

Advice My Parents Gave Me...Book Review

By [Hartford Books Examiner](#) - John Valeri

Today, [Hartford Books Examiner](#) recommends a title that is short on pages but long on inspiration: [Advice My Parents Gave Me: and Other Lessons I Learned from My Mistakes](#) by Rodolfo Costa.

Unassuming in its presentation, *Advice My Parents Gave Me...* is a reminder to readers not to judge something based on its appearance but rather on its content. Subtitled *A collection of 409 thoughts, quotes, lessons, ideas, suggestions, reminders, and words of advice and encouragement to help you lead a more prosperous, rewarding, peaceful, happy, and fulfilling life*, the book is deceptive in that readers will find themselves rereading selected passages in an attempt to gain a full understanding and appreciation of the author's message.

Born in Lima, Peru, Costa bid farewell to his parents at the age of nineteen and immigrated to America, where he found that he was greeted by a world of opportunity—and accompanied by the words of wisdom that his family had imparted upon him. It is through those enlightened eyes that readers will be inspired to reevaluate their own lives attitudes and motivations. Costa contemplated the idea of writing a book for many years before becoming serious and giving himself a deadline to complete it: his fiftieth birthday. And with a target date clearly established, he was able to put pen to paper and immortalize his legacy.

As Costa reflects, "I always heard 'dream until your dreams come true,' but I also learned that dreaming alone would not make those dreams come true; I had to take some action to realize and fulfill them." The mere fact that the reader, then, is holding his published book is a testament to the fact that discipline, determination, and goal-setting often result in the achievement of a desired outcome. But unlike many self-help gurus, Costa refrains from preaching. Rather, he provides brief but impassioned introductory and closing remarks while letting the lessons speak for themselves. (An example: "Remember, you always need the night in order to see and appreciate the stars.")

Many of the insights that Costa shares echo sentiments that have been universally heralded throughout the ages. Still, just because they are familiar does not mean that they are commonly practiced, and so *Advice My Parents Gave Me...* serves as a prudent reminder to do so. The author often adds subtle nuances, which help to freshen the content and the fact that he covers a variety of topics—happiness, love, friendship, spirituality, work, and finances among them—should appeal to a large audience.

Readers will also enjoy the motivational quotes sprinkled throughout. Encompassing both historical figures (Abraham Lincoln, Mark Twain) and contemporary ones (Michael Jordan, Kurt Vonnegut), they exemplify the notion that good advice transcends both time and place--and also serve to bolster Costa's input quite nicely.

Just as Costa dares readers to be successful, no matter what the odds, *Hartford Books*

Examiner dares you to pick up *Advice My Parents Gave Me...* and begin your own journey toward self-discovery and fulfillment. These 409 ideas are thought-provoking and may just provide the impetus you need to make that change. And you may just find yourself wanting to share them with your own children...

This Is a Nice Collection Of Thoughts & Lessons On Life.

By William Phenn – Reader Views

Not only has the author learned from his mistakes, but he has written a book about it. With a nice peppering of his own views, advice and ideas on life, this collection of 409 thoughts, quotes, ideas, lessons, suggestions, words of advice and reminders is the next best thing to a “Bartlett’s Quotations.” I use Bartlett’s as a mild comparison because the book contains quotes from some famous people. It is actually much more than that. It is a book full of life lessons - a collection of quotes from the author on how to live life, with a mixture of quotes borrowed from many others.

Mr. Costa is inspirational in what he tells the reader. He emphasizes positive thinking and self esteem. Another specific in his advice is goal setting; Rodolfo instructs the reader to set goals and to stick with it. He reminds the reader to never stop learning, to read as much as they can and to study and observe. His philosophy on finance and spiritual growth was another interesting point of view, as was his suggestion that we should learn to relax, to take time for ourselves.

“Let the cell phone rest and give yourself a break,” is just one of his many suggestions. (In a perfect world, that would be a very nice thing to do.) It sounds wonderful in theory but this is what Rodolfo is saying that we have to do in the grand scheme of things.

My favorite quote in the book is number 403: “You are not growing old; you are only growing more experienced.”

I keep telling that to my kids but they insist that I am just plain, “Old.”

Mr. Costa’s book is 120 pages of suggestions for living your life as a better human being. Young or old, “Advice My Parents Gave Me and Other Lessons I Learned from My Mistakes” by Rodolfo Costa will appeal to anyone that is interested in ideas to better one’s self. I gave it an overall A and thought it very fitting reading for this day and age.

Live Your Dream Life.

By Rebecca Johnson www.seasonedwithlove.com

"Be an optimist. Learn to see and appreciate what life offers you. Concentrate on the positive and beautiful things in your life." ~ pg. 6

We all have an image of what it means to be successful. Your idea may include a bigger house or a better job. But how do you make these dreams come true? Is it really as simple as thinking positively and taking action? In "Advice My Parents Gave Me and Other Lessons Learned from My Mistakes" Rodolfo Costa explores all the ways we can make our life great.

"Someone's opinion of you does not have to become your reality." ~ Les Brown

This book has tons of original thoughts and also contains pages of quotes that I'd never read before. While you are reading this excellent book you may find yourself reevaluating your life. What is holding you back? This book has many answers.

I like that Rodolfo Costa organized his thoughts in meaningful chapters. There is a theme to each section. There are thoughts on how to maintain good relationships, how to parent effectively, how to forgive and how to be healthy.

