

# PRAXI LOGIE

OTTO  
BUCHEGGER

Praxiology  
International Edition

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Dedicated to my family and all the people who inspired me to tell them about the principles of my life and work.

Otto Buchegger, born 1944

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The only human being....

... who's been with me all my life,  
... who has the greatest responsibility for me,  
... who can always take care of me,  
... who's really good with me,  
... who really should know me,  
... I always have to rely on,  
... is only myself!

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Please contact me by e-mail only  
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# Important Decisions

Where to live?

What vocational training?

Which partners?

How many children?

What standard of living?

Which friends?

Which employers and bosses?

What hobbies?

What insurances?

What investments?

What retirement provision?

# Reasonable Investments

Health

Knowledge and skills (Know-How)

Studies, professional training

Everyday skills

Foreign languages

Fun and joy

Reading, making music, dancing, sports

Cooking, drawing, entertaining, puzzles

Diverse contacts (Know-Who)

Serious, international memberships

Remember names and note them, greetings

Liberty

Few dependencies, reserves

No addiction

Small condominium as a refuge

Computer, mobile phone, (tablet, digital camera)

# So it wasn't for nothing

How do I use it? In practice!

Immediately (at least in the next 3 days)!

Write down what you want to do!

Tell others about it and learn!

Fix the errors quickly!

Don't give up too soon!

What you don't use, you lose. (Use it or lose it).

Get help if you can't move on alone.

Seek advice from experienced professionals.

Learn from each others mistakes.

Be inspired by knowledge on the Internet.

Training and stamina make the skilled expert.

But give up on time if you don't have a chance.

Every failure was also a learning experience.

# Praxiology - Theory of practice

It's better not to do the right thing quite perfectly than to do the wrong thing perfectly, WHAT is more important than HOW.

What works cannot be wrong, even if you don't (yet) know why it works.

Nothing is more practical than the right theory. Unfortunately, there is no theory for many problems.

In practice, the side effects are often more important than the main effects.

The practice sees only the results, rather than the intention, the goal or the use.

It will be expensive to underestimate the complexity.

Well meant is often the opposite of well done.

Paradoxical actions lead to the opposite of the desired result.

Too many know-it-all, but few better-makers.

Experiences are difficult to teach, and you usually have to do it yourself.

In case of doubt, always do the right thing.

# Golden Rules

Respect, Please, Thank you  
Greetings, Excuse, pardon  
"When in Rome, do as the Romans do!"

Turn it on – Turn it off  
Open – Close  
Disorder - Cleaning up

Damage - Repair  
Error – Correction  
Should it work – Test it  
Use it – Clean it

Loan – Return  
Important - Take care of it  
Foreign property - ask for permission

You don't know - Hands off / silence  
Uncertain– Questions  
Speaking - Listening

Help, warn - without endangering yourself



# Plans for the Future

Plan - Documented thinking ahead

Tactics - Short-term action

Strategy - Medium-term action

Vision - Long-term model of the future

Mega-trend - Development that needs to be followed

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Visions and mega-trends have proved to be impractical:

Visions are often unattainable because they are easily disturbed by unforeseen developments.

Mega-trends are too general to be meaningful for concrete planning.

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Every plan must be reviewed regularly and adapted to reality.

Good new plans are often based on improved old ones.

# Shifts and Changes

Must be well prepared and explained.

Resistance is lower when all are asked.

Every major change requires a lobby.

You have to know the baseline condition very well, always have the goal in view in a vivid way and pursue it flexibly and patiently with endless perseverance.

Three assumptions are helpful:

1) One can never assume that people are wise enough to see something on their own.

2) Since there is no insight, there is no motivation for change!

3) People only move when they see benefits, i. e. when their needs are satisfied.

A change is only taken seriously if something changes very quickly (ideally immediately).

It is not certain that many small changes are more effective than a large one. But most of the time they are simpler and therefore easier to carry out.

# Avert Damage

Insurances for illness, liability and disability.

Recommended vaccinations, preventive examinations.

No high-risk sports.

Observe travel warnings.

Solid contracts, prenuptial agreement.

Read contracts carefully, sleep on them.

Never put all your eggs in one basket.

Better double important resources.

Regular backups and keep them safe.

Not too close to the employer.

Manage assets yourself.

No business you don't understand.

Don't proselytize. Don't interfere in arguments.

Will, power of attorney, living will.

Maintain social network, especially with the neighbors.

# Ego Marketing

Quality - business card with photo.

Sympathetic data track in the Internet with

- Homepage or better blog
- Sufficiently good photos for image search
- Stable e-mail address (gmail)
- YouTube Videos
- Account on a network (e. g. Twitter)

Rehearse your performance in a big round (with camera)

- Stand up, speak loudly and slowly
- Offer name bridge

Clean, suitable and chic clothes. Avoid bad breath and perfume. Listen well, try to understand other arguments. Do not insult or expose anyone. Show politeness, charm and humor. Greet often!

