

# Ways to Improve Our Lives & Our World



**Developing  
Healthy Habits**

**Enjoyable  
Communication &  
Conversation Skills**

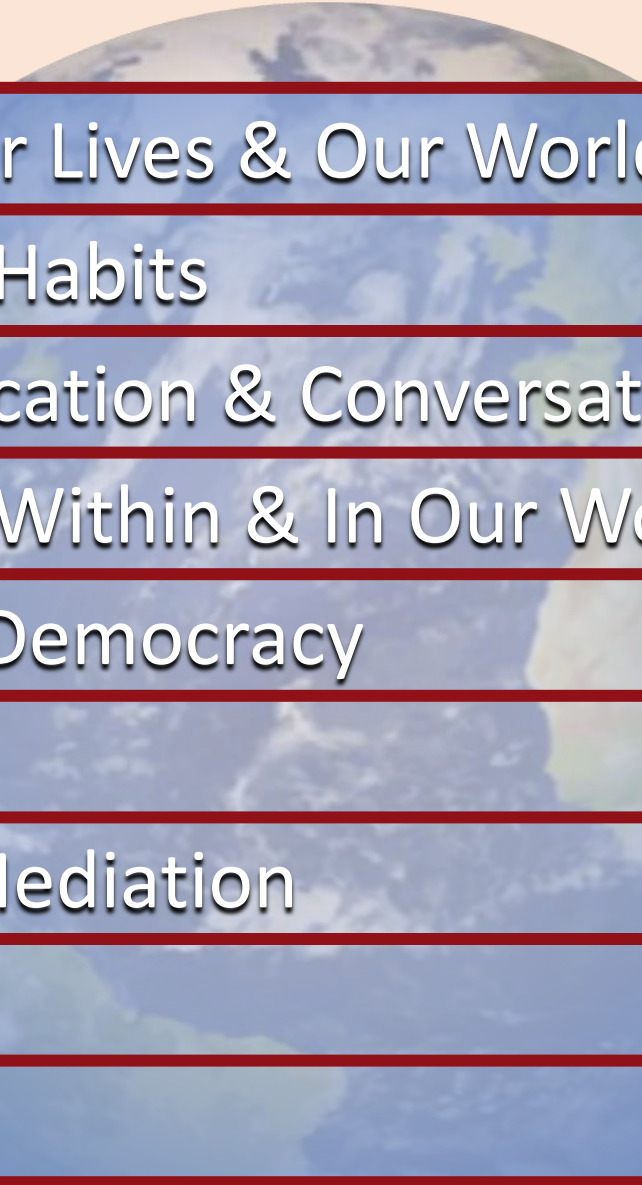
**Cultivating  
Wisdom Within  
& In Our World**

**Wisocracy for  
Wise Democracy**

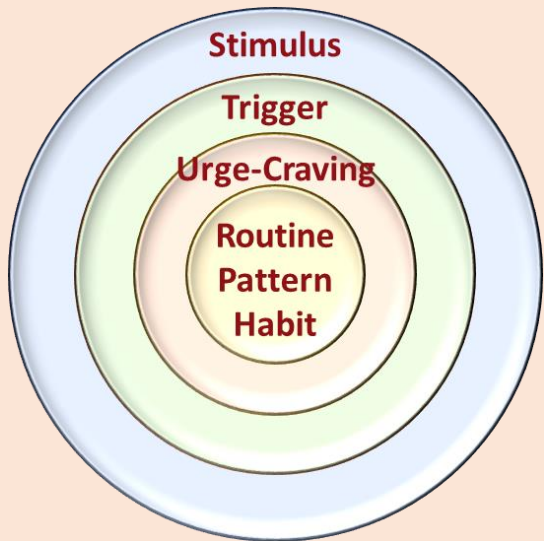
**We Wish  
for Peace**

**Smartsettle for  
All Mediation**

**Sandy Hinden**



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Ways to Improve Our Lives & Our World



# Ways to Improve Our Lives & Our World

- **We are living in a very complex world.**
- **Conflicts are a natural part of life between competing parties and interests.**
- **We need new systems for resolving our disputes peacefully, fairly, and efficiently.**
- **These programs introduce ways to help us all create healthier, happier lives and more productive relationships, governments, and international relations.**
- **We will explore each set of methods for one hour, then have a half-hour Q & A and conversation on how to apply them to our lives, countries, and our world.**

