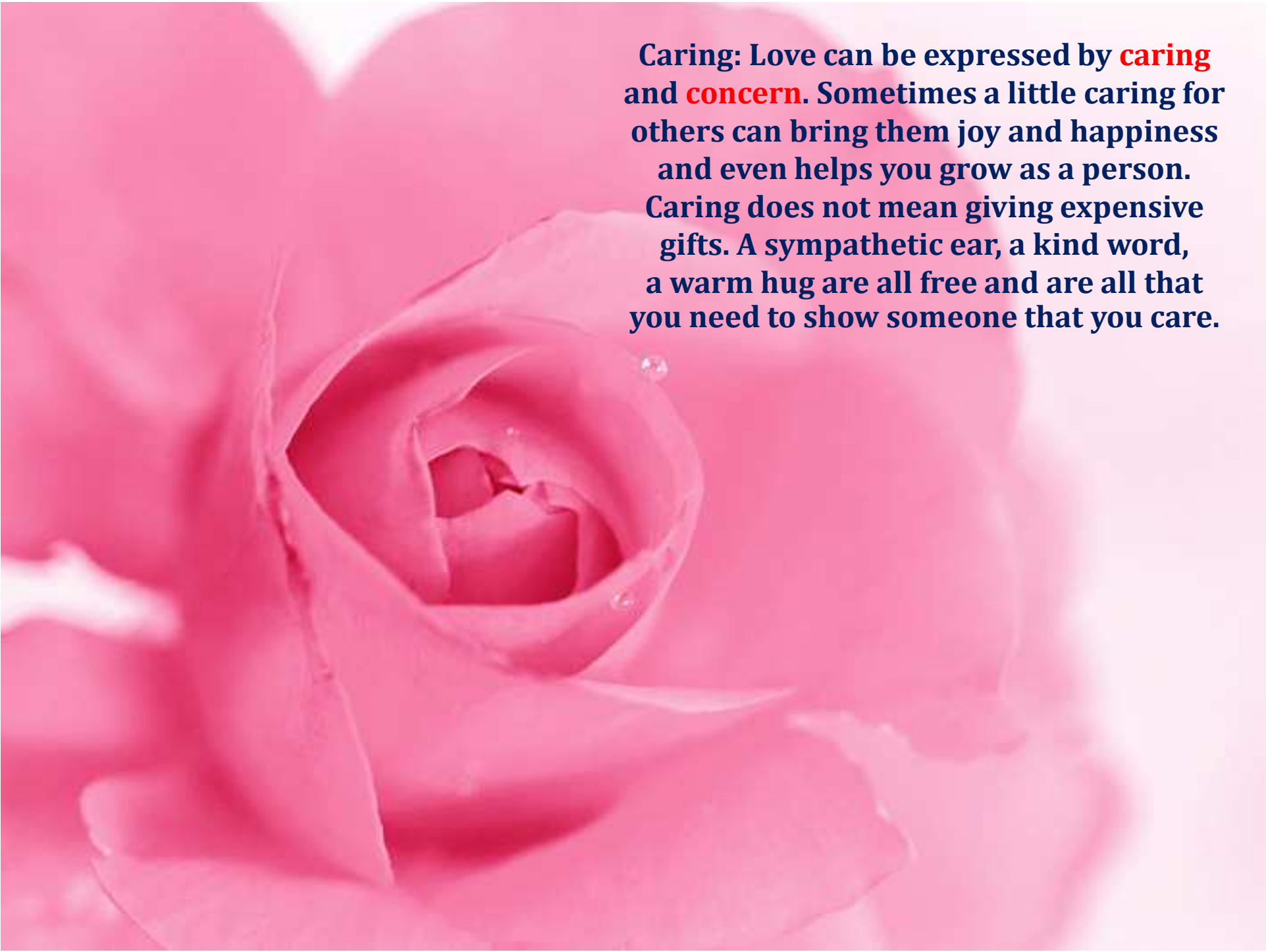
Accomplishment: Accomplishment in any form, on any scale brings joy and happiness. Lasting accomplishment can be achieved through **a long sustained effort, a slow climb** and **self-discipline**. Make accomplishing something useful your goal in life rather than the accumulation of money

Belief: Belief is a very powerful feeling. You can achieve anything if you **believe with all your heart**. A strong belief can overcome all obstacles, can surmount all difficulties. A person with a strong faith and belief is worth a million dollars.



A person is shown from behind, sitting in a meditative pose on a sandy beach. Their arms are raised, and their hands are pressed together in a prayer position above their head. The person is silhouetted against a bright, low sun that creates a strong glow and lens flare. The sky transitions from a pale yellow near the horizon to a clear blue at the top. In the distance, a range of dark mountains is visible against the horizon line. The foreground consists of a vast, flat, sandy beach.

Breathing deeply: **Sit still, breathe slowly and deeply.** Watch as your body relaxes and you feel alive and at peace. Deep breathing is one of the best relaxation exercises. Apart from having a number of health benefits air is free and breathing is not taxable. So take in as much as you can and fill yourselves with life.