Praise much, criticize little. Maintain contacts.

# Lost Time

Inappropriate role models, unreliable friends  
Bad teachers and consultants  
Wrong study! Do what the others want to do  
Bad employers  
Unsuitable partners, divorces too late  
Exaggerated perfection, no tolerance  
Misleading religion and politics  
Fanatic ideologies, missionary work  
Disputes, conflicts, wars  
Self-induced illnesses or accidents  
Easily avoidable mistakes, naivety, ignorance  
Hunting for false targets, e. g. only for money  
Most media (television, newspapers)  
Addictions of all kinds and some games  
Can't say NO, want to be too nice  
Life without content, meaning or joy

## Doctors

The older you get, the more important they become in your area (and also good clinics).

At an advanced age, find young doctors who can accompany you to death.

If your friends tell you about their experiences, write down the good ones.

Good preparation for doctor's visits:

Make a note of questions, tell everything, ask questions, make a note of important things, bring all the documents with you.

The most important one is the family doctor.

Find one in time and introduce yourself to him while you're still healthy.

It's not wrong if several family members share the same doctor.

If you don't like the family doctor, find someone else.

A health book, similar to a vaccination passport, with important dates and appointments is useful.

# Clothing

You never look good in clothes you don't feel comfortable in.

Buy clothes that fit you well, twice. They won't be available later.

Trousers and shoes are especially important!

Directly on the skin only cotton.

Work clothes are always like uniforms. But don't dress like your boss!

There is no mistake to always have the same style.

This increases your recognition.

If you have fair skin, cover it and wear a hat. This protects against skin cancer.

If you are unsure about clothing issues, ask for advice.

Prefer clothes you can wash yourself. With no need to iron them. This saves a lot of money!

## Tips for the Youth

Get married young and have kids early. Find a partner who's like you and healthy.

Marry only with a prenuptial agreement that excludes obligations after marriage.

Enjoy having fun with sex but with responsibility.

Indulge yourself now and then or do something that gives you a real kick. Make sure, however, that it does not permanently ruin your health or your (financial) livelihood.

Live abroad for some time and travel a lot. It actually makes you better educated!

Find a job that's fun, where the boss is nice and where you always learn something new to increase your personal value.

Eat little meat. Let the others smoke!

Learn a musical instrument. Collect and preserve the music you like to listen to. Dance on every occasion.

Do sports regularly, but without exaggeration.



Clean your teeth well and have them professionally cleaned every year.

Get rid of things you don't use regularly in time.

Drive as if there was already a 130 km/h speed limit on German motorways.

No tolerance to intolerant people. Defend the separation of church and state.

Commit yourself to Europe as a political entity. Support local initiatives you like.

Don't trust blind the media, rather inform yourself personally and locally. Try to have as many personal conversations as possible.

Donate generously to institutions that help you and choose parties that support you.

Pass on your knowledge generously and share many of your successes.

# Always Good

Personal conversations with clever people

Variety and pleasant surprises

A walk in nature with company

Sharing knowledge and joy, learning new things

Cooking together, good food with friends

Watch children play and visit old people

Playing music and enjoying music, singing, dancing

Beautiful photos, an exciting book

A well-considered purchase

Comfortable travel

Good theater, cabaret, a nice concert

Sauna, massage, bathing, sex

Drinking enough pure water

Tidying up, cleaning out, creating order

Silence, breaks, leisure, enough sleep

# Do we really want this?

Power without humanity

Media without truth

Knowledge without responsibility

Business without morals

Religion without tolerance

Politics without reference to real life

Altruism without reciprocity

Insight without action

Growth without limits

Life without sense

Destruction without need

Long quarrel without chance of reconciliation

# Election Recommendations

Choose egoistic, choose what's supports you.

Be resentful, take revenge for past lies.

Change your mind if necessary.

Prefer local candidates you know.

Don't choose extremes, always give preference to peace.

Don't choose populists or fair-talkers.

Always choose economic competence.

Choose the lesser evil.

Know electoral system and party funding.

Don't pay attention to forecasts.

Ignore coalition statements before the election.

Make sure you go to the polls.

Celebrate your voting rights with an election party.

But wait until the end result before making a statement.

# Peace

Competition - without hate

Power - without victory

Possession - without envy

Money - without greed

Struts - without determination

Faith - without mission

Joy - without damage

Silence - without boredom

Movement - without haste

Education - without drill

Living together - without narrowness

Music - without noise

Help - unintentional

Love - without purpose

Middle - without extremes

# Global Prosperity

Mankind is no longer growing.

We learn and decide much faster.

The economic models are also becoming attractive for those who do not yet live in prosperity.

A balanced mix of state and market ensures security, reliability and diversity.

Corruption, hate and envy are rejected.

