

**Chapter 1 : Do One Thing Every Day That Scares You – Quote Investigator**

*Eleanor Roosevelt, one of the world's best loved and most admired public figures, offers a wise and intimate guide on how to overcome fears, embrace challenges as opportunities, and cultivate civic pride: You Learn by Living.*

They are as follows: Learning to Learn--This first key makes the others possible. A fulfilled person must be curious and must learn to use his or her mind as a tool to understand and influence the world. Roosevelt insists that beyond discipline and training, a sense that life is an adventure makes people not only willing but passionate to learn about themselves, their fellow human beings, and the world. In this book, Eleanor Roosevelt outlines eleven actions that each person must take in order to lead a fulfilling life. Roosevelt insists that beyond discipline and training, a sense that life is an adventure makes people not only willing but passionate to learn about themselves, their fellow human beings, and the world. Interests cultivated by the curious mind beget new interests, which beget new interests, and so on, until the interested person is the fulfilled person. Fear, The Great Enemy--For a woman whose husband intoned, "We have nothing to fear but fear itself," this key does not surprise the reader. One statement, credited to a deceased relative, sticks out: Roosevelt also stresses the importance of maintaining good health in order to facilitate the other methods. But if you have more projects than you have time for, you are not going to be an unhappy person. Another important factor is an awareness that as people, we are interdependent. Roosevelt stresses that teaching children as early as possible how little they can do alone is key to helping them become happy, productive adults. Being able to take and use criticism and evaluation are also indicators of maturity. You have missed the whole point of what life is for. She states correctly, I believe that women have the advantage of being expected, to a greater extent than men, to make adjustments throughout their lives. The key to handling life is to adjust when necessary; happy people tend to be happy in spite of their circumstances, not because of them. Human nature is all about an innate drive to be oneself and to achieve self-actualization through various expressions of that self. But it is better than not being an individual, which is to be nobody at all. Roosevelt refers to the keeping up with the Joneses as "the real menaces of this country. Not only will one never reach the status of the Joneses, one will lose oneself in the effort. How to get the Best out of People--Very little can be accomplished alone. A truly happy, fulfilled person will come to accept, learn from and use the strengths and weaknesses of others as a part of life. Roosevelt identifies two qualities one must have: People share more commonalities than they do differences; being able to see oneself as a member of the human race and learning to work with others in that race is crucial. Facing Responsibility--One statement in this chapter jumped out at me more so than others: Is to abstain from building gas chambers the same as to fight for human rights? And at the same time, if the gas chambers are built, outfitted and used while one passively looks on, is one not responsible in some part for their existence? But before any of that can happen, Roosevelt maintains that one must have the courage--and take the responsibility--to decide for oneself what is right and what is wrong. Voting is a minimum, according to Roosevelt. Not only must one vote, but one must be educated about whom to vote for and what their stance on issues means in terms of its implications for the future. Challenging the "If you lie down with dogs, you wake up with fleas" argument, Roosevelt maintains that the only way to instill any sort of integrity into the dirty business of politics is to actively involve oneself in it, and, using integrity, reform it. Learning to be a Public Servant--If one chooses to be a public servant, the challenge comes in understanding, first of all, what that means. A public servant must serve, first and foremost, and be empathetic to the needs of his and Roosevelt sticks to this pronoun constituents. At the same time, a good public servant must not rely on his position for his livelihood; only a public servant with some other means of income can truly make the best decisions. Public servants must also have an ear for the suggestions of others but not get so bogged down in public opinion that they never do anything worth the effort for fear of offending someone.

