

Foundational framework. I propose that:

Everyone intuitively helps themselves by far the most in life, overall, by simply helping other people the most they feel they can physically and emotionally afford to, in their work and personal life, given their experiences and circumstances. Even if by just not bothering others. So **helping others appears to be the source of all our own greatest **prosperity, peace of mind, credibility, trust**, and thus **our most affordable and rewarding lives possible**.**

Helpfulness = Limiting bother and suffering and/or increasing enjoyment, overall.

Selfishness = Impatient self-help that doesn't care if it bothers or hurts other people.

And those terms can be very subjective, based on one's experiences and circumstances. – I.e., what's **helpful to me may feel **selfish to you**, and **vice versa**. In general, the more help one has felt in their life, the more they feel they can afford to help. And mutually helpful dialogs are the best way to sort that out. For details on all this, see my **Free Online Guide™** below.**