

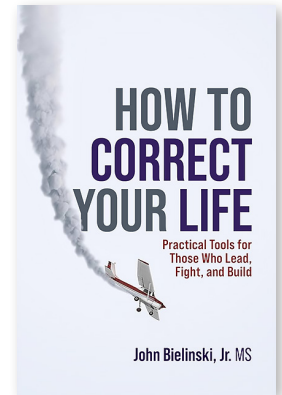


# Executive Book Summaries®

## How to Correct Your Life

Practical Tools for Those Who Lead,  
Fight, and Build

by **John Bielinski, Jr. MS**



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### THE SUMMARY IN BRIEF

Many people experience a gap between outward success and internal alignment, often without a clear way to assess what is off track. *How to Correct Your Life* presents a structured approach to evaluating and correcting that imbalance through a practical system for personal and professional development.

At the core of the book is the CHERISH Matrix, which organizes seven key areas of life—career, health, ego and emotions, relationships, integrity, spirituality, and happiness—into a framework for ongoing self-assessment. It also introduces short, actionable “cheat codes” designed to guide decision-making, regulate emotions, and improve communication in real time.

The book further explores foundational concepts such as leverage, identity, habits, and mindset, showing how they shape behavior and long-term outcomes. Together, these elements provide a process for identifying misalignment, clarifying priorities, and building consistent routines.

Drawing on the author’s experiences in medicine, business, and military service, the material emphasizes practical application, with a focus on daily execution and measurable progress.

### IN THIS EXECUTIVE BOOK SUMMARY

- Learn how to apply the CHERISH Matrix to assess key areas of life
- Use “cheat codes” to guide decisions, communication, and emotional regulation
- Understand how habits, identity, and leverage influence behavior and change
- Build routines that support consistency and long-term alignment

### CHAPTER 1

## Building a Life You Cherish

In my early years, I built my life around a clear blueprint—one that included a successful career, a loving family, and a sense of balance.

I envisioned a life of prosperity and fulfillment and invested time, effort, and money into creating a legacy I could be proud of. Yet one day, I woke up and realized something was off. I was out of balance and had missed what mattered most.

Many people don't realize they're dying while they're still alive. I was one of those people.

My life looked great on paper, but I woke up every day with a gnawing feeling in the pit of my stomach. Something was out of sync. I didn't know what to do to change that.

Ultimately, I discovered a lifestyle operating system that helped me mobilize my optimal self, navigate the complexities and distractions of life, and turn things around. I found the CHERISH Matrix.

### The CHERISH Matrix

Seven areas of life require daily attention and focus to maintain a balanced life:

- Career
- Health
- Ego and emotions
- Relationships
- Integrity
- Spirituality
- Happiness

The CHERISH Matrix became the catalyst for greater accountability and execution. As I began implementing it, I developed a system of practical tools designed to make key ideas easy to recall and apply immediately. I call these tools cheat codes.

Cheat codes are key for those seeking rapid, measurable change. They identify what matters most in a given moment and provide a practical way to make effective and aligned decisions even under pressure.

These tools are especially useful in everyday situations—when emotions run high or conversations become strained. In these moments, having a simple framework helps you respond with clarity instead of reacting impulsively.

### PAUSE for Emotional Regulation

- **Perspective (pray):** First, look at the big picture and draw from spiritual inspiration, if that is within your faith.
- **Ask clarifying questions:** Default to curiosity rather than reaction.
- **Understand:** Ask questions until you understand the other person's perspective.
- **Sacrifice:** Identify what you need to surrender at the moment.
- **Empathy:** Seek to understand and connect with the other person's feelings.

### SAVE for Navigating Emotionally Charged Conversations

- **Summarize:** Repeat what you heard expressed, matching the words, tone, and body language.
- **Ask clarifying questions:** Use questions to deepen understanding before responding.
- **Validate:** Provide space for the other person's emotions.
- **Empathize:** Ask yourself, "Can I tap into the other person's feelings?"

No matter your starting point, there are always opportunities to correct your life where and when you veer off course. The CHERISH Matrix and these cheat codes are your toolkit for lasting change.