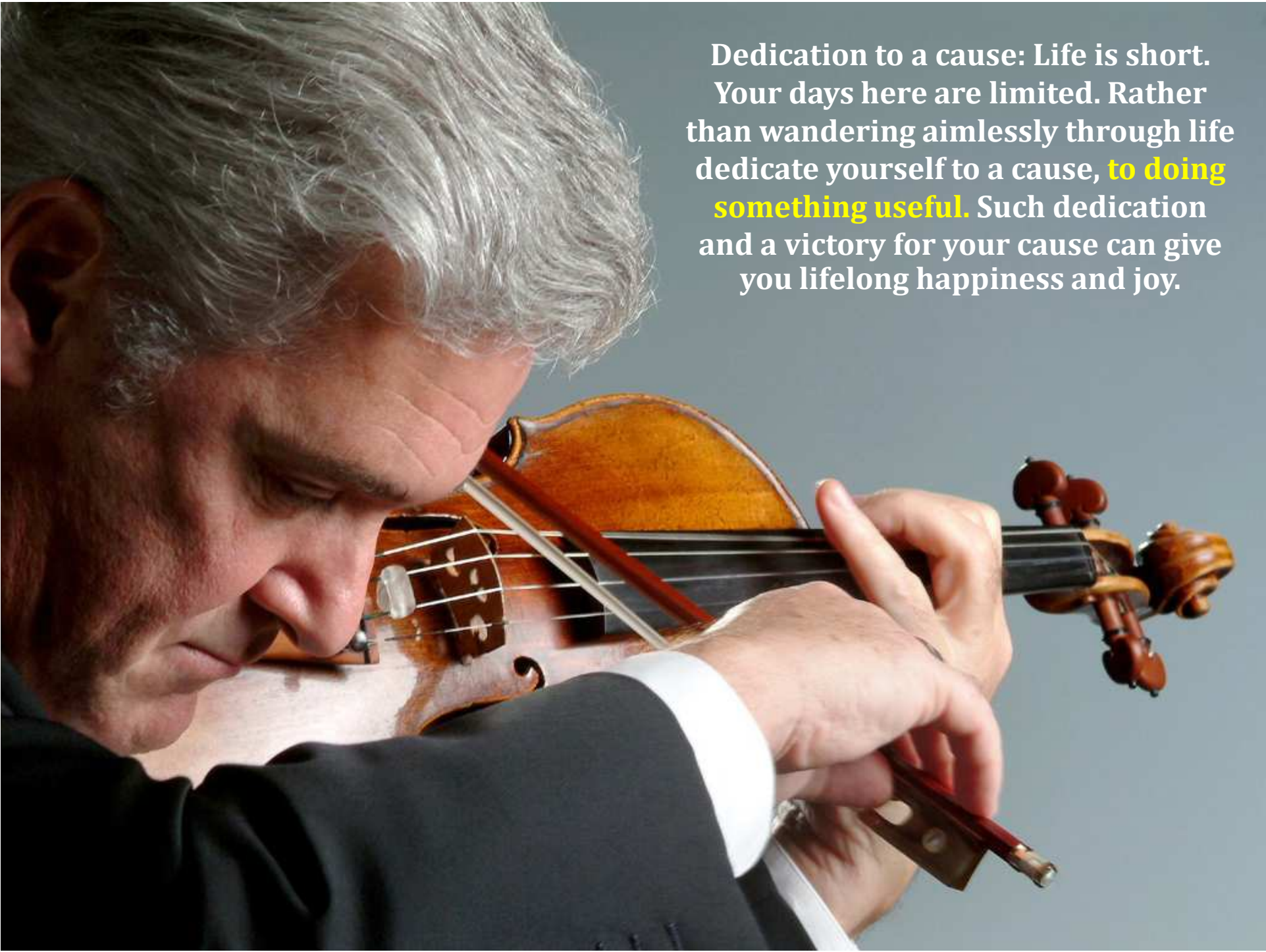
Caring: Love can be expressed by **caring** and **concern**. Sometimes a little caring for others can bring them joy and happiness and even helps you grow as a person. Caring does not mean giving expensive gifts. A sympathetic ear, a kind word, a warm hug are all free and are all that you need to show someone that you care.

Comfort: When you are feeling sad and down the comfort that you feel in the arms of your loved ones cannot be matched. There is no other feeling more comforting when you know that in times of difficulty and despair **your loved ones are there to take care of you.**



