

EDUCATION TO LIVE WELL



Feb 2026

Quarterly News

#1

Welcome to Education to Live Well

This new [website and quarterly newsletter](#) are designed to share practical tools, thoughtful reflections, and programs that support healthy relationships, wise living, and everyday resilience.

In a fast and fragmented world — where many people feel rushed, divided, and quietly overwhelmed — I believe people thrive when they are equipped with clear models, usable skills, and spaces for meaningful conversation.

I created *Education to Live Well* from a lifelong commitment to helping people strengthen their inner lives and their relationships in practical, grounded ways.

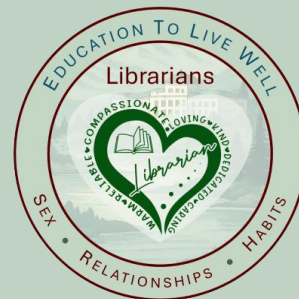
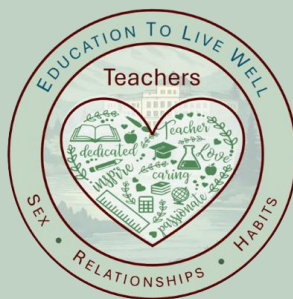
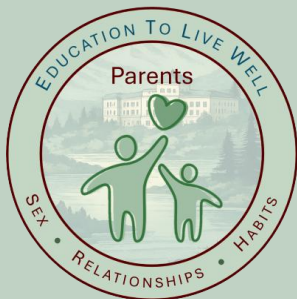
My hope is that these resources serve individuals, families, educators, and community members who want to live with greater balance, clarity, and purpose.

Through coaching, guidebooks, library programs, and our monthly *Club Thrive* meeting, *Education to Live Well* offers both practical tools and welcoming spaces to learn, share, and grow together.

If you would like to schedule a library program, explore coaching, or join the *Thrive Collaboration Network*, I would be glad to hear from you.

And if you find this newsletter helpful, please feel free to share it with friends, family members, parents, teachers, and librarians who may benefit. Thank you for being here. I look forward to learning, growing, and living well together.

Warmly,
Sanford “Sandy” Hinden



Programs

For Teens, Adults & Seniors in Libraries

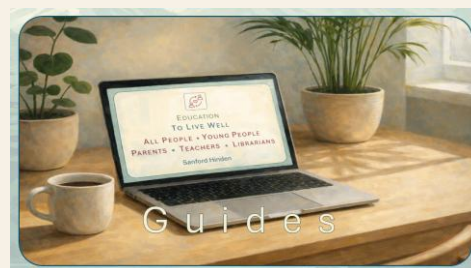


Our Education to Live Well programs bring practical wisdom into libraries and community spaces. Through interactive sessions, participants explore conversation skills, healthy habits, emotional resilience, and everyday tools for living with greater balance and clarity. These gatherings are designed to be welcoming, thoughtful, and engaging — helping teens, adults, and seniors strengthen their inner lives while building meaningful connection with others. You can see all our programs [here](#).

Guidebooks

For All, Parents, Teachers & Librarians

Education to Live Well publishes clear, accessible guidebooks for parents, teachers, librarians, teens, young adults, and lifelong learners. Each resource translates research and lived experience into usable models and exercises that support healthy relationships, media awareness, wise decision-making, and personal growth. The goal is simple: practical tools that help people live well at home, at work, and in community, including a [free resource for parents, teachers and librarians](#). You can see all our guidebooks [here](#).



Coaching

For Individuals, Couples, Teams, Organizations & Leaders



Coaching offers individualized support for people navigating change, growth, and challenge. Whether working with individuals, couples, teams, or leaders, the focus is on strengthening clarity, habits, communication, and purpose. Coaching sessions provide a steady space to reflect, reset, and design

practical steps toward a more grounded and fulfilling life. You can see all our coaching programs [here](#).

Feeling Valued & Appreciated in a Fragmented World

Many people today quietly struggle with a simple human need: to feel valued and appreciated.

We live in a culture that rewards performance, speed, visibility, and competition.

Social media counts attention. Work environments measure productivity. Even conversations can feel like subtle status games.

In this atmosphere, belonging becomes harder to experience.

We may be connected digitally yet feel unseen personally.

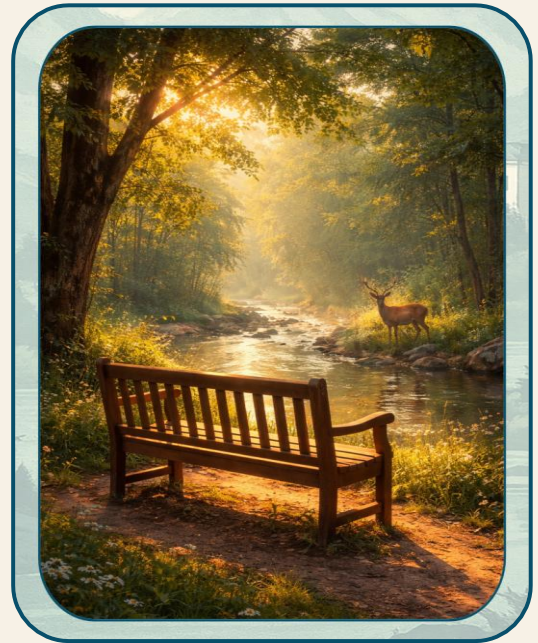
When people do not feel valued, something inside them contracts.

Energy drops. Generosity shrinks. Confidence wavers. Over time, this can lead to isolation, resentment, or withdrawal.

But the need itself is not weakness. It is human biology. We regulate through recognition. We thrive when someone notices our effort, our care, our presence.

