

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Does Growing Old Scare You?

By Jan Tincher

Does Growing Old Scare You? by Jan Tincher

Does growing old scare you? So much that you hate even talking about growing old?

Do you have a vision of nursing homes and loss of control and being dependent on your children when they should be enjoying their lives, not taking care of you?

Well, here's a question: What are your role models? Evidently not someone who looks good and feels good, no matter how old they are or what life throws at him or her.

Would you like to change? Just think about it for a moment.

All I'm suggesting is that maybe you are looking in the wrong places. Maybe you are acquainted with nursing homes filled with people who are just like you think you will be. Maybe you are listening to others talk about their aches and pains and how it only gets worse.

Do you see an *age spot* and get panicky?

Well, heck. Maybe all this is good — maybe it's a wake-up call. Maybe now is the time to figure out how you can make your older years happier years. Because let's face it. You're probably going to be around for a long time. Why not take control now so your coming years will be worth growing into.

How about doing this? Refuse to look at people *stuck* away in nursing homes.

Now, wait a minute before you think that is heartless. Here is what I mean. Refuse to look at people *stuck* away in nursing homes AS THEY ARE.

See that person over there sitting by himself, talking to himself? When you look at him, why not refuse to see him as he appears. Instead, see the inside of this person — and that's who you go over and talk to. You know why? Because what goes around, comes around. If you don't take the time to make this person happy, who will take the time to make you happy?

Does Growing Old Scare You?

Here's an important question: If you don't try with others now, why would anyone try with you later?

If you don't take time to help others now, that is the seed you will be planting for your later years. Don't do that. Decide now to keep your mind busy with how you can help others help themselves now — not on the future you are attracting by thinking of how you will be.

Remember this forever. You grow into what you are thinking now.

Are you picking out your retirement home — a home of your own to retire in?

Or your retirement *room?*

Do you kid around now saying, this is our last house before the Home?

Well, why don't you stop that? There are plenty of very productive older people out there living, being, having their dreams come true. They aren't saying *I wish I'd have died the minute I turned old.*

They are the age they are, they've accepted it and are doing a lot of great things DESPITE being what others are calling old. Now, granted, they could be home laying in bed, getting ready to die because life as they knew it is over.

What type of person would you rather be?

Pick someone out and keep that person as your mentor. Because, as you may know, if you aren't consciously picking your aged mentor now, you are Unconsciously picking him or her — and I'll bet it's not one you wish to emulate.

Take charge of your growing older years. Grow old with love, not trepidation. Good luck and let me know how it's going. I care.

*** If you liked this article, here are more you might enjoy:

[Http://www.tameyourbrain.com/powerpicture.htm](http://www.tameyourbrain.com/powerpicture.htm)

[Http://www.tameyourbrain.com/reality.htm](http://www.tameyourbrain.com/reality.htm) <http://www.tameyourbrain.com/oldpeopleofallages.htm>

Thanks for reading.

Jan

~~~~~  
Copyright 2000, Jan Tincher, All Rights Reserved Worldwide

---

=> Learn how to use your mind! Jan Tincher, Hypnotherapist and Master Neuro-Linguistic Programmer, teaches you \*unique\* NLP strategies and techniques. Subscribe to FREE e-zine \*Tame Your Brain!\* and receive FREE \*Do Butterflies Land On Your Shoulder?\* — a fantastic

article on how to find peace. [Click here!](#)

Mailto:article.subscribe@tameyourbrain.com

==>Publishers, you are welcome to reprint this article in its entirety provided you retain the above resource box and include this notice, plus notify us of the day(s) you will be running it.

None

## **Go Ahead...Rearrange My Face!**

**By David Leonhardt**

I've been known to be somewhat opinionated. Oops. My wife just caught that typo. I am told I have been known to be VERY opinionated. I have at least two opinions on just about every topic. I am sure there are times when people have felt like rearranging my face. Unfortunately (for them!) there is no legal method for them to do that.

Being a kind and generous individual, I have been searching for ways to help these unfortunate victims of my over-active opinionation. Finally, I have found a way to rearrange my face.

I have grown a beard.

It was so easy, you can do it, too.

Here is how I did it. (Ladies, please don't try this at home.) On Day 1, I did nothing. On Day 2, I did nothing again. On Day 3, I did nothing twice. On Day 4, I verified that nothing was still being done. Then I simply repeated the cycle.

It's been about five or six weeks, and my face is definitely rearranged.

To tell the truth, the decision to grow my beard was not just to atone for my hyperopinionation. In fact, what I really wanted to do was to see how I looked in a beard. Curiosity is the real reason I have been growing a beard.

Oops, there goes my ever-efficient wife, catching a typo again. I am told that line should have read: "Laziness is the real reason I have been growing a beard."

Truth be told, I did the four-day nothing cycle more by accident. When you work out of home and have nobody to impress but a skunk, a stray cat, the cherry tree and a handful of sparrows, the days can just kind of get away from you. Before I knew it, I had the foundation of a beard.

That's when I got curious.

And lazy.

## Does Growing Old Scare You?

Some have suggested that I am growing my beard to make up for my receding hairline. I've heard it all.

"Once upon a time, your hair was on your head. Now, your head is on your hair."

"Your hair must have slipped off your head, and now it's hanging on for dear life."

"That solar panel you had installed up there is really fueling a growth below."

"The 'Hanging Gardens of Babble-on'"

Ha, ha, very funny.

I think my curiosity is settled. I am still lazy, but I am ready to shave off my beard. Unfortunately, my wife's grandmother has not yet seen it, so I am keeping it on by special request until she can see it. Due to a heavy schedule, that visit might be a while.

Oops. Silly me. My wife the proofreader has saved me from inaccuracy once more. I am told that it is due to being too lazy to shave my beard, that visit might be a while.

But sooner or later, the beard will have to go. I don't want to be mistaken for Charles Manson. Nor Fidel Castro. Nor Josephia Quade, whomever she is.

And summer is not the best season for growing a beard. It would make more sense in winter, when I need protection against the bitter arctic winds. In summer, it will only make my face sweat.

But what will finally end my curiosity - and my laziness! - is food. When something gets stuck in the beard that I cannot identify, that will probably scare me into shaving it off.

Besides, all this beard-growing is probably of little comfort to those people wanting most to rearrange my face because of my vocal opinions. A beard won't solve their problem.

A stapler might.

David Leonhardt publishes The Happy Guy humor column:

Read more humor articles:

Or on personal growth and self-actualization

Get your liquid vitamin supplements:

Go Ahead...Rearrange My Face!

Chrones - The Other IBD

## Does Growing Old Scare You?

Dawson's Creek (DVD) Review  
Attracting Birds To Your Garden  
Pricing your House To Sell

Organic Secrets  
The Ultimate Rose Garden– Neighbors envy, owners pride!  
Start your Own Wedding Videography Business  
Super Charged Linking  
Scams Exposed



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**