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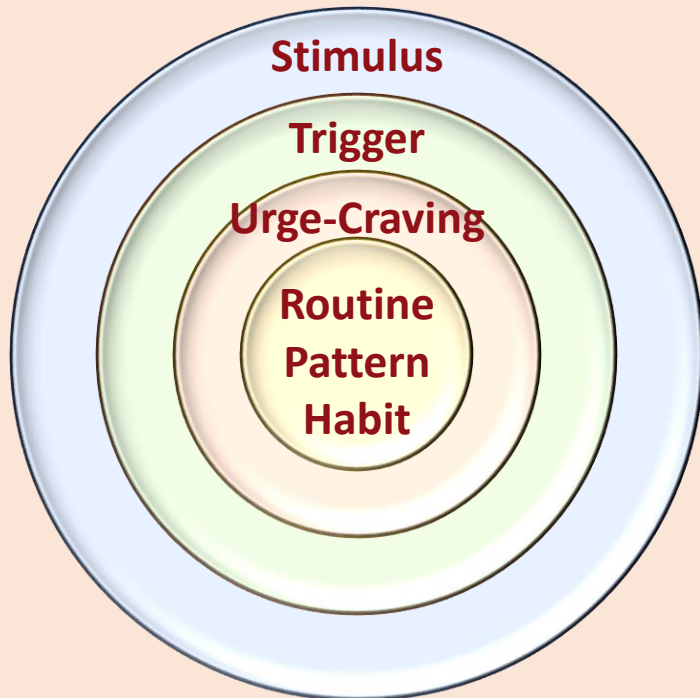
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# Developing Healthy Habits



People can develop many unhealthy obsessions and habits. It is easy in our dysfunctional, disturbed world. We have so much confusing culture, negative media, and so many foolish leaders. They can easily capture and control our minds and hurt our emotions. That can then trigger turning to unhealthy pleasures to shut down our thinking and numb our emotions by stimulating our bodies. In this program, you will learn to find and develop ways that help you create better thinking, feelings, and healthy habits, that can gradually lead to much happier living.

# Enjoyable Communication & Conversation Skills



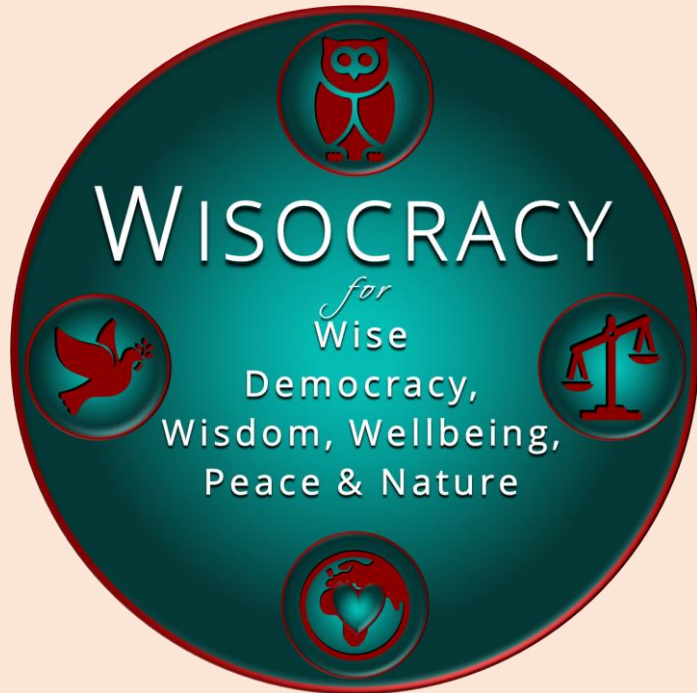
**Learn five ways to enhance your ability to relate to people and have meaningful conversations: Transactional, Assertive, Compassionate, Creative, and the S.H.A.R.E. methods for communications. While small talk, and talking about current events, hobbies, and pastimes are helpful in most social situations, you will also learn how to have more meaningful conversations when needed to help others talk about what is really important for them and all people.**

