

## **President Gerald R. Ford's handwritten reflections, 1977 or 1978**

Scanned from the collection **Gerald R. Ford: Materials from the writing of *A Time To Heal*** at the Gerald R. Ford Presidential Library

While writing his autobiography, *A Time to Heal* (New York: Harper & Row, 1979), President Gerald R. Ford composed a series of personal reflections on twenty-seven topics. What makes these documents so unusual is not only their introspection but also their form. President Ford recorded these observations by hand, writing in blue ball point on his favored yellow writing tablets. He did not expend time and energy to polish and edit his writing, apparently planning to do so when incorporating them into the book. Therefore occasional spelling or grammatical errors or incomplete thoughts appear.

For each reflection the Gerald R. Ford Presidential Library has scanned President Ford's handwritten document and added a Library-produced transcription below to aid in reading the reflection.

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## Advice to a teen-age daughter

In Today's confusing & complex society a teen age daughter needs to know that there are certain century old fundamental principles which if adhered to are the best path to future good health & happiness.

She should reciprocate the love of her parents with her love. She should respond to the friendship of others with her own in return. She must realize the respect & admiration are a two way street. She must understand that her mind & body are a priceless heritage, once given, that she must use wisely for health & happiness. She must recognize that what she does today will have an impact on the future.

A teen age daughter must be taught through example, not just words, that happiness & success depend on unselfishness, giving more than receiving. It makes one secure & confident. She must be guided to believe there are certain intangibles - love, integrity, God - are the anchor in adversity, and the best insurance for a better life.

## Advice to a Teenage Daughter

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