

DATO' DR. SHEIKH MUSZAPHAR SHUKOR
The First Malaysian Astronaut

THE 49TH RULE

"The power of the mind is the key to human success."



**ENGLISH
EDITION**



The 49th Rule

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FOREWORD

Everyone has dreamed of success but not many know how to attain it. By dreaming, the first step has been fulfilled. But what should you do next?

The 49th Rule is a perfect go-to for all the dreamers out there as it reveals the secret to success which will be realised by following all the 51 rules. The tips are derived from the author's life experience, making them realistic and motivating. This book is suitable for all walks of life, including children entering the world of adolescence, students wanting to excel in examinations, young professionals climbing the ladder of career success, and anybody aspiring to have the right attitude and "the right stuff". Having being named as the title, the 49th rule; is the most important rule of all, highlighting the mind as the strongest weapon in driving one to achieve success in life.

Dato' Dr. Sheikh Muszaphar Shukor is Malaysia's first-ever astronaut, an experienced orthopaedic surgeon, a renowned author of best-selling books, and a father of six beautiful children including two sets of twins. He spent years in the medical, modelling, business, and parenting field, making him the best epitome of success in the form of a man.

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**Dedicated to Dad,
who raised me to become the best.
You will always be in my prayers.**

Al-Fatihah

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DON'T STAY IN THE COMFORT ZONE



The most important rule in my life as an astronaut is, I need to get out of my comfort zone. What is a comfort zone? It is a life that guarantees comfort without stress or risk. Go through the same daily routine throughout the day. No need to work hard. No need to try. No need to think. There is no motivation in yourself. To succeed, you must dare to step out of your comfort zone so that you can see for yourself how far your abilities and capabilities can go in facing obstacles and tests. When you push yourself out of your comfort zone, you get to know yourself better. Achieving a dream is surely a wanted destination, but its journey is full of obstacles and difficulties. You will not be successful if you continue to be in your comfort zone.



**When we feel our lives are complicated,
we grieve and plead for help.**

**When we fail in education,
we feel that it is normal.**

When we are weak, we say it is destiny.

**When we are not promoted, we say we are
victims of discrimination.**

**When the employer scolds us,
we say the boss is unfair.**

**When our salary does not go up, we say the
company is stingy and oppressive.**

**When we are scolded, we feel we are victims of
exploitation and bullying.**

**When we are criticised,
we say that they are jealous.**

When we are advised, we say they are insensible.

When friends leave, we say they hate us.

When business drops, we blame our enemy.

When the country is weak, we blame our race...



The above things need to be thrown away from your mind if you want to achieve progress in life. I firmly believe that for a country to be developed, it starts with each individual. Your attitude needs to be changed, your perspective on something must be relevant and based on knowledge, you must always be diligent and positive-minded.

Many of you feel that what you have done to achieve something is enough, and when it fails, you blame the surrounding factors. The fact is, the failure is due to yourself putting that maximum level on a benchmark that is disproportionate to your expectations. For example, when I was in my early teens, I aspired to be a doctor. I worked hard to become a doctor by revising lessons, making study schedules, doing discussion sessions with friends, always asking teachers, and reading many books related to medicine.

In the end, I got an excellent result in the exam. However, I was not successfully offered the field of medicine, and even sadder, I was offered pharmacy. A field I never thought of at all! Did I blame the school? Did I blame destiny and say, "it's okay, every cloud has its silver lining..."? No. I never sacrifice what I want in this life by just letting it happen without fighting to the end. I never just accepted an offer in the field of pharmacy; I continued to increase my efforts beyond my limits until, finally, I managed to switch to medicine.

There are times when you feel that you have done your best but that is not sufficient to achieve success. Your mind and body are limited by your ability benchmarks which are at a still-low level, even if you feel you have done your best.



Outer space has changed my perception of the meaning of life a lot. I have gone through many unexpected self-defence tests, extreme stress, and extraordinary body and mind fatigue.

When I got up there, all the tiredness and whatever negative elements I went through, I found it all very small if it is compared to the achievement of setting foot into outer space.

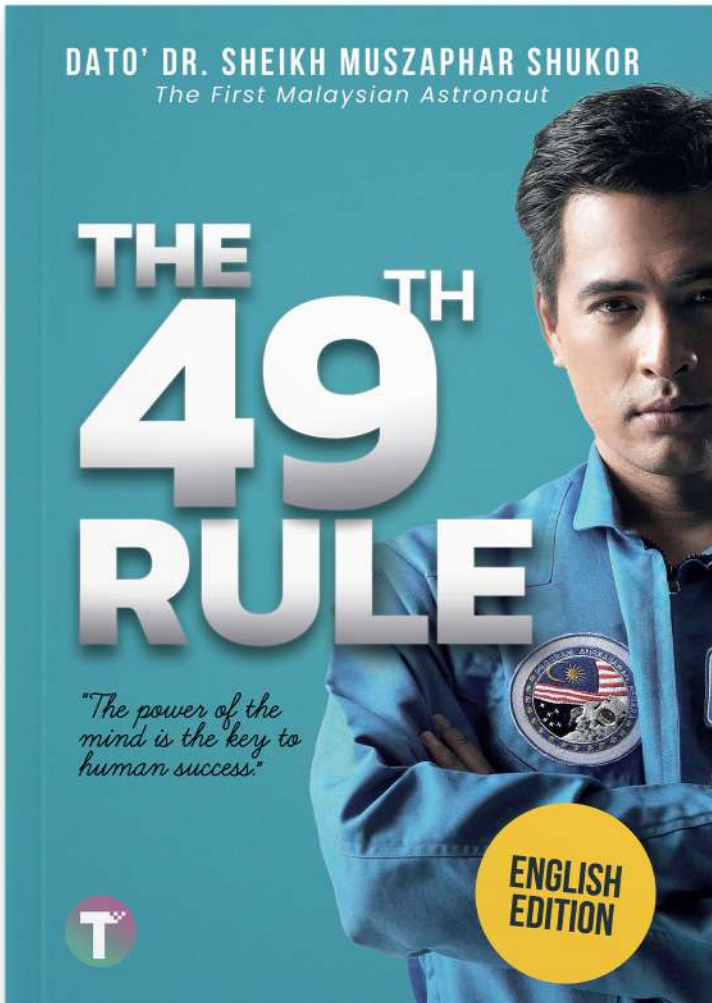
Make the maximum effort, make sacrifices, do not be lazy and day-dreaming without any action, fight as hard as you want, and never give up. This world is so small for a big soul and lofty dreams!

“

**Fight for what you want,
never give up. Work hard
until you succeed.**



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