

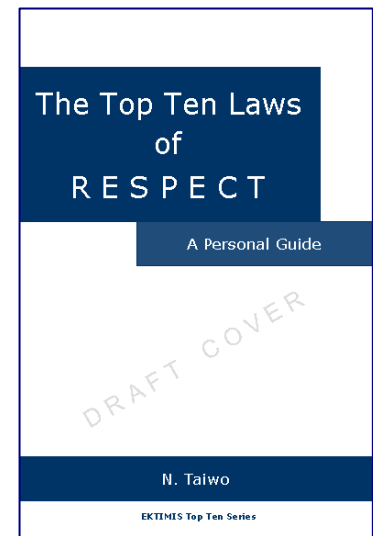


The Top Ten Laws of Respect – A Personal Guide: Preview

At the start of this year, in the January edition of Ektimis titled *Annual Opportunity*, I talked about the annual tradition of a New Year resolution and how this practice may be used to achieve significant (life) goals. I am happy to report that I have accomplished two of my 2009 resolutions and this edition of Ektimis is devoted to a preview of one of the two. Later this fall—early October—the first of my three new books, *The Top Ten Laws of Respect – A Personal Guide*, will be formally released.

The Top Ten Laws of Respect – A Personal Guide represents a set of ten key principles that govern respect (between people). The ten principles are broken into three groups: foundational laws, influential laws, and sustainment laws. I originally developed these principles, referred to as laws, in 2007 based on thorough research and studies on respect and several related topics by many notable philosophers, scientists, research professionals, scholars and other experts.

The ten principles are brought to life and presented in a practical way in this book, with numerous illustrative stories, and my intent is that the book will serve as a valuable guide and a learning tool for cultivating a personal standard and lifestyle of respect by anyone. Here is a preview of Law #9.



Law Nine: *There is an infinite number of ways to lose respect, but a finite number of ways to earn it.* This principle of respect is covered in chapter nine in the book. The following is an extract from one of the illustrative stories contained in the book—in chapter nine.

Close Encounter

Michael and Jose are two friends on their way to spend a nice weekend with two of their former university buddies who were in town visiting a beach-side community. They both had not seen their friends since they graduated from university over five years ago, and so this meeting was a

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reunion for all of them. It was also an opportunity for Michael and his friend to get away from their city life and the daily stress of work.

The 80 mile drive also gave Michael an opportunity to show off his driving skills to his pal, Jose, who often bragged about his own superb skills on the open road. The trip was rather uneventful, as they made good time, and so Michael decided to stop at the next gasoline station to refill the car and to pickup some snacks at the station food mart. After Michael activated the gasoline pump with his credit card he asked Jose to complete the refill while he went into the store to get some snacks. As he made his way into the store he noticed a police car pulling into the station lot. Michael soon returned with a bag full of snacks and treats, including Jose's favorite candy bar. The two quickly resumed their drive, eager to see their former classmates. (Story Continues...)

If you gave this principle—Law #9—some thought and you look back at many situations that you have encountered that led to a loss of respect and to a gain in respect, you will quickly begin to connect the dots and realize the reality and the essence of this key principle of respect. At an even deeper level this principle can help put a lot of things in life into proper perspective—it did for me!

cheers and thank you – N. Taiwo