

Scarpatetti's Truisms*

Truism # 1:

There is nothing without gain and nothing without cost

Truism # 2

You never know what works until you try it

Truism # 3

There is always more than just one possibility

Truism # 4

You can want something and at the same time be afraid of it

Truism # 5

There is no "good" or "bad" per se.

Whether something is considered to be "good" or "bad" is a matter of

a) dosage and

b) context

Truism # 6

Knowing our strengths helps us to deal with our weaknesses

Truism # 7

There is nothing that humans cannot misuse

Truism # 8

Limits restrict; limits protect

Truism # 9

Even the gloomiest day can never last longer than 24 hours

Truism # 10

Real insight is manifested in changed behavior

