

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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Learning How to Lose

In this highly competitive society, there is always a winner and a loser. Even the best sometimes lose because of circumstances beyond their control or because of unintended mistakes. To walk off the playing field as a sorehead or with a public display is not good for one's conscience or for one's reputation.

Losing should be looked upon as a lesson so you can do better next time. The disappointments should not dampen the spirit, rattle one's composure, sidetrack a well organized plan or preclude another effort. Learning to lose is to recognize that one setback is not the end but in reality can be a new incentive to reach and achieve higher goals.

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