**Chapter 2 : You Learn by Living: Eleven Keys for a More Fulfilling Life by Eleanor Roosevelt**

*At the end of You Learn by Living, Eleanor Roosevelt writes that she feels that her book advice for personal growth and fulfillment boils down to a handful of principles. It is always helpful to successfully complete smaller steps that carry you gradually towards a larger goal.*

John Aspinwall Roosevelt II "Despite becoming pregnant six times, Roosevelt disliked having sex with her husband. She once told her daughter Anna that it was an "ordeal to be borne". He had been contemplating leaving his wife for Lucy. However, following pressure from his political advisor, Louis Howe, and from his mother, who threatened to disinherit Franklin if he followed through with a divorce, the couple remained married. Disillusioned, Roosevelt again became active in public life, and focused increasingly on her social work rather than her role as a wife. Franklin encouraged his wife to develop this property as a place where she could implement some of her ideas for work with winter jobs for rural workers and women. Each year, when Roosevelt held a picnic at Val-Kill for delinquent boys, her granddaughter Eleanor Roosevelt Seagraves assisted her. She was close to her grandmother throughout her life. Seagraves concentrated her career as an educator and librarian on keeping alive many of the causes Roosevelt began and supported. In 1918, she campaigned for Democrat Alfred E. Smith in his successful re-election bid as governor of New York State against the Republican nominee and her first cousin Theodore Roosevelt, Jr. Her aunt, Anna "Bamie" Roosevelt, publicly broke with her after the election. She wrote of her niece to her son, "I just hate to see Eleanor let herself look as she does. Though never handsome, she always had to me a charming effect. Alas and alack, ever since politics have become her choicest interest, all her charm has disappeared! A few years later, the two were able to reconcile and cooperate on numerous projects. Anna took care of her mother when she was terminally ill in 1905. However, these murder mysteries were researched and written by William Harrington. Eleanor Roosevelt, with Love: A Centenary Remembrance, came out in 1957. Other relationships Roosevelt with her dog Fala in 1935, Roosevelt had a very close relationship with legendary aviator Amelia Earhart. One time, the two sneaked out from the White House and went to a party dressed up for the occasion. After flying with Earhart, Roosevelt obtained a student permit but did not further pursue her plans to learn to fly. Franklin was not in favor of his wife becoming a pilot. Nevertheless, the two women communicated frequently throughout their lives. Edgar Allan Poe included compromising evidence of this relationship, which Hoover intended to blackmail Roosevelt with. Compromised as a reporter, Hickok soon resigned her position with the AP to be closer to Roosevelt, who secured her a job as an investigator for a New Deal program. It was known in the White House press corps at the time that Hickok was a lesbian. Doris Kearns Goodwin stated in her Pulitzer Prize-winning account of the Roosevelts that "whether Hick and Eleanor went beyond kisses and hugs" could not be determined with certainty. Transformative First Lady, by Maurine H. Beasley stated, "That the Hickok relationship was indeed erotic now seems beyond dispute considering what is known about the letters they exchanged. He became her friend as well as official escort, taught her different sports, such as diving and riding, and coached her in tennis. Smith writes, "remarkably, both ER and Franklin recognized, accepted, and encouraged the arrangement. They are thought to have corresponded daily, but all letters have been lost. According to rumor, the letters were anonymously purchased and destroyed, or locked away when she died. Roosevelt joined Franklin in touring the country, making her first campaign appearances. Harding, who won with electoral votes to Smith in his successful re-election bid as governor of New York State against the Republican nominee and her first cousin Theodore Roosevelt Jr. He does not wear the brand of our family," which infuriated her. At the school, Roosevelt taught upper-level courses in American literature and history, emphasizing independent thought, current events, and social engagement. She continued to teach three days a week while FDR served as governor, but was forced to leave teaching after his election as president. It was located on the banks of a stream that flowed through the Roosevelt family estate in Hyde Park, New York. Roosevelt and her business partners financed the construction of a small factory to provide supplemental income for local farming families who would make furniture, pewter, and homespun cloth using traditional craft methods. Capitalizing on the popularity of the Colonial Revival, most Val-Kill products were modeled