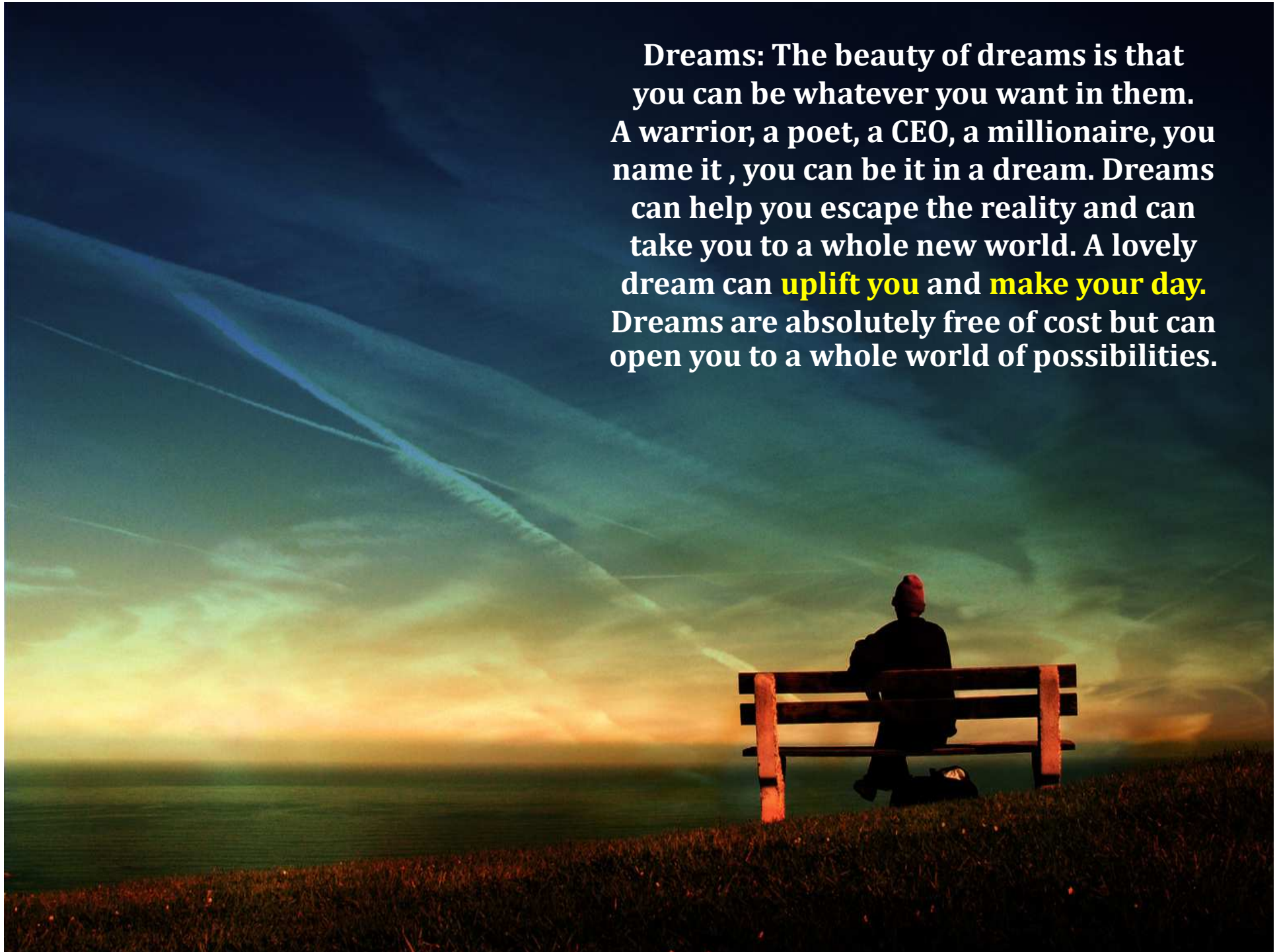


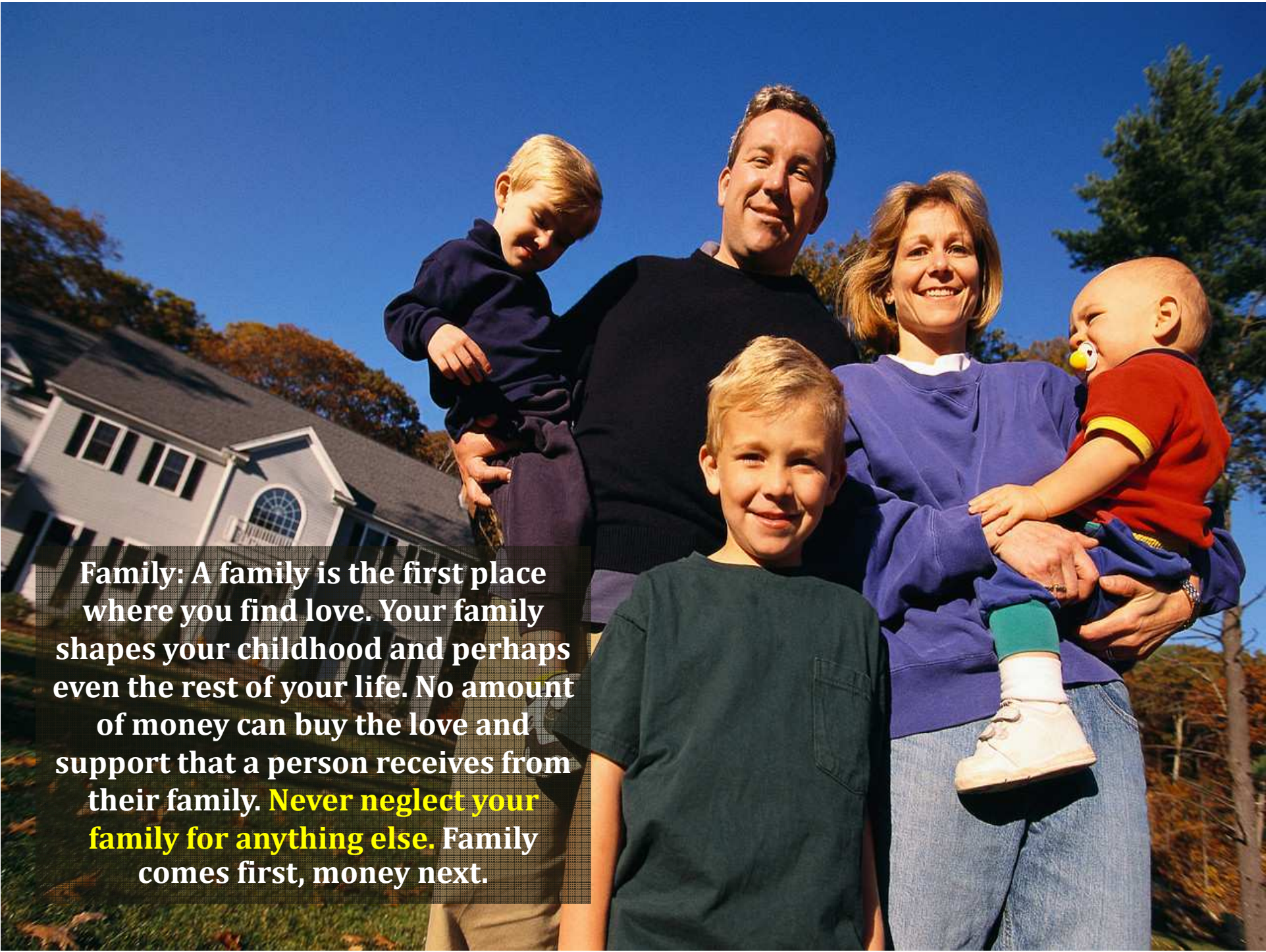
Compassion: Compassion for your fellow humans and all living things is something that has to come from within and no amount of money can help you. **Compassion and the will to help others** can cure more ills than money ever can.



Dedication to a cause: Life is short.
Your days here are limited. Rather
than wandering aimlessly through life
dedicate yourself to a cause, **to doing
something useful**. Such dedication
and a victory for your cause can give
you lifelong happiness and joy.

Dreams: The beauty of dreams is that you can be whatever you want in them. A warrior, a poet, a CEO, a millionaire, you name it , you can be it in a dream. Dreams can help you escape the reality and can take you to a whole new world. A lovely dream can uplift you and make your day. Dreams are absolutely free of cost but can open you to a whole world of possibilities.



A photograph of a family of five posing outdoors. A man in a dark sweater holds a young boy in a dark blue shirt. A woman in a purple sweatshirt holds a baby in a red shirt. A young boy in a dark green shirt stands in the foreground. They are in front of a large house with a grey roof and a blue sky with trees in the background.

Family: A family is the first place where you find love. Your family shapes your childhood and perhaps even the rest of your life. No amount of money can buy the love and support that a person receives from their family. **Never neglect your family for anything else. Family comes first, money next.**



Friends: Our friends **make our world. Life would be boring without them. True friends are hard to come by and harder to keep. I am sure no one would have charged you for being your friend. Friendship is one of the best things that is available for free.**

Forgiveness: Forgiveness is the highest expression of love. Forgive those who have wronged against you and most importantly forgive yourselves. Let go of them, **forgive and be at peace with yourselves and the rest of the world**. Forgiveness and letting go can give you comfort and peace of mind that money can never hope to buy.