### CHAPTER 2

## Leverage

After my divorce, I needed to understand myself—my deepest faults, fears, failures, and needs. So I asked, "If I died today, what would I regret most?" Putting pen to paper, I made a list and drafted a *Regret Eulogy* to motivate myself to take action. It hurt. My regrets echoed in my mind as I envisioned lying in a closed coffin with no chance of a do-over.

When experiencing pain, we have a choice: We can face fear and grow by bringing discipline into our lives. It is only through embracing the pain of change that we grow spiritually and emotionally.

Pain can be a great motivator, but it does not sustain momentum. To move forward, I needed a compelling vision of the future. So I also wrote an *Ideal Eulogy*, describing a life I cherished.

# Having a simple framework helps you respond with clarity instead of reacting impulsively.



No single initiative changed my life more than writing those two eulogies. I built leverage by tapping into the emotions it brought, both positive and negative. I used those feelings to propel myself into the CHERISH Matrix and begin to create a life of fulfillment.

## Disgusted or Obsessed?

We do not make significant life changes until we hit one of two extremes: We become disgusted or obsessed. Disgust and obsession are both forms of leverage.

With the Regret Eulogy, we feel disgusted. We realize we are not remotely close to living an optimal life. This is good, and we *should* be repulsed by the pain of regret.

With the Ideal Eulogy, we feel a sense of obsession. We visualize a compelling future that inspires new ways to use our time, energy, and focus.

Change is not easy. A considerable part of life's joy is growth. When you embrace growth, you'll feel more alive than you have in a long time.

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## CHAPTER 3

### Gridlock

Trauma doesn't always scream. Sometimes it waits. Then, when triggered, it hijacks your present without warning. And, in doing so, it brings you to gridlock.

Although it might seem like we can't avoid reacting to these triggers, we do have the power to change how we respond to our past. We can become *malleable*.

## How to Change Our Past

When we have a trauma like this, we change, and so does the way we think about the rest of our lives. Something inside of us creates a global belief about how we will react under similar circumstances in the future. We create stories that explain the situation and the meaning we derive from it. These stories provide continuity and become our narrative.

There's one problem with this: That narrative may be inaccurate. And that can steer us wrong for the rest of our lives.

We need to be able to see our past clearly to create a new narrative. Creating this new narrative leads to a new identity, bringing us closer to our ideal life and self.

## Tools to Navigate Past Trauma

To overcome trauma, you need the right tools and the support of professionals.

I believe strongly in eye movement desensitization and reprocessing (EMDR). This is a therapy for effectively dealing with past trauma by consciously awakening your analytical mind. A trained EMDR counselor guides you to relive your past slowly and safely.

Accelerated resolution therapy (ART) is similar to EMDR, but you follow your therapist's hands with your eyes as they motion to the left and right. The therapist guides you to focus on the past trauma. With their help, you exchange painful memories for empowering ones.

## Forge a New Identity

Identity is who we are and the main driving force of human personality. It reflects how we see ourselves at our core and is expressed through "I am" statements. We can intentionally shape our identity. When we repeat "I am" affirmations consistently and with conviction, they begin to define who we are becoming.

We strengthen and evolve our identity by drawing on the strength and conviction found in our past narratives.

While we cannot change past events, we can change the meaning we assign to them. By reframing those narratives—and facing the past with courage—we can shape our present identity. It will be uncomfortable, but understanding it makes us better, and the pain is worth it.

## What Are Your Delusions?

To correct your life, you must explore your delusions. You need to be open to topics that have surfaced that make you unreasonably and instantly angry. In these moments, your brain does not function clearly—chemicals flood it, and you become temporarily irrational. As a result, you cannot examine your delusions in the moment.

Delusions are protective mechanisms that paralyze our growth and understanding of ourselves and the world. Facing them requires courage and being ready to feel uncomfortable. Only by doing so can we break free from acting without reason and start living a genuine and purposeful life. If not, we remain trapped in a victim mindset.

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### CHAPTER 4

## Foundations

Before you can start applying the CHERISH Matrix, you need to establish a strong foundation. There are four foundational stones, which are essential for success. These are:

- Cornerstone
- Keystone
- Touchstone
- Capstone

### Cornerstone: Locus of Control

Ultimately, you are in control of your life, whether you are aware of it or not. We are shaped by the decisions and actions we take every day. Understanding that we are the architects of our lives is the cornerstone of the CHERISH Matrix.