Everyone can contribute to prosperity.

We operate globally with trade and cooperation, tourism and sport, science and culture.

We stop waste and destruction.

Everyone can read and understand simple English.

We bring more joy into our everyday life.

We create little paradises on earth.

We're more humane. We act according to common principles. It's not people, the systems are changing.

We're starting with what's possible today.

# Corruption

Abuse of office and bribery.

Combining public and private interests.

Abuse of entrusted power for private gain.

Corruption is worldwide, mostly silent crime on a large scale.

Corruption artificially increases the price of living and therefore leads to general poverty.

If products or services in a country are inexplicably more expensive or unattainable, then there is a suspicion of corruption.

As a (mostly non-public) win-win deal to the detriment of the general public, it can hardly be eradicated.

But we can share, exchange, improve and apply our extensive global knowledge on the elimination of corruption.

And we can commercialize the fight against corruption.

# Mini Photo Course for Beginners

Have your digital camera in your mobile phone or small Canon Ixus always with you. Shoot many photos, even from unusual and seemingly impossible angles.

Portraits only with the telephoto and face in the shade. Shoot each important subject several times. At the end of a series, always take an additional wide-angle picture for orientation. Whenever possible, use tripod or support. Filming only with tripod.

Delete almost all photos and edit, save and print only the best ones.

Consider why these photos are good and learn to get a sense of motives and opportunities.

Photo books are practical. Also as a gift. Practice selfies practice and avoid people who want be photographed. Never put portraits of unknown persons on the net.

The best motifs offer nature and everyday life!



# Ideal Partners

Fair, philanthropic, clear language, understandable, little jargon, adaptable, not arrogant, thoughtful information sharing, feeling of problems, have patience and time, good listeners, sympathetic gestures, enjoyment of communication, easy exchange, progress is visible, good preparation and pursuit, attentiveness, thoughtfulness, compromise, no loss of face, no fear or anxiety,...

But: Ideal partners usually do not exist.

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## Acknowledgement

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## Caution

Do they want to radically change you? Don't they accept you as you are?

Is everything free at first?

Will they take all your money later?

Are you not allowed to have other memberships or contacts? Are you not allowed to leave?

Is there a single one that determines everything?

Do you need a special diet or drug?

Is perfectionism a top priority?

Do they put you on hold for a better life in the afterlife? Isn't joy an important element?

Aren't they affirming sexuality, children, sick, old woman?

Are minorities, marginalized groups, foreigners and people of other faiths not accepted?

Is there no diversity of opinion?

Is there often a threat of unreasonable punishment?

# Millionaire School

1. Know the people and their desires and needs.
2. Think and do not the usual, but the unusual.
3. See opportunities and risk their realization with courage.
4. Recognize the potential of the "large number".
5. Start early and be faster than the competition.
6. Be able to handle money well and be interested in money.
7. Persevere and constantly learn from mistakes.
8. The best quality, the best product, the best service.
9. Invest profit again and again with the right decisions.
10. Sell the created work in time.

Convert money into happiness, otherwise all efforts were in vain.

# Learning from Mother Nature

A lot of experiments.

Making various experiments.

Check the results.

Continue with the tried and tested, stop the others.

Fast start, short cycles.

Preserving and changing together and at the same time.

Multiple strategies in parallel.

Find symbioses.

Defending competitors and enemies.

Create reserves for bad times.

Survive long periods of rest well.

Accept changes, even if they are painful.

What does not change and adapts, dies out!

# Quintessence

The word is the most effective weapon

Feeling the best motivation

Power the strongest addiction

Freedom the ultimate goal

Culture the basis of communication

Health the highest good

Time the most volatile resource

Water the most important food

Knowing the safest investment

Love the strongest power

Cooperation is the foundation of prosperity

Humanity is the most important commandment

# Find Comfort

That's the way it is.

You are not alone

Don't let it put you down - you can do it

Talk to me - a round of pity

It's over, life goes on

It' will change and you'll forget it.

It could have been a lot worse.

The others are to blame

Actions that console

Take a journey, start a creative project, let it go well,  
massage, go to the hairdresser, clean up, arrange,  
redesign, concentrate on challenges, cultivate the  
soul with sport, poetry and music, take revenge,  
comfort others.

Watch the sky and the stars!

A new love!!

Note the important items

Take little with you on the road

Everything has its place

Reduce ownership

Search for company

Keep moving

Learning something every day

Looking neat and tidy

Do important things right away

Take care of the finances

A joyful experience every day

([www.seniorenfreundlich.de](http://www.seniorenfreundlich.de))



That's how it works:

Perceiving, recognizing, recording, relaxing,  
thinking, discussing, prototyping, testing, acting,  
observing, improving

The usual explanations for grievances:

Stupidity, laziness, greed, envy, greed, selfishness,  
corruption, media failure, ideology or disinterest.