Gratitude: A feeling of thankfulness that is perhaps the greatest of all virtues. Every morning when you wake up **think of all the good things in your life, count your blessings and be thankful for them. The best attitude to have is the attitude of gratitude.**



Hope: Hope is a good thing and good things don't die. When you have nothing else left with you don't lose hope, **it could be the only thing that can keep you alive and going.** To overcome obstacles and to achieve success you need to have hope more than anything else. Hope, a good thing that will always be free.





Honesty: A quality that is found rarely these days and honest men are a race that is fast disappearing. In today's time of lies, deception and corruption we all crave for honest men and women. Honesty is a quality that costs no money, is difficult to maintain and can cause lot of hardships but ultimately **it is a quality to live by.**

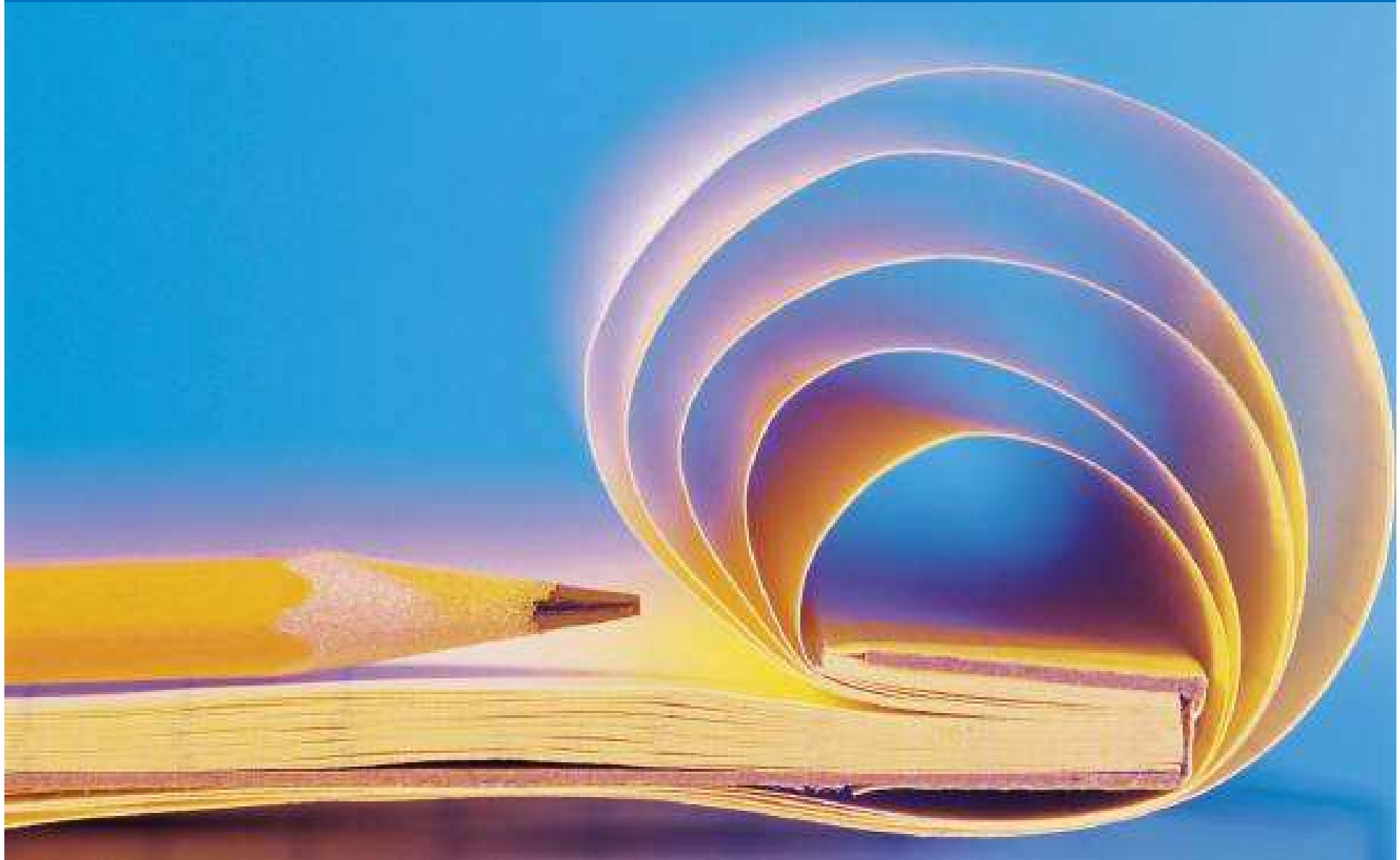
Hugs: Hugging has a number of health benefits. Apart from them **it shows that you love and care**. A big warm hug from a loved one or even a stranger can make all your sorrows melt away. Hugging is free and has no side effects whatsoever.



Kindness: A word or an act of kindness can go a long way in making a person's life better. It can help him realize that **he is not alone in his tough times**. Kindness is a language understood by all. The more kind you are and the more you give the more enriched will be your life and the lives of your fellow beings.