Of course, the answer to whether we control our lives is not a simple yes or no. It is more complicated. Our choices matter, but they are influenced by circumstance. The essence of correcting our lives lies in embracing a mindset of ownership. *I own my life. I control my life and accept with serenity the things I can't control.* It is a continuous process.

To correct your life, your locus of control needs to be internal, not external. Make conscious choices, and don't let subconscious decisions based on past trauma and delusion control you.

### Keystone: Expectancy Theory

Having a clear expectation of a fulfilled life is the keystone of correcting your life. I call this assumption "expectancy theory." We have four unique capacities that allow us to optimize this:

- **Self-awareness** – the ability to examine how we perceive the world and our role within it. It allows us to respond rather than react.
- **Morality** – the ability to assess what is right and wrong. It operates at a level deeper than our thoughts, feelings, and emotions.

- **Free will** – the ability to choose how we respond to situations. It gives us the power to do what is right, especially when life is hard.
- **Imagination** – the ability to envision something beyond our present reality. It empowers us to generate new possibilities.

### Touchstone: Habits

Our habits reveal whether we are working toward our ideal lives. They serve as a touchstone for change and help clarify our priorities.

Habits are a basic strategy of life. They allow us to operate effectively in a world that's constantly trying to disrupt our behavior. When we form habits that align with our priorities, they become intuitive. Living becomes much more effortless.

There are four steps to developing a habit, as detailed in *Atomic Habits* by James Clear and *The Power of Habit* by Charles Duhigg.

1. **Trigger** (cue): A trigger is what sets a habit into action.
2. **Motivation** (drive): This is your "why." Why do you want this, and what does it mean to you?
3. **Response** (action): This is the behavior we adopt.
4. **Reward** (feedback): What do we get out of a habit? Focus on the benefits of the habit.

### Capstone: Grit

Grit is that voice in your gut that says "keep going" when your mind is screaming to quit. It's pushing through pain, boredom, and failure. Life is short, and quitting is not an option. It shows up when no one's clapping, when nothing's working, and you keep going anyway. It is doing the hard thing *because* it matters.

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### CHAPTER 5

## The CHERISH Matrix

The CHERISH Matrix is the ultimate life checklist. It also provides a dashboard to monitor your progress. It allows you to be an objective observer of your own life—how you think, how you react, and the choices you make.

It is not just a tool; it is a blueprint to help you fight for your priorities before the noise of life drowns them out. It provides structure through patterns and rituals. Built through consis-

We do not make significant life changes until we hit one of two extremes: disgust or obsession.

”

tency and discipline, these rituals are your weapon. You do not need more motivation. You need more rhythm.

Here's how to activate and engage the CHERISH Matrix:

### 1. Determine how close you are to your optimal life

When you look at your Regret Eulogy and Ideal Eulogy, what percent of your optimal life are you living now?

### 2. Rank key areas of your life

Look at the seven areas of the CHERISH Matrix (career, health, ego/emotions, relationships, integrity, spirituality, happiness) and score your life on a scale from one to ten.

### 3. Set specific goals

Now look at your scores and notice your lowest. Start asking questions why some scores are so low and what needs to change. In the initial use of the CHERISH Matrix, we look at our life globally. When using the CHERISH Matrix weekly, we ask, "What do I need to do this week to raise my score 20% or 30%?"

Next, set MAST goals:

- Measurable
- Actionable
- Specific
- Timed

### 4. Uncover the principles driving your goals

Once we have set goals to improve our lives, we need to examine the principles that drive those goals more closely. Principles are the guidelines we follow when making choices. They're solid, time-tested, and true.

To succeed in correcting your life, you must be crystal clear about the end goal and the principles that drive you.

### 5. Set standards for yourself

Make sure you set goals that challenge you. Goals that are too low and easy to hit keep us in our comfort zone but don't fuel growth. We tend to revert to a standard we have unconsciously set, so it's important to set ambitious goals.

### 6. Craft a mission statement

Identify the seven core principles that matter most to you based on your CHERISH Matrix goals. These will form the

foundation of your personal mission statement. From these principles, you choose how to live and function each day.

