

Free Online Guide™

To help you apply the ideas in the
Helpfulness Above All™
 promo note™,



to help make all the
 difference in your world,
 everyday life, work,
 relationships, politics, etc.

That promo note above is
 homepage & page 17 herein.

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Maximizing help for everyone, even
 skeptical conservatives & liberals!

Tim Mossman

The
 Help-Preference
 Profiler starts
 on Page 21.



Rough Draft
 Under
 Construction

That note and **this guide** are just my general **observations** and **opinions**. They come from my considerably entitled, English-speaking, white upper-middle class, western world, raised-by-loving-(faithful-community-serving-Christian-conservative)-parents, significantly college-educated, heterosexual, multiple-divorced, dad-to-many, American male perspective.

And I update them as much as possible.

- **Observations** and **opinions** that I strive to support with as much fully verifiable evidence as possible that I can document in the Endnotes. And I can be quite mistaken and miss many things. So please let me know if you think I have!

Thank you!


Tim Mossman



With my awesome Mom.

E = Endnotes, now being written



1 For **that note** and **this guide**,
I define "**help**" as "**limiting bother
and suffering**, and/or **increasing
enjoyment, overall.**"^E

I also observe that **things** only **appear** to
have **meaning** for us humans **to the extent
we perceive they may potentially help us.**^E

So for us humans **self-help = meaning.**^E **Thus
self-help is the overall meaning of human life,
based on the ubiquitous verifiable evidence
of how everyone acts nonstop 24/7.**^E

*I bet you didn't expect to find the ubiquitously
verifiable meaning of human life herein so quickly!*

And please note that **self-help does not =
selfishness. Selfishness** is self-help that
hurts other people, overall. But **non-selfish
self-help is just survival, self-preser-
vation, living life,**^E

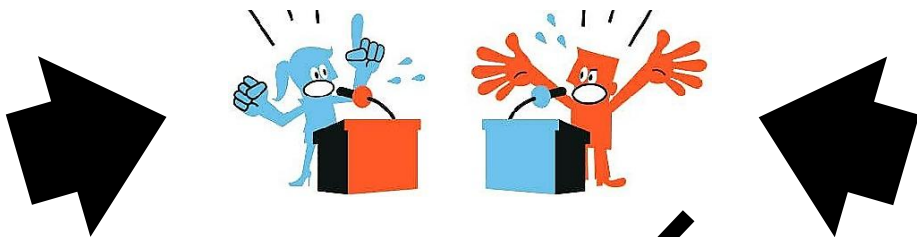
**2**

**Non-selfish
self-help is NOT a
"'zero-sum game,"
overall.**

- I.e., **what helps me does NOT, as a rule, hurt you. In fact, the vast majority of the time what helps me generally ultimately helps you a number of ways, overall. And vice versa. And to the extent you put helping others as much as you feel you can above all else, you will see that.**^E

In relatively **isolated** or **temporary** cases what helps others may **seem** to hurt you overall. But **thinking it very often hurts you overall somehow is by far the most destructive and self-destructive over-generalization people make.**

- In relationships and work, across history, **causing contention, political strife, war, suffering, starvation, and death for billions of people. And that is currently vivid, with all political strife, wars, etc. ongoing now.**^E



Overcoming ~~that self-destructive, devisive, excluding, selfish, resentful, hateful, excessively competitive "zero sum" fallacy of you win / I lose, I win / you lose~~ ignorance can be difficult, but it is vital to maximize self-help, especially for skeptical conservatives & liberals to which I refer in that promo note, **And thus help to the world economy, those 2 groups, and all the rest of us.**^E

- - -

You in those 2 groups may think you know of exceptions to this, but GATHER ALL DATA about them, truly ALL data – see the End-notes – and those are relatively isolated or temporary examples in the larger view. And they CAN hurt a while. Even a long while And we humans, again, are very hurt-averse.^E

E = Endnotes, now being written

3

**Again, with greater emphasis:
My observations and opinions herein
I strive to support with as much
➡ **widely verifiable evidence** ⬅
as I can document in the Endnotes.**

**Note to self, edit next:
Media banks big on pitching
out-of-full-context zero-sum
if it bleeds (one of those groups)
it leads destructive / self-destructive
behavior.**

**So I strongly encourage jour-
nalists politicians to start vividly citing
➡ **widely verifiable evidence** ⬅
for their words, and as an example for everyone
to do so too, to maximize credibility and
minimize **political strife, war, suffering,
starvation, and death** which ultimately
results from the **lack** of that.**

The ultimate purpose of that promo note and this guide is to help inspire everyone to continually align their words and actions, as fully consciously and effectively as possible,

with the one by far most rewarding and profitable thing they already do nonstop 24/7:

Everyone continually helps themselves by far the most in life by simply helping other people at work and otherwise, the most they feel they can, overall.^E



And because that process ultimately guides ALL human behavior (unfortunately, now only partially consciously and effectively),

***I call that process —
The Vital Human Context.^E***

And I aspire to not be a pain in the ass about that term.

E = Endnotes, now being written

Help Make ALL the Difference in the World. Free. Easy.

Step 1: Screenshot / post this note, tagging media (usernames on our site) and leaders to help inspire them to put 3 words FIRST on all their screens:

Helpfulness Above All.