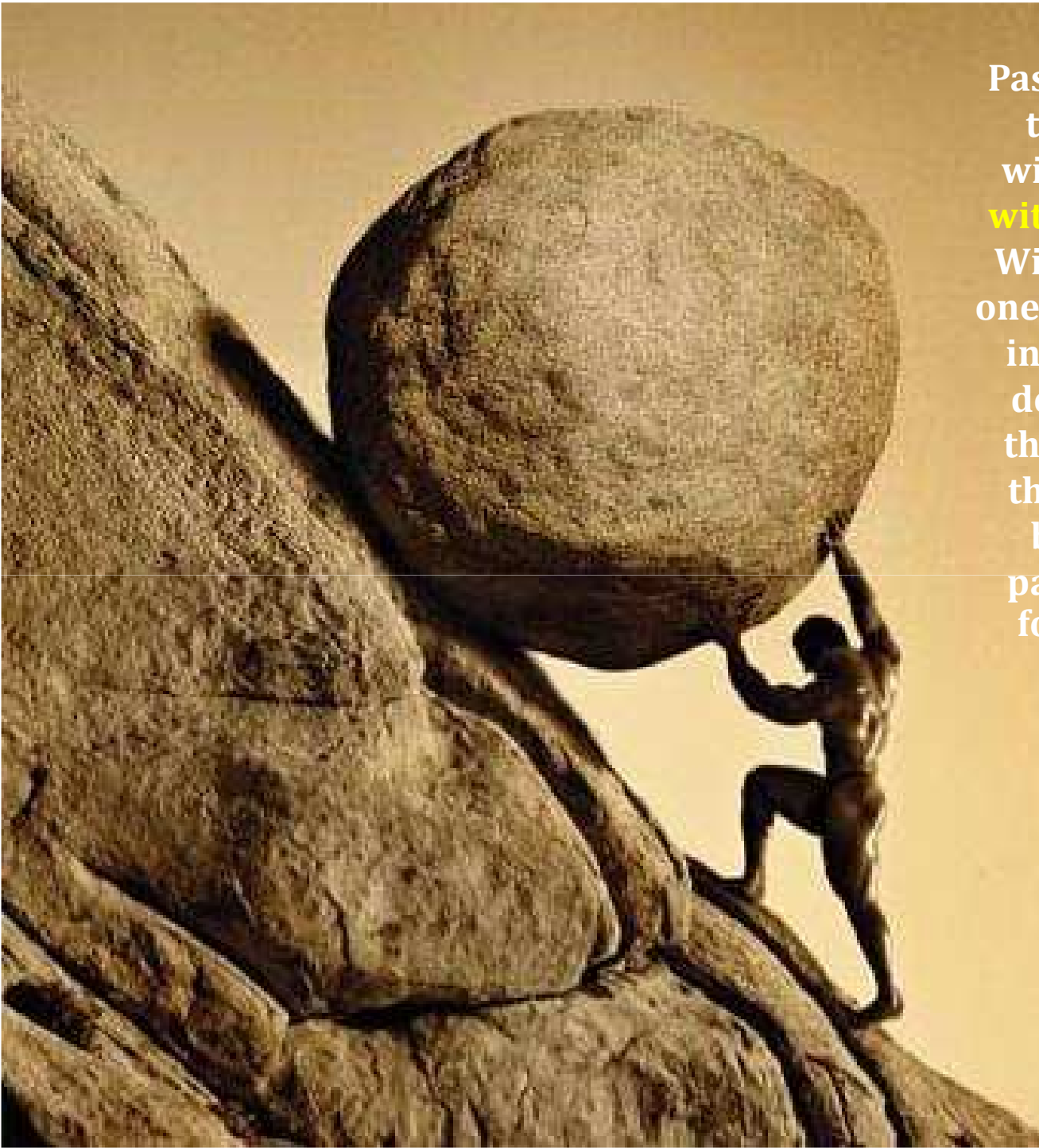


Learning Something: Learn something that you are passionate about or something that makes you happy. Learn something new everyday. It can help you to **deepen your knowledge and change your perspective**. It can help you to grow and be more. Learning can be fun, easy and inexpensive. Make learning a lifelong process.



Making a Difference: You don't need a lot of money to change a person's life. **A kind word, a pat on the back, few words of encouragement** can make a difference in a person's life.