When belonging feels scarce in the wider culture, the work begins closer to home.

We can practice valuing ourselves. Not through ego inflation, but through self-kindness and self care. Gentleness and inner peace. Through acknowledging our efforts. Through forgiving our imperfections. Through speaking to ourselves with compassion, respect, and encouragement.



I value and appreciate my wellbeing...

And we can practice appreciation in small, concrete ways:

- ✓ Thank someone specifically for what they did.
- ✓ Telling a friend what you admire in them.
- ✓ Letting a colleague know their contribution mattered.
- ✓ Creating spaces where people speak without competing.

Belonging rarely begins in large systems. It grows in small circles of mutual regard.

In a fragmented world, choosing to value and appreciate — ourselves and others — is not sentimental. *It is restorative. It is how vitality returns.*

Club Thrive

A Monthly Zoom Gathering for a Well-Lived Life

For more than 50 years, I have worked as a community developer — helping people gather, reflect, and strengthen their lives in practical ways. One lesson stands out: *people thrive when they have consistent spaces for thoughtful conversation and mutual encouragement, regard, and appreciation.*

We are just beginning this new circle.

In today's fast and fragmented world, it is easy for the essential elements of life — values, wellbeing, relationships, habits, finances, time, renewal, and goals — to drift out of alignment. *Club Thrive* offers a steady, human-scale space to pause and realign.

Once a month on Zoom, we reflect together, share insights, and explore practical tools for living well. These gatherings are not lectures, and not performance spaces. They are welcoming conversations — grounded, respectful, and collaborative. If you are curious, attend a meeting and see if it feels right for you.

Membership is \$52 per year — just \$1 per week — to support this shared learning space.

Learn More & View the Resource Guide

EducationToLiveWell.org/ClubThrive

Register for the Next Zoom Gathering

EducationToLiveWell.org/Register



The graphic features a background illustration of a large, multi-story building nestled in a forested valley. At the top, four icons are displayed in a row: a group of people, a heart held in hands, two speech bubbles, and a globe. Below these icons, the text 'CLUB THRIVE' is prominently displayed in a large, serif font. Underneath this, the words 'ALIGNING • AWARENESS • APPRECIATION' and 'FEELING • FLOWING • FREEING' are arranged in two lines. A light green rounded rectangle contains the text 'YOU CAN REGISTER FOR OUR MONTHLY MEETING HERE' followed by 'THIRD THURSDAY 7:30 PM, ET ON ZOOM'. At the bottom, the website 'EducationToLiveWell.org' is listed.

CLUB THRIVE

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EducationToLiveWell.org

Education to Live Well

CIVIC CONVERSATIONS FOR A CIVILIZING WORLD

For Your Personal Reading

MARKINGS ON THE WALL

Notes From a Grandfather Paying Attention

The attached seven Civic Conversations are offered primarily for personal reflection by adventurous community members, librarians, parents, teachers, and thoughtful citizens.

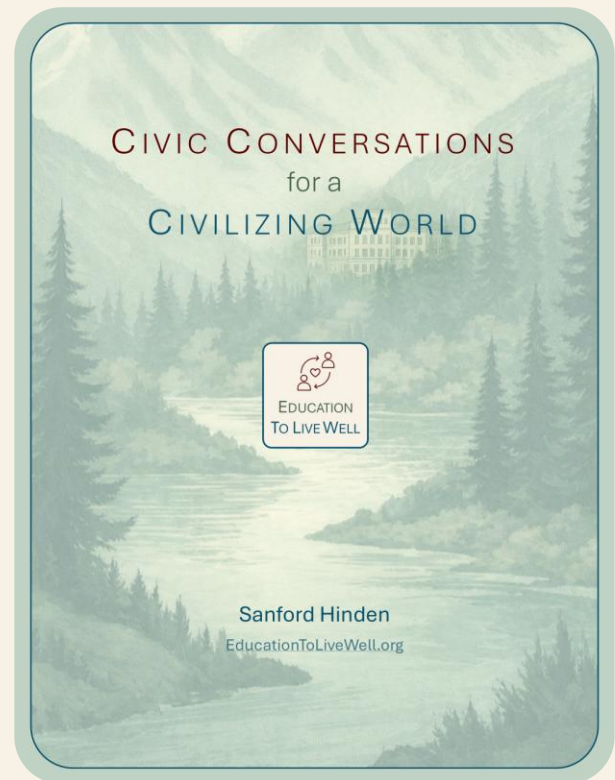
I do not necessarily expect libraries or organizations to host these gatherings. These were written as markings — like on a cave wall — during a time of confusion, spectacle, and cultural strain.

They are an attempt to name what many of us are witnessing but struggle to articulate. They are records of concern. Records of conscience. Records of care.

My hope is simple. That one day, when my grandchildren are adults, they might read these pages and understand that their grandfather was paying attention. That he cared deeply about the world they were inheriting. That he was awake.

If these conversations help even one reader feel less alone, clearer, or more grounded in dignity, they have served their purpose. They are bold because I care deeply about the well-being of future generations. I offer them in goodwill. I welcome responses and wish us all well.

Best regards,
Sandy Hinden



1	Introduction
2	Marijuana & Young People What's Changed? What's Real? What Helps?
3	Decoupling Wealth From Worth Reclaiming Human Value in a Status-Driven Culture
4	Sexual Commercialization Everywhere vs. The Evolutionary Value of Virtue
5	The Currency of Character What Truly Holds Value in a Changing World
6	Leading An Incomparable Life Decoupling Your Worth From Comparison Culture
7	From Tribal Pride-War Factories To Dignity & Wellbeing For All