

SELF LOVE

As a child, adolescent, and young adult, the world is open to you and you are treated as if you have lots of potential. You have the sense that you are developing, maturing, getting stronger, and becoming better. You still believe in your dreams.

As you age, doors begin to close and potential becomes now. You get caught up in daily hassles and putting one foot in front of the other. You may have the sense that you are devolving not evolving. Forget about growth. You're just trying to maintain your looks, your health, your marriage, your family, and your confidence.

While we all feel this way at times, this is a reflection of one of society's "Great Lies," fostered in part by youth-obsessed advertisers and culture. If you are reasonably healthy and between ages 20 and 65, you can expect to live into your 80s. So this is a great time for you to become wiser, healthier, happier, more productive and fun loving; to learn and to challenge; to reach out to the stars and grab a handful. Change is life. Revel in it.