



88 Keys to a Better Life

Denis J. Burke

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This book is a collection of quotes, ideas, song lyrics, poems, stories, tips, suggestions, and knowledge from personal experience, which I have accumulated over the past 50 years. The goal of the book is to humor, inform, educate, motivate and inspire you to Live a Better Life by identifying the areas of your life where you need to improve, commit to making changes and taking the necessary action to Design your Dream Life. It has taken you your entire life, up to now, to become the person that you are. Your subconscious mind has been programmed by your environment and the people that have surrounded you from the day you were born. Your life is a product of your programming. Much of that programming, though not deliberately intended to harm you, did not influence you positively and happened involuntarily. You have formed a certain method of thinking and belief system. You have developed certain behavior patterns and many habits, both good and bad. Reprogramming change takes time, commitment, and effort. You must really want to change in order to change. Your WHY you want a Better Life is the most important question you must answer to expedite your journey on the road to change and to the new life your desire. The WHY is your critical bridge to your success in getting optimum results. If your WHY is not clear and well defined, start to write on paper all the possible reasons you want to change in the areas you desire change until you get to a point where you know exactly.

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