## CHAPTER 6

### Career

No matter what field you work in, your attitude can either elevate the people around you or make their jobs more difficult. Your mindset shapes your success in the workplace. Succeeding at work is not just about mastering the practical skills in your job description. It is also about seeing and engaging with the bigger picture and aligning it with your purpose in creative ways, even when asked to do more with less or work alongside difficult colleagues.

### PEAK for Peak Performance

By surveying audiences on what drives success in today's workplace, I have found that there are three critical aspects of employment: attitude, skill, and knowledge.

Adopting the mindset of a peak performer can help us take control of our attitude and actions. Organizations value these individuals for the advantage they bring.

- **Proactive:** Employees who take initiative, anticipate challenges, and communicate early are proactive.
- **Engaged:** Awakened. Passionate. Alive. When you're engaged, people can feel your energy as you walk into a room.
- **Adaptable:** An adaptable and flexible employee solves problems creatively, turning tough situations into chances to succeed.
- **Knowledgeable:** Knowledgeable employees are equipped with expertise, enabling them to enhance project quality and make informed decisions.

### GROWTH for a Growth Mindset

To become a peak performer, you need a growth mindset. The following framework outlines what that mindset entails.

- **Gratitude:** Looking for opportunities to be grateful is one of the best things you can do for your career,

but gratitude doesn't come naturally. It's a discipline that takes intention.

- **Resilience:** Resilient employees can adapt and bounce back in changing circumstances.
- **Optimism:** Optimism is looking forward to the future with the belief that good things are to come.
- **Wisdom:** Wisdom is putting things in context and considering the long-term consequences.
- **Tolerance:** Staying open to what others have to say, without feeling the need to set them straight, is tolerance.
- **Humility:** Humility is the ability to admit our imperfections, acknowledge our limitations, and learn from our mistakes.

High performers contribute more than average by tapping into three driving forces: play, purpose, and potential. If you're a leader or manager, embracing these forces in your workplace helps employees thrive.

### Building Workplace Culture

Building a culture of peak performers requires accountability and appreciation. Establishing both will keep your organization in balance.

Think of it as conducting a symphony, where each person knows their part and stays in rhythm. Generic praise fades fast. Genuine appreciation lasts when it is specific, heartfelt, and connected to an employee's purpose.

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## CHAPTER 7

### Health

Losing your physical health steals everything you have. Even if you don't lose your health entirely, neglecting it can rob you of the stamina, energy, and bandwidth needed to live a deeply fulfilling life. It can also erode your work performance.

Fortunately, regaining your resilience and energy is a momentum game, and once you take the first steps, you'll find that the rewards snowball. You need the right mindset to make lasting changes in your health.

Here are seven principles that will help you position yourself for success:

1. Willpower alone won't help you
2. Be proactive rather than reactive

3. Know your why
4. Goals don't matter without structure and accountability
5. Avoid unearned dopamine
6. Embrace the pain
7. Let go of regrets

### NSEW for Physical Health

There are countless books, seminars, and videos about how to optimize your biological health. Despite being a clinician, my nutritional education has been minimal. I don't pretend to be an expert. That said, here are some foundational truths that have helped me achieve my health goals.

- **Nutrition:** You can work out like a beast, but if you are eating poorly, it will catch up to you.
- **Sleep:** High-quality sleep allows us to heal more quickly, build muscles, and process information more effectively.
- **Exercise:** The best exercise program is one that you stick to. An ideal exercise routine will build your body and should include aerobic exercise, strength training, and a mobility routine.
- **Weight/Water:** Stepping on the scale is a poor measure of health, but it is better than nothing; it can still indicate whether you are overweight. Additionally, drinking adequate water helps your body flush out toxins.

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## CHAPTER 8

### Ego and Emotions

To correct your life, it is crucial to manage your ego and emotions effectively instead of letting them hijack you. This can be as simple as taking a breath when something triggers you, rather than reacting impulsively or bringing a personal problem into work.

Some people find that their ego causes many of the negative situations they face. The ego is "me-centric." *I am the center. All needs to revolve around me, in one way, shape, or form.*

To live a deeply fulfilling life, it is essential to become self-aware of how your emotions influence your actions. Only then can you genuinely help the people around you (your family, colleagues, and community) and develop a sense of purpose that transcends your own life.

It is never a lack of resources;  
it is a lack of resourcefulness.

