

## **FRANCISCO J. RINCON, M.D.**

Clinical Assistant Professor Family Practice Nova Southeastern University  
Certified American Board of General Practice  
Chief Family Practice North Broward Hospital 1994-1996  
Fellow American Academy of Family Physicians

FAMILY PRACTICE

Doctor Health Group, 201 N W 70 Ave Plantation Florida 33317  
TEL.: (954) 581-7171 Fax (954) 641-1451

### **UNIVERSITY OF LIFE RECOMMENDATIONS FOREVER**

With all my respects and admiration to all my patients of "DOCTORS HEALTH GROUP". Their invaluable generosity, charysm, friendship allow me to learn from their hystories and experiences permitting me to write some thoughts extracted from their altruistic ideals.

1. Start your morning Thanking God for the opportunity to begin a new day; for all the wisdom and abilities we have received.
2. Believe, respect, love yourself. It is the greatest secret of success.
3. Respect to be respected. You will be the greatest colleague.
4. Think highly of other people. You will be appreciated.
5. Listen, listen carefully. Your message will have the power, the brilliance of the sun.
6. Add, do not subtract. Dream, create, build, you will be the greatest architect of humanity.
7. Live, behave, act like a champion. Continue winning, help mankind.
8. Listen, admire, understand your parents. They taught you the pathway of success.
9. Live by high standards, surpass them, be sincere, be honest, be fair. These qualities are the basis of triumph.
10. Love, educate, respect your children. They are your greatest contribution to humanity.
11. Always remember your principles, your roots, your people, your country. You will be the greatest ambassador of the universe.
12. Smile, expand your spirit. Admire the beauty of Mother Nature, protect our habitat.

**Follow these concepts. Believe in your ideas. Think like a winner.. You will be an ideal mother, the best father, great friend, excellent professor, exemplary citizen and the greatest architect of the world in peace with no frontiers.**

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