# Cultivating Wisdom Within & In Our World



**Without wisdom, people get into all sorts of problems and difficulties. We will explore what is wisdom, look at the history of wisdom as an important virtue, the search for wisdom throughout the ages, around the world, and within, and how to cultivate wisdom in your life and wise leaders for our world. Clarify the difference between opinions, data, information, and knowledge presented in the media. Explore how to develop or recover common sense. Access the inner wisdom available to us when we quiet down and gain calmness, to have a lifestyle of wisdom and wellbeing, and enjoy life more.**

# Wisocracy for Wise Democracy



Democracies are under great strain worldwide. 71% of the world's population live in autocracies under 51 dictators in the world. Wisocracy is a program that explores 10 methods for enhancing democracy. The methods include improving education systems; funding human, social, and nature's needs; good governance processes; civic deliberation in public assemblies; building trust and collaboration; compassionate communication; addressing the real needs of boys, men, girls, and women driving the political and social conflict; solution-seeking; meaningful media; wise leadership; and sustainable economy.



# We Wish for Peace



**With a nod to the biblical story “Turn Swords into Plowshares,” Sanford Hinden brings 50 years of working for peace to explore how we move from fighting to living peacefully. The present reality for many is personal agitation, family conflict, community violence, national hate, international war, and the destruction of nature. So, how do we achieve peace within, family peace, peaceful communities, a nation of peace, peace in the world, and making peace with nature? We Wish for Peace provides ways to improve life and the world, from the personal and interpersonal to the family and community, to the political, economic, environmental, and the global. Join Sandy Hinden in this conversation for peace.**

# Smartsettle for All Mediation



Smartsettle was created over 30 years of research and development by Ernest Thiessen, PhD. The method leads to **Multi-Party Outcome Optimization** in negotiations and mediation through a super-intelligent, secure, online neutral site that manages the negotiations. The method enables all parties to reach outcomes that simultaneously maximize the self-interest of all parties efficiently and fairly. It can be applied to all formal disputes, on the interpersonal level up to national and global peacemaking, and to sustainable development goals requiring collaboration of parties. Learn about Smartsettle and what is being done to bring it to the world.



Other  
Programs



## Ways of Living Our Lives

This program will review four ways to live that can feel fulfilling and satisfying. We will explore each Way of Living and review how we have been living up until now. We can then consider other ways of living that can bring us added happiness or enthusiasm. Bring your curiosity and sense of humor. Be open to new possibilities.

### A Happy Life

A happy life brings you comfort, joy, security, and fun.

You feel good and satisfied.

Conservatives and Facebook users with less diverse social networks tend to be happier.

They feel satisfied with life, when they smiled, laughed, or felt enjoyment (among other things).

It may be a kind of *energetic happiness* that is characterized by feelings of excitement, enthusiasm, and elation.

### A Meaningful Life

A meaningful life is about feeling purposeful and significant, like you made a difference.

Identifying what you value and taking action on your values and goals.

Acting on your purpose and what matters most to you.

Releasing people, places, and things from your life you don't want and don't need.

Seeking to create the life you prefer, want, and need.

### A Psychologically Rich Life

A life of curiosity, adventure, novelty and variety, exploration, and openness.

Studying abroad, reading certain kinds of books, changing our perspectives, and experiencing dramatic life events.

If your life is psychologically rich, you'd probably say that you've seen and learned a lot.

Adding more spontaneity and playfulness into your day; find new things to try and learn; being open to where they might take you; new experience by new experience.

### A Balanced, Harmonious Life

A life lived with calm, contentment, being at peace, serenity, feeling balance and harmony in our daily life.

Experiencing more balance, harmony, and peace can lead to feeling more satisfied with life.

It is more often found in the moment, when you practice mindfulness or tune in to what you appreciate about your life right now. Being grateful. Enjoying simplicity and clarity.

It may also mean embracing negative emotions, as part of the full spectrum of what it means to be human.

