



Photo Report of JCA Parent Club

快乐人生讲座

Happy Life

Speaker and Facilitator: Mr. James Yin (殷长虹), Chairman of JCA Board of Directors

Reported by: Yi Li (李意), Volunteer Reporter

Nov. 15, 2009

Do you stress out a little too much about what goes on in life? Are you truly happy? What is happiness? How can one achieve and maintain happiness? How to deal with your boss, neighbor, co-worker? How to make people like you? Mr. James Yin, Chairman of JCA Board of Directors, gave a presentation loaded with great answers from two well-known individuals -- Mr. An, Deyi (安德义) and Mr. Dale Carnegie, at the JCA Chinese School parent club on Nov 15, 2009.



The "Happy Life" discussion took place at the beautiful Coggin College of Business at University of North Florida.



Mr. James Yin, Chairman of JCA Board of Directors, presented the show and led the discussion.

Mr. Yin's talk was divided into two parts. In the first part of the talk, he discussed the principles, skills, and personal behavior tips based on Mr. An, Deyi (安德义)'s video show “仁者无敌”.

Mr. An, Deyi (安德义) is a well known researcher and public speaker on Confucianism from China. He has published over 100 articles and two books on Confucianism. His book titled “Analysis of Analects” (论语解读) is collected by the libraries of many famous universities such as Stanford University, University of Pennsylvania and etc. He has delivered public speeches for more than 1200 rounds in China, including the most prestigious institution such as Beijing University (北大百年讲坛), Experts from Oriental (东方名家大讲坛). His lectures on the application of Confucian in the real life are video taped by Experts from Oriental publisher (东方名家出版社). In his talk on "Happy Life", he discussed how to lead a happy life using Confucian principles.

1. 要为自己拥有的東西而喜悅，不要为自己沒有的東西而沮喪.
2. 真诚的关心別人，不求回报，以助人为乐.
3. 与大家分享也是乐哦！
4. 多一点笑声，“笑”有助于身心健康
5. 多一点幽默，幽默是生活中的调味剂，幽默是一种智慧.
6. 积极鍛炼，增強体质，健康与快乐是相輔相成的.
7. 听点音乐，音乐对大脑皮层和各器官功能有很好的调节作用。
8. 学会与各种人相处
9. 有幾個知心朋友，可以相互傾訴
10. 學會理解生活中的另一半，不要求對方和你完全一致，製造和睦的家庭氛圍
11. 遇到不愉快的事，儘快忘卻，不要耿耿於懷，煩惱於心。
12. 遇到好事時，不要認為理所當然，要有感恩之心。
13. 當別人對你誤解、指責、甚至辱罵時，記住齊白石老人的座右銘“人譽之一笑，人罵之一笑。”
14. 善待自己
15. 注意調節生活，忙碌一段時間後，過一天與平常不同的生活。
16. 不要把錢看得太重，錢是身外之物，生不帶來，死不帶去。
17. 对老人的几点建议：繼續學習，培養興趣愛好，充實自己；隔段時間與兒孫聚聚，享受天倫之樂；結交一些比自己年輕的朋友，感染他們的活力。忘記自己的實際年齡，保持年輕的心態，最好有點童心。



There were about 20 Chinese School parents, JCA members and interested individuals attending the “Happy Life” talk show at JCA Chinese School on November 15, 2009.



Mr. James Yin (Chairman of JCA), Jie Chen (former board member and former President of JCA executive committee), and Dunsong Yang (former President of JCA executive committee) are discussing.



Front from left to right: Diana Yao, former vice president of JCA executive committee, and Jimei Tong, former President of JCA executive committee and former vice principal of JCA Chinese School.

Back from left to right: Wen Chen, former vice president of JCA executive committee, and Baixi Chen, former vice president of JCA executive committee

In the 2nd part of the talk, Mr. James Yin briefly introduced the famous Dale Carnegie: an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking and interpersonal skills. Mr. Yin focused his talk on Carnegie’s most popular book “***How To Win Friends and Influence People***” and led a discussion on three topics below:

- **The 6 Ways to Make People Like You**

- Principal 1: Become genuinely interested in other people.

- Principal 2: Smile

- Principal 3: Remember that a person’s name is to that person the sweetest and most important sound in any language

- Principal 4: Be a good listener. Encourage others to talk about themselves

- Principal 5: Talk in terms of the other person’s interests.

- Principal 6: Make the other person feel important – and do it sincerely.

- **The 12 Ways to win people to your way of thinking**

1. The only way to get the best of an argument is to avoid it
2. Show respect for the other people's opinions. Never say, "You're wrong"
3. If you are wrong, admit it quickly and emphatically.
4. Begin in a friendly way.
5. Get the other person saying "yes, yes" immediately.
6. Let the other people do a great deal of the talking.
7. Let the other person feel that the ideas is his or hers.
8. Try honestly to see things from the other person's point of view.
9. Be sympathetic with the other person's ideas and desires.
10. Appeal to the nobler motives.
11. Dramatize your ideas.
12. Throw down a challenge.

- **The 9 ways to change people without arousing resentment**

1. Begin with praise and honest appreciation
2. Call attention to people's mistakes indirectly.
3. Talk about your own mistakes before criticizing the other person.
4. Ask questions instead of giving direct orders.
5. Let the other person save face.
6. Praise the slightest improvement and praise every improvement
7. Give the other person a fine reputation to live up to
8. Use encouragement. Make the fault seem easy to correct.
9. Make the other person happy about doing the thing you suggest

- **Fundamental Techniques in Handling People**

Principal 1 Don't criticize, condemn or complain.

Principal 2 Give honest and sincere appreciation.

Principal 3 Arouse in the other person an eager want.

The talk was very well received and greatly appreciated by the audience.

* All photos are taken by Yi Li (李意)

Parents of JCA Chinese School & Members of JCA,

Share your thoughts and feedback with us...

Share your experience and fun with us...

We want to hear from you!