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## PDQ for Managing Your Mental and Emotional State

You are in charge of your state. While there may be temporary interruptions, you ultimately control how you feel. When I recognize that I am in a negative state and want to change it, I aim to do so “pretty darn quick,” or PDQ.

- **Posture/breathing:** Changing your posture instantly changes your state. Physical posture has a profound influence on our cognitive and emotional states.
- **Dialogue:** This refers to the internal dialogue we have with ourselves. “I am” statements can create an aspirational state, but they may feel inauthentic. Self-coaching statements that begin with “You are” are often more effective.
- **Questions:** They direct our focus. Real-life solutions emerge when the questions we ask become more important than the answers we find.

## CHAPTER 9

### Relationships

If you want to correct your life, it’s essential to prioritize your relationships. Too often, we take our key relationships for granted. There are people in our lives who love us dearly and treat us with kindness and respect. Yet, when we are having a bad day, they become our emotional punching bags.

While our intimate relationships often bring our greatest challenges, they also bring us the greatest joy. The true beauty of being in a relationship lies in growth, contribution, and deep emotional connection. Love thrives when both partners focus on giving rather than getting, making each other’s happiness a priority. Relationships serve as a mirror for personal growth, helping us transcend our egos and cultivate unconditional love.

### The Eight Types of Love

The ancient Greeks recognized eight distinct types of love:

- **Philautia** – self-love. This is about embracing authenticity and identity and setting boundaries to protect who you are. Sometimes, it means saying “no.”

- **Ludus** – playful love. This refers to flirtation or simple seduction—the initial spark of attraction.
- **Eros** – passionate, romantic love. This, the root word of “erotic,” refers to the fiery, romantic love we see in the movies.
- **Pragma** – long-term love. This is enduring love, based on commitment and mutual understanding, the kind that sustains couples who have been together for decades.
- **Philia** – love of friends. This is the deep, affectionate bond between close friends.
- **Storge** – familial love. This is the natural affection we often feel toward family members, especially felt by parents toward children.
- **Agape** – self-sacrificial love. Often regarded as the highest form of love, it is selfless, unconditional, and compassionate, expecting nothing in return.
- **Mania** – obsessive love. Driven by insecurity and emotional dependency, this love is unhealthy. It often leads to possessiveness, jealousy, and even destructive behaviors.

True love is unconditional, meaning it is given without expectation. Love is a verb, expressed through our behavior and the actions we take in service to others.

### CASTLE for Loving Actions

No matter the type of love you are experiencing, loving actions deepen it. The CASTLE framework provides practical ways to express them.

- Compassion
- Appreciation
- Sacrifice
- Time and tolerance
- Listen
- Empathy

### Managing Conflict Constructively

All relationships involve conflict. I used to believe that effective conflict management was purely logical and rational.

That is how I approached problem-solving in medicine, business, and my relationships.

However, neuropsychological research shows that emotion and logic are intertwined in decision-making. We cannot solve problems effectively without input from both. It is therefore important to consider both the facts of a situation and how those involved feel about it, whether you think they should feel that way or not.

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### CHAPTER 10

## Integrity

Integrity is the essence of alignment with what is true in our lives. It means doing what is right, not what is easy. If you want to correct your life, start here. Stop lying to yourself. Own the truth, or it will own you. This requires consistent, rigorous honesty.

Integrity is not just about what you do; it is who you become. Living with integrity is not about being perfect but about consistency and correcting yourself when you fall short. It means being a reliable point of reference, even when everything else feels uncertain or chaotic.

### RISE for Living with Integrity

Consider how integrity connects to your personal values. When your behavior reflects your mission, you operate in a state of integrity, aligning your thoughts, words, and actions with your values. Integrity is your moral compass.

- **Reflect:** Your capacity to look at the past and evaluate right and wrong behavior.
- **Intention:** The act of choosing where to focus and deciding on the actions you are to take.
- **Self-awareness:** Your ability to perceive your internal environment and know what you are feeling and why.
- **Experience:** Your unique capacity to look at your past and create empowering meanings that allow you to grow and evolve.

### CHART for Building Integrity

Fortunately, we can all develop a higher level of integrity. It begins with a deliberate shift—charting a new course.

- **Courage:** Acting in the face of fear. When you are afraid to do what is right, it provides the strength to follow through.