Because

Helping others the most you feel you can, at work & otherwise, is how you & everyone already build your own greatest trust, peace, prosperity, & the ECONOMY. **Not** making that our world's top priority lets the opposite of helpfulness, **selfishness** (impatient self-help that hurts others), esp. in politics & media, **excessively impede** those things, which we all **NEED** to afford to **SOLVE PROBLEMS** infinitely better: **Uncertain incomes, inflation, recession, war, poverty, hunger, etc.** - **WITH the BEST ECONOMY POSSIBLE**

This is NOT about working harder to help others/ourselves, but EASIER, overall.
- For everyone, including skeptical conservatives. Optional: GoFundMe \$10 to help w/ my Free Online Guide & Free Interaction App Plugin, get it first!
Step 2: That free draft guide can boost your benefits with everyone now!
- From "vital" people help others the most they feel they can. I always did.
For which I apologize. Tim Mossman 09.23.2025 HelpfulnessAboveAll.org

**That promo note^E shows how applying
a few new vital details to that
“vital human context”
can transform
the whole world.**^E



Similarly,

**This guide shows how applying
a few new vital details to that
“vital human context”
can transform
YOUR WORLD.**^E



E = Endnotes, now being written

**For example, on a personal level:
Stephen Covey was riding a commuter
train that had few other passengers.**



**A father got on with his 3 rowdy kids
who bothered everyone, including Covey.
And the father didn't seem to notice, or care.**



**Covey motioned to the father. And the father
looked up and said, "Oh. Their mom just died.
I'm sorry. I should control them better."**



**Immediately humbled, Covey gave his deep
condolence, "I'm so sorry," and he offered to
entertain the kids, which he did.^E – Applying
that one new vital detail to transform his, the
father's, and the kids' lives in and for that moment.**

E = Endnotes, now being written

That story also my transformed my life. Ever since I read it, my eyes have been open to the role of new vital details in that vital human context that transform daily life.^E

Some people refer to that kind of transformation as an application of the saying,

*“When life gives you lemons,
make lemonade.”*^E



Like Beyonce,



in her hit album she titled for that idea.^E

And “Lemonade” would be a fitting title for this guide, which is all about continually transforming your and others’ worlds by being open to applying a few new vital details to greatly enrich your and others’ lives.^E

**And Covey's story is a vivid example that,
again,**

self-helpfulness is NOT a "zero-sum game"
(the idea that what helps me, hurts you, etc.),
overall, to which I referred on page 2.

**It is also a vivid example of how
everyone helps others MOSTLY because
*it simply tends to make them feel
much better doing so, than not.***



**Virtually everyone gets pleasure from
helping others the most they feel they
can; opening a door, saying "thank you,"
"you're welcome," "have a nice day,"
"would you like some of this?"
Etc. Billions of times daily,
nonstop, around the world.**



And that shows how certain new vital details **comprise 99.9% of a situation's opportunity to help other people, and thus ourselves.** And we ALL do that! So notice those opportunities! **ESPECIALLY WHEN ANYTHING BOTHERS YOU!** You likely just need one or more bits of data to transform that moment, at least for yourself. Maybe to just help you forgive someone instead of letting them bother you, or kill yourself a bit more with more cortisol inside you. Think, listen, ask questions, give benefit of the doubt, figure it out.^E



A more visual example is the combined contexts of each of the 3 visible sides of the above cube that likely **fool you into thinking their middle squares on the left is a different color than middle square on the other two sides.** While verifiable evidence shows they are the very same color.^E

**How can you get that verifiable evidence?
Just print this page, cut out those squares with
scissors, and put them beside each other.
Even switch their places on the print to
see how your perception changes.**

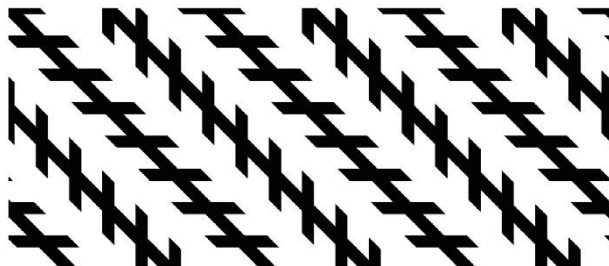
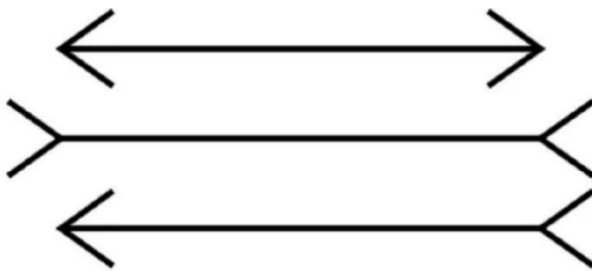
The rest here need editing, images etc:

Political appeals that do **NOT vividly put
Helpfulness Above All™, as their overriding vital
human context, roviding easily widely-verifiable
evidence to their positions continually bank on
that sort of nontransparent context-confusion**

**That note and this guide are an effort to
recontextualize
the world as fully as possible in by far the
most verifiably-evidenced trust, peace, and
prosperity -creating and building way possible,
*in the same way it already does for itself
nonstop, 24/7, however largely unwittingly.*
misreading or mistaking context**

CURRENTLY BEING EDITED:

I hereby challenge all influencers who bank on fooling people with contextually misdirecting people, to start banking on creating content that catches, reports, and helps translate others doing that, and those people into being infinitely more helpful to the world, and thus themselves.



**After decades of researching and testing
*the most vital details about everyone
in the world,*^E I have observed that
1.**

**Everyone continually helps themselves
by far the most in life, overall, by simply
helping other people the most they feel
they can afford to (physically, mentally, and
emotionally) **in their work and personal life,
based on their ability and context.**^E**

**And that process is how everyone vividly
builds their own most transparent trust,
peace, prosperity, and the economy,
overall. – And at the very least
*by simply not bothering
other people.*^E**

END OF CURRENT DRAFT

