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## Learning Life's Lessons: Inspirational Tips for Creating Peace in Troubled Times

William M. Timpson, Ph.D.

For anyone needing to be inspired in these troubled, contentious and polarized times. Know that other times have been darker and somehow, somehow, people found ways to pull through. Based on those historical examples as well as a few from recent events, "Tips" of core concepts for teaching others can help rekindle hope and possibility including ourselves. For teachers at all levels and across all disciplines, for instructors in colleges and universities, for leaders in business and organizations, in churches and communities—even for individuals wanting to see some promising possibilities for themselves—here are ideas for inspiring others—for neighbors and friends, family members here and afar, co-workers, professional contacts, government employees, elected officials as well as those who aspire to elected office, for Rotarians in service to others.

Teachers, in particular, must bring an upbeat attitude to their work if they hope to motivate students. Research has taught us a great deal about the importance of energy in the learning equation. It's infectious. If events that we all experience prove disheartening, those who rely on our energies may also become disheartened. Finding those ideas that have helped others get through difficult and dangerous challenges can help us navigate our own troubled times.

### About the Author

**Dr. William M. Timpson** is a professor in the School of Education at Colorado State University. He has written or co-authored nineteen books including several that address issues of peace and reconciliation, sustainability and diversity.

### Advanced Praise

"I have no memory of not living in troubled times. It is the norm, and yet difficult and troubled times can be a source of optimism. For it is through diversity of thought and unsettled human activity that inspiration for change may be found. Within these pages, you will find raw, yet thoroughly grounded stories that inspire and give hope. Troubled times require concentration and focus on doing what is right. Those who stay the course will succeed."

– **Bill Emslie**, past Rotary Foundation District Governor and retired Captain from the U.S. Navy



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