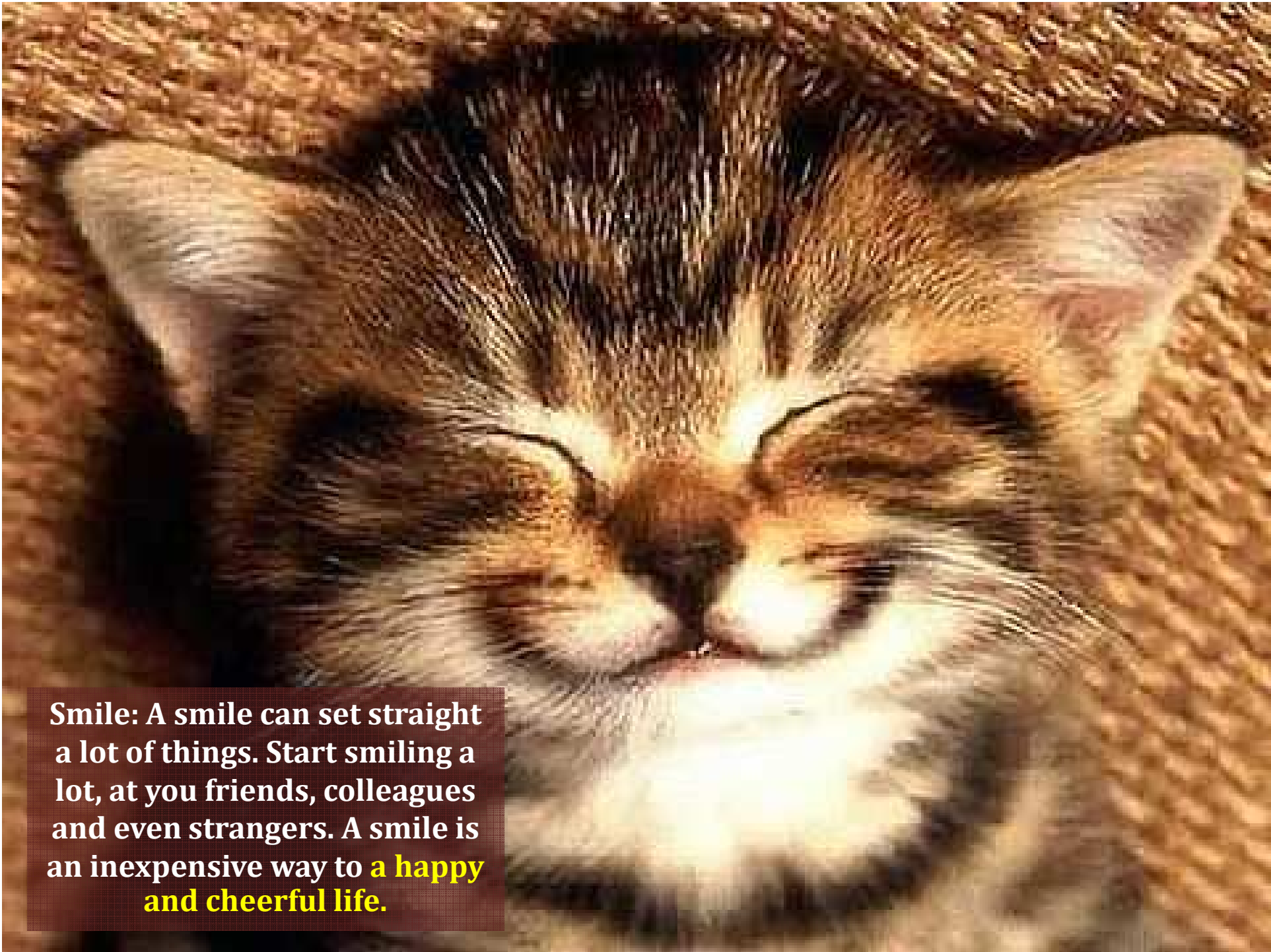




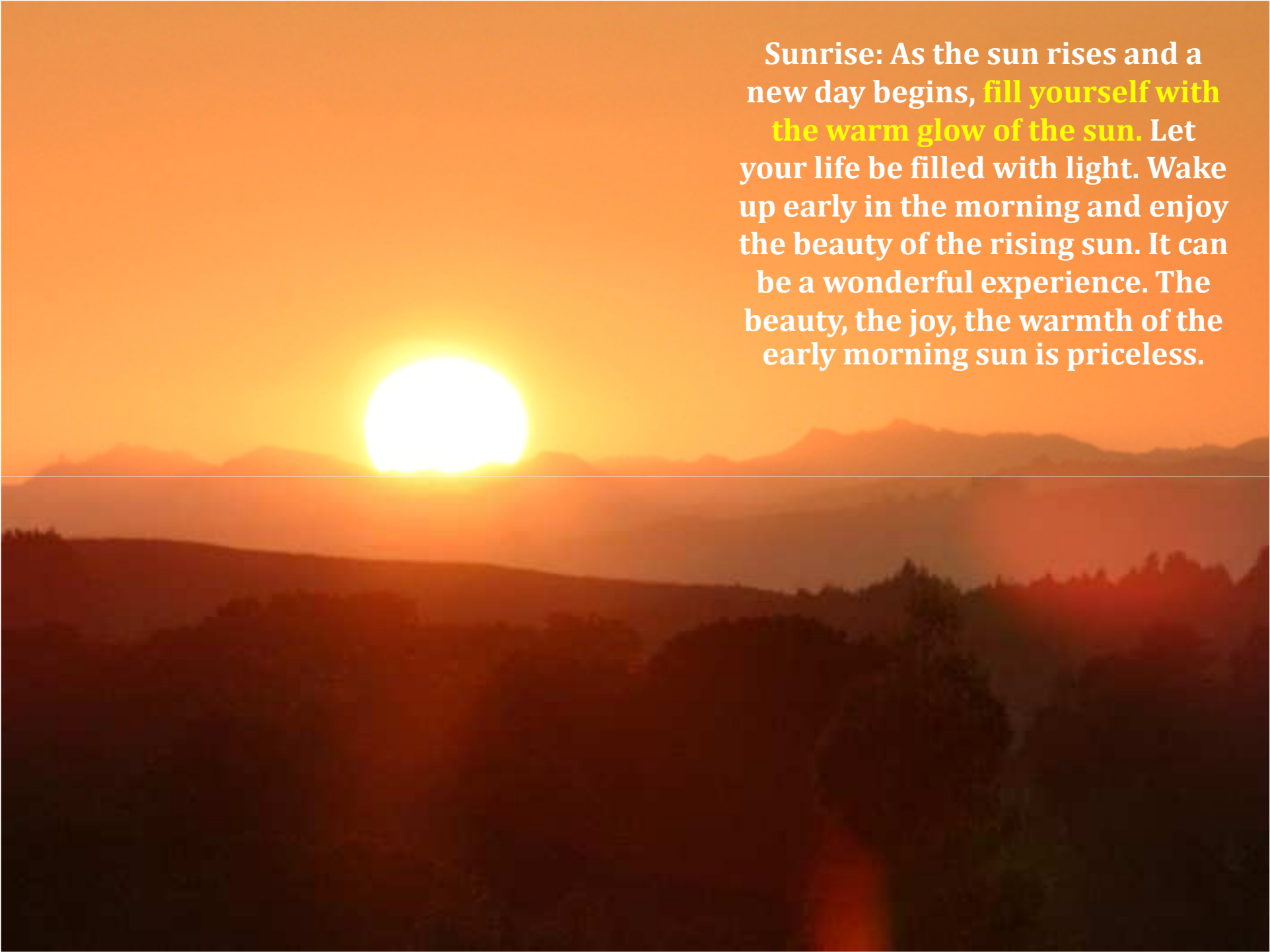
Passion: A strong emotion that has to come from within. **All success starts with a passion or interest.** Without passion and love one cannot hope to succeed in any field. Passion, the desire, the inner fire all these have to come from the heart and cannot be bought by money. Let passion be your guiding force in life not money.

Silence: Get away from all the noise, the distractions, your cell phone, anything that can disturb you and sit for a few minutes in absolute silence. It will help you to relax and provides you inner peace. A few minutes of silence can **keep you calm** and can **give you more mental clarity**. Silence costs absolutely nothing and is the easiest way to relax and let go.