# PERSONAL DEVELOPMENT



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- **Ways of Living Our Lives**
- **Positive Habit Improvement**
- **Weight Loss with a Dash of Humor**
- **Self-Appreciation, Self-Compassion & Self-Care**
- **Creating or Revising Your Bucket List**
- **Mindful Meditation for Peace & Wellbeing**
- **Meaningful, Purposeful, Creative Living**
- **Wisdom & Meeting the Wise-One Within**
- **Anger Management & Self Regulation**
- **Executive Functions of the Brain**
- **Great Lessons Learned from Life**

# RELATIONSHIPS & COMMUNICATION



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- **Community Conversation Circle**
- **Better Communication & Conversation Skills**
- **Better Communication with Teen or Adult Children**
- **How to Negotiate a Collaborative Solution**
- **Develop & Keep Healthy, Loving Relationships**
- **Being Friendly Helps**
- **The Healing Power of Compassion & Kindness**
- **The Power of Nurturance**
- **What Makes Addiction Recovery Really Work**
- **21 Tips for Great Customer Service**



# SOCIAL & GLOBAL DEVELOPMENT



# SOCIAL & GLOBAL DEVELOPMENT



- **Values for a Better Life & World**
- **The Next Steps for Democracy**
- **Wise Democracy, Wisdom & Wellbeing**
- **World Wisdom & Wellbeing Report**
- **Human Transformation for World Wellbeing**
- **World Happiness Report**
- **Wise Leadership Development**
- **Doughnut Economics & Wellbeing Economy**
- **Bioregeneration for Saving Our Planet**
- **Global Gang Transformation**

About



## Sanford Hinden

Educator, Author, Administrator, Organizer

- Sandy Hinden provides programs for schools, libraries, and organizations, helping seniors, adults, teens, and children reach their full potential and enjoy life more.
- He presents programs in person and on Zoom in personal development, communications and relationships, and social and global development for peace and sustainability.
- Sandy worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He was director of *Community Partners for Coordinated Services for Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- In 2009, he wrote and published [7 Keys to Love – Opening Love’s Door to Joy & Wellbeing](#).
- In 2014, he created the *Commonwealth for Earth & Humanity*, proposing annual 10% global military reductions to be used for funding human, social, and Earth’s needs.
- Sandy works on [Wisocracy](#) for wise democracy, peace, wisdom, and wellbeing, using education, psychology, economics, and politics to explore better systems for all and nature.



**“With crystal clarity, Sandy Hinden concisely puts together with beautiful graphics, what is wrong with the world and how to fix it.”**

**Richard Denton, MD**

**International Physicians for the Prevention of Nuclear War**  
**Rotary International**

**“Sandy Hinden emerges as a profoundly wise visionary with a knack for diagnosing global issues and discerning improved pathways forward. His rapid application of whole-system thinking to encapsulate the essence of Smartsettle during our initial encounter left a lasting impression. Sandy distinguishes himself as an exceptional, compassionate individual devoted to inspiring positive change and fostering collaboration for a better world.”**

**Ernest Thiessen, PhD**

**President, Smartsettle Resolutions and iCan Systems Inc.**  
**Directs the International eNegotiation Exhibition**

**“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”**

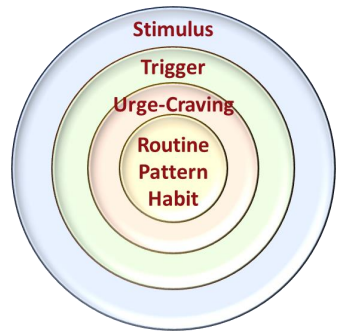
**Meg Rivers  
Senior Production Specialist  
HBO / HBO Max**

**“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now. I trust him and have learned immensely from him.”**

**Ronald Gross  
Founder/Director, Conversations New York  
Co-chair, University Seminar on Innovation  
Columbia University**

**“Sandy is an inspirational actionist! He is not afraid to ask the tough questions and explore heartfelt responses to them. The ones that have to do with how we got into this mess as humanity, and what it’s going to take for us to get out of it. His wealth of experience and human kindness, combined with his political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy.”**

**Alexander Laszlo  
Global Systems Educator**



**“Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years.**

**He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas. He encouraged me to not give up.**

**I would be so happy to see him in charge of a major newspaper section on good news and happiness for the people. He would be very precious for a major philanthropic organization, especially one dealing internationally. I would support his candidacy with the highest terms.”**

**Dr. Robert Muller (1923-2010)**

**Former UN Assistant Secretary General  
Cofounder, UN University for Peace, Costa Rica**



# Contact



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**516-815-4967**



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