This book is really about being happier and living a more fulfilling life. Within the pages there is so much positive encouragement that is so needed in our society today. I sometimes feel that I have to fight the world to be positive so this book was a much needed respite.

Highly Recommended to help you keep your New Year's resolutions!

Very helpful!

By Leticia Bartra

This is a great book full of ideas and words of advice, as the author wrote in his introduction some of them I had heard before but I forgot about them and I just needed a reminder. Now I find myself reading and rereading this collection of words of advice and wisdom almost everyday. This little book is a complete "pick me up".

Don't Judge a Book by its Cover

By Grady Harp

Were the casual reader to browse the shelves of books in the self help section of either brick and mortar bookstores or online resources such as Amazon.com, this little book would like go unnoticed. The cover is plain, not eye catching in design or in reaching out to the viewer, and would likely be passed over as yet another 'one man's guide to happiness'. And what a mistake that would be! ADVICE MY PARENTS GAVE ME AND OTHER LESSONS I LEARNED FROM MY MISTAKES may not grab the attention readily, but pause and open this little straight forward caring guide, read the tender Introduction by author Rodolfo Costa in which he relates his childhood in Peru and journey to the US at age nineteen to find his place in the world in the USA, and then

follow the simple but poignant format of his delivery, and chances are this book will become one of those sources of inspiration to keep by the bedside for years to come. Though he does not dwell on the bumps in the road that brought to the point of wanting to share his discovery of living a successful and fulfilling life, Costa suggests that his journey has not been easy: this lack of whining dialogue about how unfair life has been until he reached a point of enlightenment makes this book even more unique.

What Rodolfo Costa has done is think through all of the steps and missteps we face as we design our own existence. He pauses now and then for some quotes by other writers that magnify the next door of acceptance through which he invites us to step. But it is the simple structure of the book - 409 thoughts in 112 pages - that is so appealing. Some readers may decide to take only a few pages a day to read: the book could easily afford this approach. But for this reader, taking the time to read the entire book in one sitting gives the aura of what Rodolfo Costa is all about - a tender, caring, loving man who genuinely seeks to help the reader find the happiest, most fulfilling life possible. 'Do not wait any longer. Take charge of your life. Set your mind to start now. Forget about the past - it is gone. Do not worry about the future - it is not here yet. Create the desire to change your current circumstances. Nobody is going to do it for you.'

Once under the very basic but sure guidance of Costa's reasons for wanting to write this book, it then becomes easy to take a few of his ideas at a time, finding that despite the fact that many of the ideas are not original with Costa, the manner in which he describes them, challenges us, and offers a supportive spirit is very real, very now. Looking for inner peace and for a way to find your dreams? Rodolfo Costa is a beneficent guide. Don't pass by the bland cover of this book. It is a treasure. Grady Harp, January 10

Advice worth hearing again and again and again,

By Charles Ashbacher

Any collection of items of good advice will contain something that you have heard before and the higher the quality of the collection the more repetition it will contain. For the best advice should be heard over and over again and is timeless. Given that as a premise, the statement that there is a lot in this book worth hearing again is the highest of compliments. Costa has done an excellent job in collecting pearls of wisdom that will indeed do what is stated on the front cover, "... help you lead a more prosperous, rewarding, peaceful, happy and fulfilling life."

A Great Book: Motivational, Uplifting, Thought-Provoking.

By Lauri Coates.

This is a truly entertaining, delightful and thought provoking collection of 409 quotes, lessons, thoughts, words of advice and encouragement. The author gleaned these from his own life experiences and a far-ranging variety of sources.

Reading this book will offer a venue into looking at your own life experiences, past mistakes, family history and future aspirations. By taking the time to read this book, page by page or section at a time, you can find the determination, motivation and understanding you need to move forward in your life.

I think this book would be a wonderful tool for personal reflection and future reference; to take from your bookshelf like an old and caring friend when you need encouragement, a boost of determination, or just a thought-provoking meditation to help you remind yourself what is truly important in your life. I plan to keep it in mind as an excellent gift for an upcoming graduate or a friend pondering a change of circumstance in their own life.

Advice that can improve your outlook and performance in life

By Thomas Duff "Duffbert"

In this short (120 pages), Rodolfo Costa has compiled a list of advice, sayings, and adages that he's learned over the years and that has improved his life... Advice My Parents Gave Me: and Other Lessons I Learned from My Mistakes. The style of the book isn't such that you get an in-depth examination of any particular element, nor is this a method to follow to get from A to Z. They're short numbered "bullet points" (409 in all) that will hit you at different levels depending on where you're at during your particular journey in life.

The advice and wisdom is generally grouped into areas such as attitude, goals, patience/moving forward, and confidence. Some of the one-liners are very similar to ones you have heard before, like "Do not leave for tomorrow what you can do today." Others don't appear to be so close to Franklin-esque words, like "Do not be embarrassed to say, 'I don't know.'" It is amazing how much you can learn just by admitting that." Both types of advice are worth understanding, contemplating, and making part of your mindset, but sometimes familiarity with certain words can cause you to just brush right over the writing without thinking.

I generally hate being told how I should read a book, but this is one of those titles that really does dictate a certain reading style. You can sit down and read the whole thing in less than an hour. Odds are that you'll get little impact that way, though. Taking a page or two a day would be much more effective so you can let the words work their way into your mind and make changes in the way you think and act.

If you get the chance to read Advice My Parents Gave Me, it's worth doing so. Finding two or three gems that talk to you can make all the difference in the world.