

LOU SOHN'S Advice For a Happy Life

⇒ 2017 ⇐

LOU SOHN (LOUIS JACOB SOHN) is my father. He came into this world with Haley's Comet in 1910 (3rd June), and thus far, praise the LORD, he has outlasted it. Over the years he has been asked how he accounts for his longevity, which is characteristic of his family: his "kid brother," Robbie turned 103 last summer, which was his last.

In his own words, here are Dad's "Ten Points" for living a long, full life.

1. Can't fix it, walk away
2. Always think good
3. Don't eat too much
4. Eat little meat, lots of milk
5. Make people happy, tell them they look nice
6. Treat others like you want them to treat you
7. Be confident in all your decision makings
8. Look in the mirror, like what you see
9. Don't buy what you can't afford
10. Keep busy at all times

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