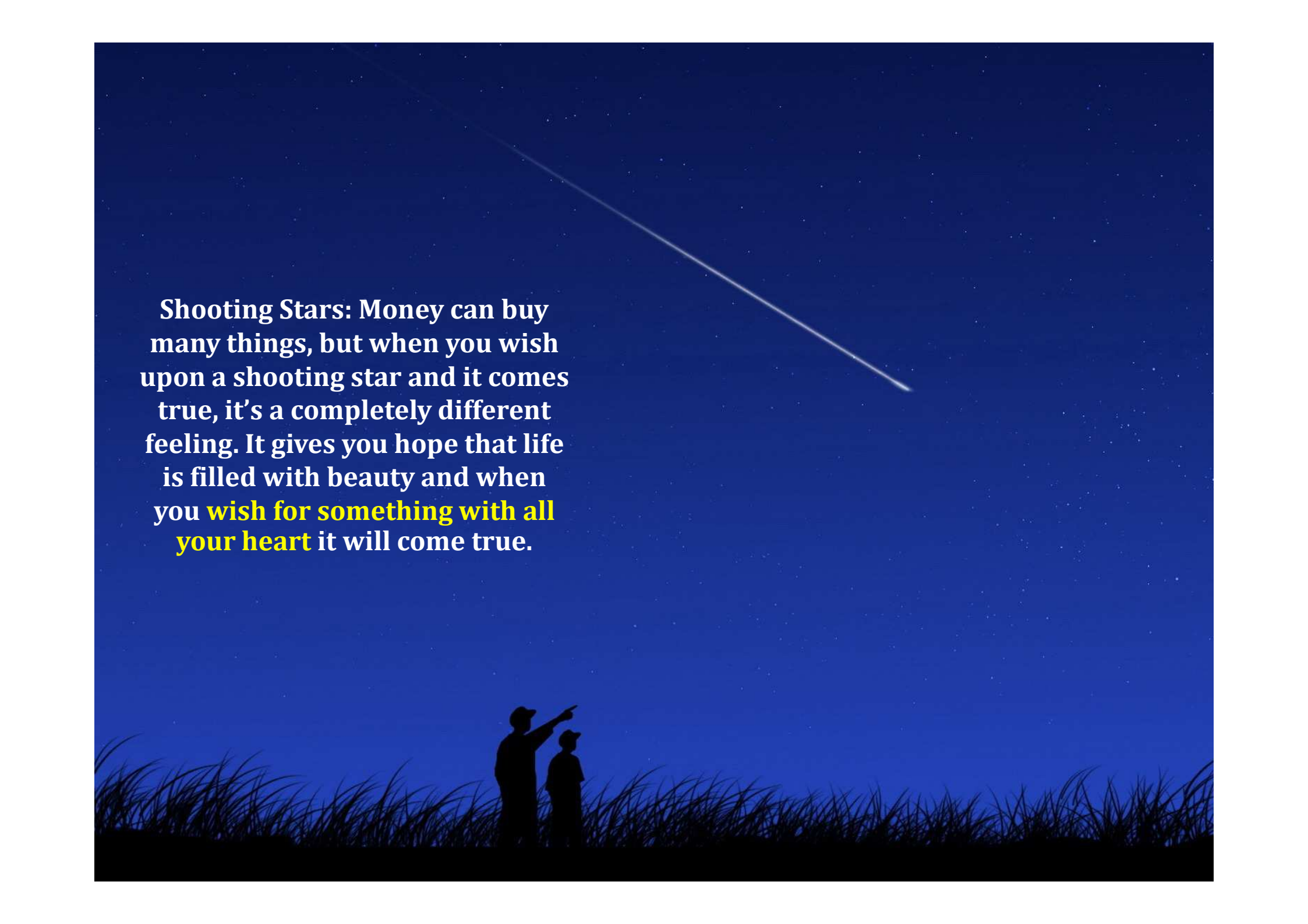
Smile: A smile can set straight a lot of things. Start smiling a lot, at you friends, colleagues and even strangers. A smile is an inexpensive way to **a happy and cheerful life.**

A full-page background image showing a bright sun rising over a range of mountains. The sky is a deep orange, and the sun is a large, bright white-yellow circle. The mountains in the foreground are dark and silhouetted against the bright sky.

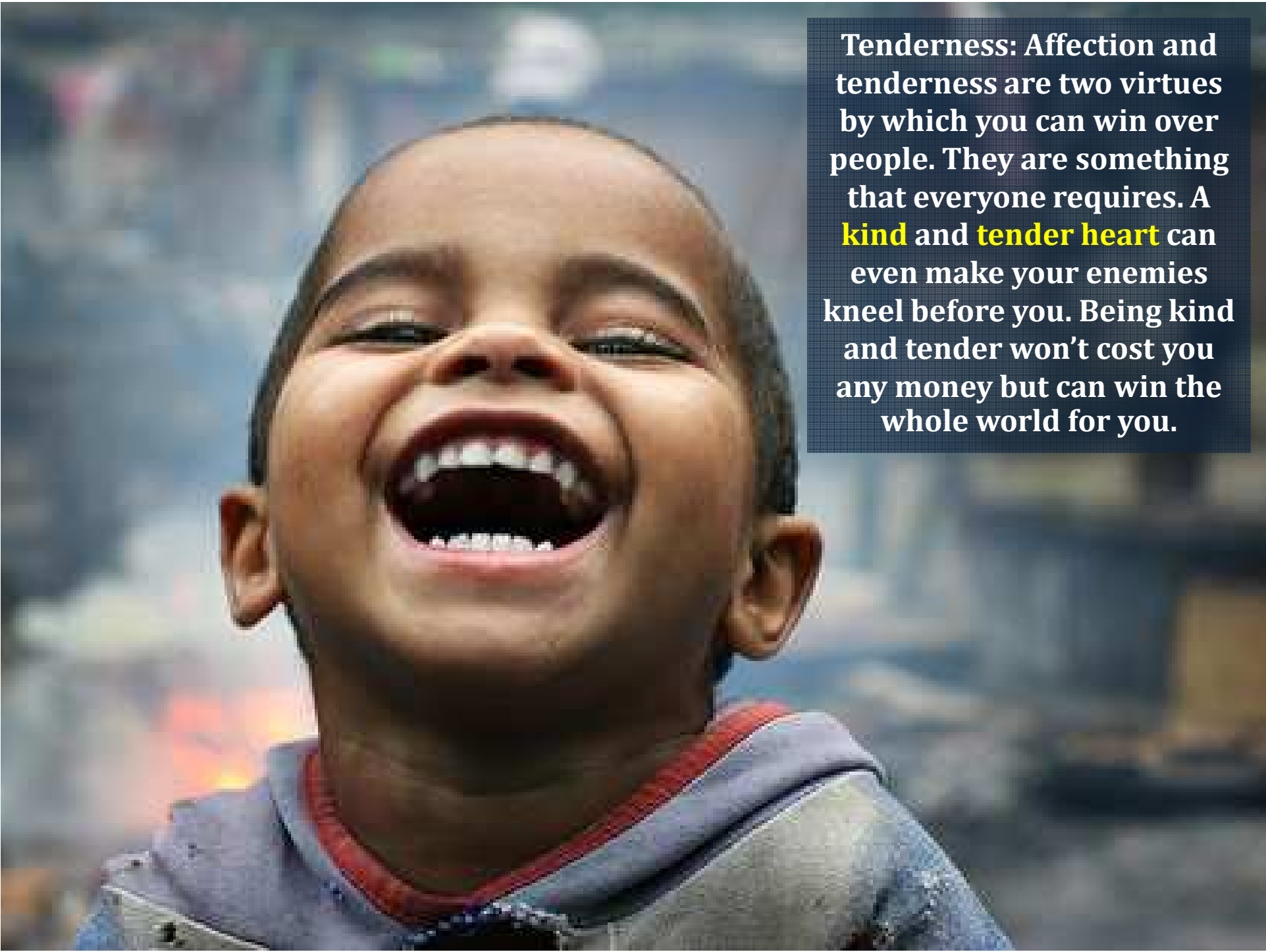
Sunrise: As the sun rises and a new day begins, **fill yourself with the warm glow of the sun.** Let your life be filled with light. Wake up early in the morning and enjoy the beauty of the rising sun. It can be a wonderful experience. The beauty, the joy, the warmth of the early morning sun is priceless.

