

## **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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## Making + Keeping Friends -

If you assume, as I do, that in every individual I have met there is far more good than bad, you then have the foundation for making & keeping friends. From that premise you meet a person with the expectation that there is some area where you can have a rapport and from that relationship, which is often times thin, a broader & deeper friendship can develop.

Keeping friends is easy, even though <sup>personal</sup> contact is infrequent. It depends on giving more than you receive, not in a material sense, but in a warmer greeting, a note of condolence or congratulation, an extra few minutes in a personal discussion, a lift when the skies are dark or a partnership on a worthy project.

## Making & Keeping Friends

If you assume, as I do, that in every individual I have met there is far more good than bad, you then have the foundation for making & keeping friends. From that premise you meet a person with the expectation that there is some area where you can have a [unrecognized word] and from that relationship, which is oftentimes thin, a broader & deeper friendship can develop.

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