on eighteenth-century forms. Roosevelt promoted Val-Kill through interviews and public appearances. Otto Berge acquired the contents of the factory and the use of the Val-Kill name to continue making colonial-style furniture until he retired in 1928. According to her biographer Blanche Wiesen Cook, she became "the most controversial First Lady in United States history" in the process. She was the first presidential spouse to hold regular press conferences and in 1943 became the first to speak at a national party convention. In one famous cartoon of the time from *The New Yorker* magazine June 3, 1943, satirizing a visit she had made to a mine, an astonished coal miner, peering down a dark tunnel, says to a co-worker, "For gosh sakes, here comes Mrs. Roosevelt. The previous year, President Hoover had ordered them dispersed, and the US Army cavalry charged and bombarded the veterans with tear gas. Roosevelt Rosa x hybrida "Mrs. Roosevelt. But I was not pleased to read the description in the catalogue: Speaking of the NYA in the 1940s, Roosevelt expressed her concern about ageism, stating that "I live in real terror when I think we may be losing this generation. We have got to bring these young people into the active life of the community and make them feel that they are necessary. Roosevelt was in attendance at the hearings and afterward invited the subpoenaed witnesses to board at the White House during their stay in Washington D. C. Lash was one of her boarders. The President admonished them to condemn not merely the Nazi regime but all dictatorships. Afterwards, many of the same youth picketed the White House as representatives of the American Peace Mobilization. After losing a community vote, Roosevelt recommended the creation of other communities for the excluded black and Jewish miners. Conservatives condemned it as socialist and a "communist plot", while Democratic members of Congress opposed government competition with private enterprise. After her experience with Arthurdale and her inspections of New Deal programs in Southern states, she concluded that New Deal programs were discriminating against African-Americans, who received a disproportionately small share of relief money. She looked to the future and was committed to social reform. One of those programs helped working women receive better wages. The New Deal also placed women into less machine work and more white collar work. Women did not have to work in the factories making war supplies because men were coming home so they could take over the long days and nights women had been working to contribute to the war efforts. Roosevelt brought unprecedented activism and ability to the role of the First Lady. As a "sundown town", like other Franklin Roosevelt towns around the nation such as Greenbelt, Greenhills, Greendale, Hanford, or Norris.

Chapter 3 : You Learn by Living - Eleanor Roosevelt - Google Books

*~ Eleanor Roosevelt from You Learn by Living Eleanor Roosevelt wrote those words in , two years before she passed away at age Born in , Eleanor was Teddy Roosevelt's niece and served as the First Lady for 12 yearsâ€” through her husband Franklin D. Roosevelt's terms as President during the Great Depression and World War II.*

Kim Jacobson In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility. Eleanor significantly redefined the role of First Lady by actively involving herself in the public sphere. Eleanor was widely respected but was also often controversial for her outspokenness. The biggest difference with the other books I have read recently was that this was written in â€” almost 60 years ago. While there are obvious differences in perspectives, much of what Eleanor writes about really does stand the test of time and remains true today. Throughout the book, many instances reveal that the writing is very much a product of its time. It has always seemed important to me that women should try to develop some interests in which their whole family can share. This is valuable all around. It intensifies family solidarity. And when she discusses how a person can be involved in public life she always uses the male pronoun. She does however recognise that women are increasingly entering politics and gives a few words of advice. I have been talking as though men were the only creatures to enter politics, but women are doing so increasingly, particularly in their own communities. They have some advantages and some disadvantages. In one chapter she encourages the reader to be an individual. It is in this institute that the Russian child is trained to follow routines and punished if they do not. Some of the issues she discusses are so pertinent to the experiences of today that is it both frightening and amusing at the same time. Here, perhaps, lies the key to our [the United States] growing failure to win friends abroad, though we have, in every other respect, richly earned that friendship, in money, material support, and human kindness that asks no return. We have failed only in enlightened understanding and tolerance â€” and respect. Probably one of her most amusing comments was about how people can inform themselves about political issues. We must, for the most part, rely for much of our information on four main sources: Courage is more exhilarating than fear and in the long run it is easier. Use your time well. Each of us has â€”. Those years, weeks, hours, are sands in the glass running swiftly away. To let them drift through our fingers is tragic waste. To use them to the hilt, making them count for something, is the beginning of wisdom. Every age, someone has said, is an undiscovered country. We are constantly advancing, like explorers, into the unknown, which makes life an adventure all the way. We are the sum total of the choices we have made. You Learn by Living:

**Chapter 4 : You Learn by Living Summary & Study Guide**

*Anna Eleanor Roosevelt was born in New York City on October 11, She married Franklin Delano Roosevelt on March 17, , and was the mother of six children.*