Standing up for something good:
Do you believe in something? Do
you believe in a cause? Do you
believe that you can do good to the
world. Then stand up for it. **Stand
up for something good and something
that you believe in.** When something
you believe in comes true it gives
you the same happiness and
satisfaction as winning a lottery.

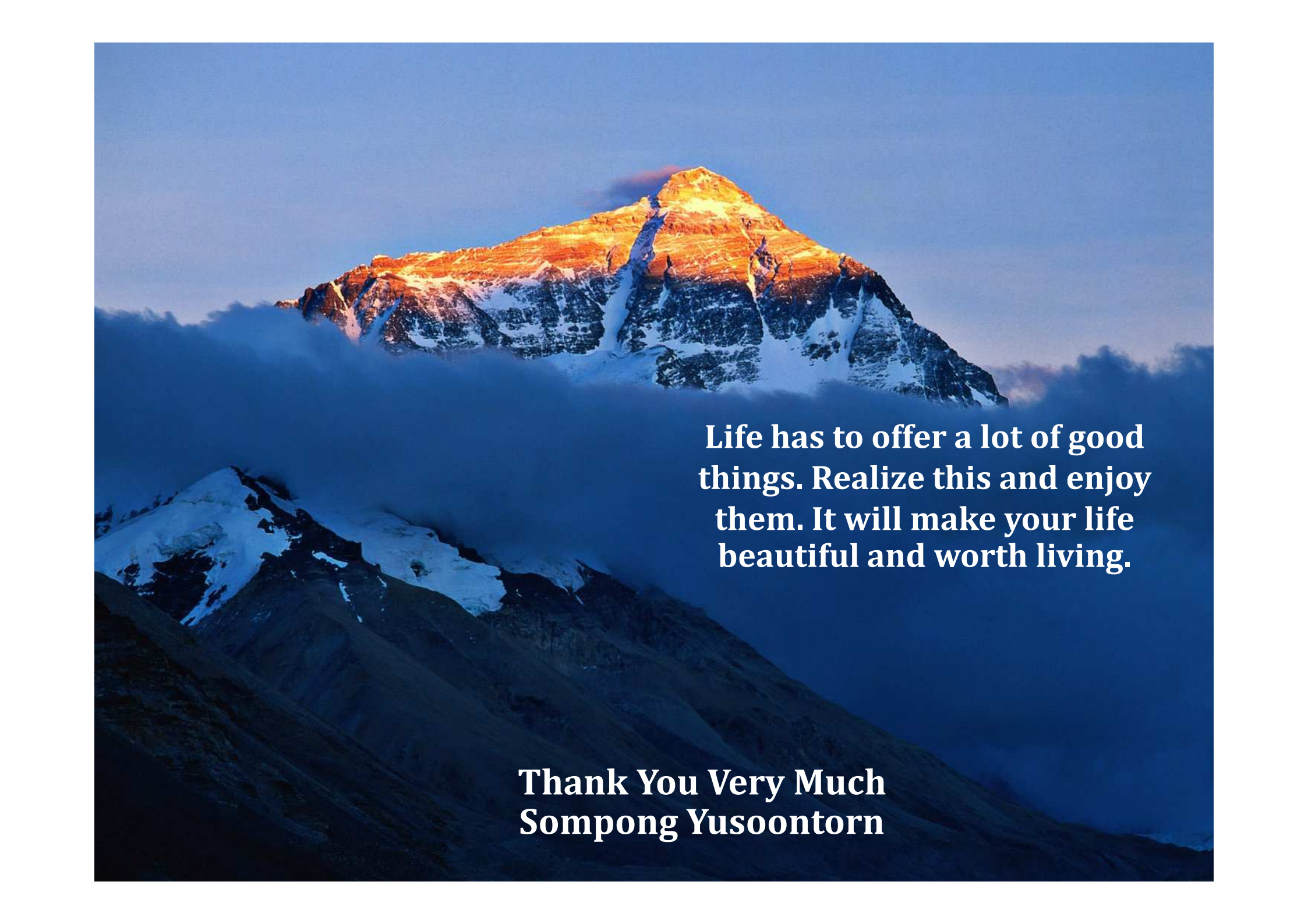


A night sky with a shooting star streaking across it. In the bottom foreground, the silhouettes of two people, an adult and a child, are visible. The adult is pointing towards the shooting star. The sky is dark blue with many small stars. The shooting star is a bright white line with a small white dot at its end. The silhouettes of the people are black and are positioned in the lower center of the frame. The grass in the foreground is also silhouetted.

Shooting Stars: Money can buy many things, but when you wish upon a shooting star and it comes true, it's a completely different feeling. It gives you hope that life is filled with beauty and when you **wish for something with all your heart it will come true.**

A close-up photograph of a young boy with a joyful expression, laughing with his mouth wide open. He is wearing a blue and red striped shirt. The background is a blurred, war-torn cityscape with smoke and debris, creating a stark contrast between the child's happiness and the surrounding devastation.

Tenderness: Affection and tenderness are two virtues by which you can win over people. They are something that everyone requires. A **kind** and **tender heart** can even make your enemies kneel before you. Being kind and tender won't cost you any money but can win the whole world for you.



Life has to offer a lot of good things. Realize this and enjoy them. It will make your life beautiful and worth living.

**Thank You Very Much
Sompong Yusoontorn**