- **Honesty:** Telling the truth—the whole truth—including all details people need to hear.
- **Accountability:** Taking responsibility for your actions and not adopting a victim mindset.
- **Respect:** Treating someone like their soul matters, even when it would be easier to be dismissive.
- **Trustworthiness:** Doing what you say. Say “yes” or “no,” and stick to it.

Living in integrity builds trust and respect, creating a foundation for authentic and meaningful relationships.

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### CHAPTER 11

## Spirituality

I have no desire to convince you of my faith in God. I am challenging you to explore yours. What exactly do you believe? Is there a God? Is there an afterlife? Is heaven real?

When something positive happens to you, how do you perceive it? Is it luck, karma, or a blessing? The answer to that question often reveals a profound truth about how you perceive the world.

However you name it, it is important to notice our good fortune consciously. If you want to connect with your spirituality, you must have a heart for God. These are the steps, in exact order, that you should follow to hear from God with clarity and purpose.

### HEART for Hearing from God

- **Humility:** There is no spiritual growth without humility. An open mind requires that you allow your spiritual cup to be filled.
- **Expectation:** To understand your expectations of God, put pen to paper. What do you want God to do with your health, relationships, and children? Your afterlife?
- **Alteration:** To alter our expectations, we need to open our hearts for inspiration or a message from God.
- **Revelation:** When you know God’s will for your life, you experience a revelation. The revelation is not usually a burning bush or a bolt of lightning; it is more of a gentle whisper.
- **Transformation:** When transformed, you won’t see the world the same way. You won’t be the same person again.

### CHAPTER 12

## Happiness

Being happy means being in an optimal state and creating a life in which we have the resources to enjoy experiences with the people we love.

Happiness is not about the things you have or the money in your bank account. It is a mindset, a choice, and an attitude. You must choose it to attain it.

Fighting the tendency to rely on quick hits of gratification can be challenging. Our brains are hardwired to want new things. We are drawn to novelty, which shapes what we believe will bring happiness.

Enduring happiness comes from how I live each day and the mindset I choose. Deciding that happiness is internal and not letting external circumstances derail your life is one of the most important steps you can take to be happier.

### AGAPE for Building Happiness

To create an environment that supports happiness, I start my day off on offense. Priming the day to get myself into a peak state sets the tone.

- Altruism
- Gratitude
- Activities
- Positivity
- Exercise

### DECIDES for Eliminating Negativity

If we infuse our lives with negativity, we will struggle, so it's important to be aware of where we are doing this and subtract

it. What must you eliminate from your life to find happiness?

- **Distraction:** Ruthlessly eliminate what blocks your priorities.
- **Ego:** Remember, "It's not all about me." Focusing on others makes happiness easier to find.
- **Criticism:** Do not let criticism defeat you before you begin. Adopt a more neutral perspective.
- **Indulgences:** Watch for immediate gratification driven by comfort or pleasure.
- **Drama:** Eliminate exaggerated or unnecessary conflict from your life.
- **Excuses:** Take responsibility for your life. It is never a lack of resources; it is a lack of resourcefulness.
- **Speed:** Keep your life calm and planned so you can be more available to help others.

## Conclusion

Now that you've learned to use the CHERISH Matrix, you have all the tools you need to create a life in which you're happy and moving forward on every front that matters to you. Even if you start to apply it in only one area of your life, I'm certain you'll begin to experience so many benefits that you'll want to go deeper.

We cannot control everything in our lives, but we have far more ability to build a meaningful life than most people realize. Once you begin applying what you've learned, you'll be on your way to a life that is more fulfilling than the one you imagined in your positive eulogy, leaving a life of regret behind for good.



**John Bielinski, Jr.** is an educator, clinician, and speaker recognized by *Guinness World Records* for delivering the longest medical lecture, raising funds for charity. As founder of CME4Life, an Inc. 5000 company, he has spent more than thirty years helping medical professionals improve critical thinking and clinical decision-making. A U.S. Marine Corps veteran who served in Desert Storm, Bielinski also brings frontline experience in emergency medicine. Known for his dynamic teaching style, he translates complex concepts into practical insight. Through his speaking, writing, and training, he empowers others to think clearly, act decisively, and lead with purpose, resilience, and enduring confidence.

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