You Learn by Living by Eleanor Roosevelt is an educational book written by the former First Lady of the United States of America in order to make helpful suggestions in response to letters she has received. Feeling that the sum of the letters she receives asks what she has learned in her lifetime that will help with a given problem, Eleanor Roosevelt writes this book to reach out to a greater number of people with her advice, though she repeatedly emphasizes the fact that one method does not necessarily work for everyone. Eleanor Roosevelt receives many letters asking for her help in solving a difficulty. She feels that book education alone is not enough; it must be supplemented by the stimulus of exchanging ideas with others. People should never lose interest, but they must understand the meaning of what they look at and adjust their knowledge to the new information in order to continue to learn and grow. Fear is the worst imaginable stumbling block. In the long run, courage is easier and more exhilarating. Eleanor Roosevelt offers four tips to making the best use of time: A mature person has self-knowledge and knows how to temper praise with negative remarks. One should never try to change others, as this stifles individuality. A mature person will set their values on things in life that give them satisfaction. Readjustment is inevitable, causing each period of life good only to the extent that a person uses it. People must learn to cope with disasters, such as death which is inevitable and natural. All people have the need to feel useful. Usefulness to others is a sign of love and respect. Although there are many charitable organizations, there are less dramatic, but just as real, needs everywhere. There is a great problem modernly with the loss of individuality. People are faced with the problem of conforming or not conforming. This problem arises with children, and while it is necessary for parents to explain the reason their children must be different, they should not conform. People cannot afford to lose their individuality. Everyone also has the need to be recognized as an individual, and to do so, must respect and have interest in other people. It is important to be able to deal with a wide variety of people. When dealing with other cultures and races, it is important to learn and respect their different customs, modes of thought and background. These differences are superficial, while the similarities among all humankind are more important. People create themselves by the choices they make daily, though they often blame their mistakes on others instead. They should regard their mistakes as experiences that will guide them to wiser decisions in the future. It is important to be optimistic because no one has ever achieved anything when they believed they could not. Politics is the participation of citizens in the government. It is important to find facts and learn both sides. Politics is not a career for professionals, and it is possible for citizens to accomplish certain things for their children and their community, but it is not enough just to wish for a change. Few people deliberately prepare to become public servants because the future is uncertain and there is less financial reward than in other careers. There are many problems for public servants which come at the high cost of personal sacrifice, and Americans owe our public servants gratitude and respect. At the end of her book *You Learn by Living* Eleanor Roosevelt is filled with misgivings because she has not written anything new, but she decides that it is acceptable since she means well in her advice. This section contains words approx.

**Chapter 5 : Download Eleanor Roosevelt You Learn By Living ebook**

*You Learn by Living is a powerful volume of enduring commonsense ideas and heartfelt values. Offering her own philosophy on living, Eleanor takes readers on a path to compassion, confidence, maturity, civic stewardship, and more.*

But I had such fun learning about Abigail Adams this spring that I decided it was high time to learn more about the famous women of American history. Eleanor seemed like a logical starting point. I checked the holdings of my local public library – intending to request a biography – but *You Learn by Living*, written by the lady herself, jumped out at me, its cover shouting: How to become a mature person! How to get the best out of people! How to conquer fear! How to maintain hope and help others! *You Learn by Living* is packed with sound advice, heavily seasoned with anecdotes from her own life. Not knowing her story, I was surprised to find out that her life contained a good amount of hardship. *Learn as You Go*. And this, too, comes back primarily to interest. You must be interested in anything that comes your way. Develop the Ability to Focus – on the Right Things. If you are going to get anywhere in life, you must do the hard work of learning to discipline your mind and body. Roosevelt believes our lives are the sum total of the things we think about and the choices we make, and we need self-discipline in order to choose wisely. In this age of productivity gurus and time management systems, her old-fashioned tips still ring true: And take good care of yourself! Her old-fashioned advice is still right on the money. Learn to think rightly about yourself. This is not easy and it takes time to develop the self-knowledge to do so. But you need to have confidence in your abilities – just not too much! I loved this quote: If I were to take it at its face value I would become utterly obnoxious, but, knowing myself, I realize that it is nonsense, and simply the result of a combination of circumstances. You can best develop a sense of perspective on the world by seeking a wide range of experiences, interacting with all sorts of people, and being interested in lots of things. Her life story shows she practiced what she preached. It is extraordinary to discover that comparatively few people reach this level of maturity. Her advice on how to take criticism well is especially wise. Unhappiness is an inward, not an outward, thing. It is as independent of circumstances as is happiness. You have to take action. Roosevelt tells us how she put these ideas into practice in her own life, and prods her reader to do the same. This little book is well worth finding a copy of. *You Learn by Living* would also make a good gift for graduates, anyone heading off to college, or, of course, Eleanor Roosevelt fans. *Eleven Keys for a More Fulfilling Life*. A chapter is devoted to each of these topics in the new edition. Books mentioned in this post:

## Chapter 6 : Best Book You've Never Heard of on Living Well

*More goodness like this: [calendrierdelascience.com?ref=yt](http://calendrierdelascience.com?ref=yt) Here are 5 of my favorite Big Ideas from "You Learn by Living" by Eleanor Roosevelt. Hope.*

She fought for the rights of workers, children, women, the oppressed and poor. Here are 10 inspiring quotes by Eleanor Roosevelt: Do what scares you: We tend to stay in our comfort zones, where we could be challenging ourselves more. Whatever it is that scares you like public speaking, having the hard talk with a friend, making an appointment to see a counselor, or taking the leap into entrepreneurship, make a list of these things that scare you. You can now challenge yourself to do one of these things every day, or however often you can, building up to more frequently. You will be so proud of the action you took to achieve what you fear most. Be mindful of your reaction: A good friend may have criticized you out of jealousy or hurt, and you took it to heart, leaving you feeling deflated. But to remember that we always have a choice in how we react to whatever someone says to us, is vital to our confidence and belief in ourselves. For Eleanor to follow her heart knowing that criticism would be strong no matter what, was a testament to her personal strength and determination to do what was good for the nation. Something bigger than ourselves awaits our attention. Do the thing you think you cannot do: I can take the next thing that comes along. This is an ongoing challenge in life, moving past our fears to get to the other side, a side that means we grew personally, while building that courage muscle. Think about the one thing that you think you cannot do and really question whether or not your self-imposed limitations may be stopping you. Truth and honesty prevail: The most beautiful woman can turn ugly by her lack of character and self-centered ways. On the flip side, a plain and ordinary looking woman turns beautiful because of her intelligence, fun-loving spirit and compassion towards others. A rich life is a purposeful one: Can life get any better? Sometimes we can spend our whole lives looking for the one thing that will bring us that deep sense of fulfillment and joy. Believe in your dreams: If you have a dream that has been on the back burner of your life, make it a priority somehow. With experience, we are taught valuable lessons that we can teach our children and others. They can learn from our mistakes, and we all live a full and engaged life. Strive to have more experiences by seeking out new things to try. Next time you catch yourself worried about being judged, think about how it might be compromising your happiness. If we are unhappy with our lives, we can wake up and choose to change our perspective and strive to make a better, happier life for ourselves. Sometimes we need to know that we did the best we could today and tomorrow is a new day, a fresh start and chance to do better. Leave us your thoughts below. You May Also Like:

## Chapter 7 : Eleanor Roosevelt - Wikipedia

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror.*

## Chapter 8 : Book Review: You Learn by Living by Eleanor Roosevelt – Dream Beautiful Fly High

*You Learn by Living is a powerful volume of enduring common sense ideas and heartfelt values. Offering her own philosophy on living, Eleanor takes readers on a path to compassion, confidence, maturity and civic stewardship.*

## Chapter 9 : You Learn By Living by Eleanor Roosevelt on Apple Books

*Eleanor Roosevelt, October 11, - November 7, Eleanor Roosevelt was born in New York City on October 11, , to Anna Hall and Elliott Roosevelt. Her mother died in , and she and her brother went to live with Grandmother Hall.*