

Exercise

After an air crash, the authorities compile a report making recommendations about actions that should be taken to prevent a similar event happening again. In the same spirit, which of the following are recommendations you would make to Andy, to minimise the chances of him having a similar incident again? Circle either Yes or No for each of the possible recommendations below. Bear in mind your recommendations are for Andy specifically, not for people in general.

1. Don't have a tragic car accident at age seventeen.

Recommendation? Yes / No

2. Do your best to get a good night's sleep.

Recommendation? Yes / No

3. Try to ensure you get good nutrition.

Recommendation? Yes / No

4. Don't drink (substandard wine) in hot climates at lunchtime.

Recommendation? Yes / No

5. Avoid having a mistress.

Recommendation? Yes / No

6. Don't have overambitious ideas about how things are going to be when you've been married for forty years and return to your honeymoon destination.

Recommendation? Yes / No

7. Don't have overinflated ideas about the income and standard of living you're going to provide for your wife.

Recommendation? Yes / No

8. Don't go to substandard cafes.

Recommendation? Yes / No

9. Don't allow Stephanie to make tactless remarks, either about friends recommending books or about anything else.

Recommendation? Yes / No

10. Don't mind what books your wife reads.

Recommendation? Yes / No

11. Don't let James ever recommend books for Stephanie to read.

Recommendation? Yes / No

12. Make sure you eat in posh hotels.

Recommendation? Yes / No

13. Go and find the woman you had an affair with twenty years ago and see if she will have you back.

Recommendation? Yes / No

14. Rearrange your ideas about marriage; marriage was never meant to be a fairy tale; so long as you're both reasonably healthy and happy then that is a good result.

Recommendation? Yes / No

15. Develop a better awareness of the situation you are in – for example, in this instance you were revisiting your honeymoon destination with your wife of forty years – and try to match your behaviour with the situation, whatever the situation is.

Recommendation? Yes / No