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**Impair Healthy Healing In People Over The Age Of 30!**

**Tips for Staying Young Eternally**

**By Oneil Wilson**

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What is something that goes up but never comes down? Your age!

Aging is something that humans would love to conquer. Everyone seems to be obsessed in staying young. Of course, nobody wants to be the senile old man who depends for other person for everything. Nobody would want their bones to become denser, their skin loose and wrinkled, their knees buckling every time they stand up, their sights becoming blurred or worse becoming blind. Nobody would want to have those persistent backaches or have a losing combat with Alzheimer's disease. Aging does not mean that you have to be frail, weak, bitter and depressed.

While some of the many evils of aging requires doctors' attention. Relaxing and maintaining a positive outlook in life is effective in combating aging. Stress will help you age. Unhealthy habits and laziness will help you age. Vices will not do any good for you.

Here are some tips to help you win the war on aging and getting there gracefully.

1. There is a big difference between growing old and growing up. Anybody can grow older even if he is doing nothing. The best idea is to grow up and find the opportunity to change for the better.
2. You have to have a goal or a dream. So many people are like walking zombies. They do not know where to go.
3. Have no regrets.
4. Laugh and find humor everyday. An aging person with a young, positive attitude will never feel old. "To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age."  
"- Amos Bronson Alcott

## Tips for Staying Young Eternally

5. Be adaptive and learn to accept change. Willingness to grow personally is a hallmark of one with a young outlook.
6. Remember that you are as young as you feel. "When it comes to staying young, a mind–lift beats a face–lift any day."–Marty Bucella
7. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be alive while you are alive, do not put out a mailbox on the highway of death and just wait in residence for your mail.
8. Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When you are on retirement, >that is all that you can afford!
9. Surround yourself with what you love. Make your home your refuge.

Oneil Wilson

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### **Do You Have Staying Power?**

**By Nicholas Dixon**

If you are going through hell , keep on going – Sir Winston Churchill

Staying Power. Some of you may know that record by the late Barry White. On that track, he was talking about his love making abilities and his prowess at it.

That is not what this article is about. It is about that trait that sets successful people apart from the failures, whether it is in business or in marriage.

How does staying power relate to online marketing ? It is a fact that successful marketers have that ability. For them, it is simply a matter of sticking around when things don't work out the way they want it to.

Staying Power. Abraham Lincoln, Winston Churchill and many other great men and women all had it. It was that ability which made them different from being simple dreamers and wishers.

They had to have it to make their dreams and aspirations become a reality. This is the kind of attitude that we all need to have. Some people are born that way and luckily for the rest of us, it can be learnt.

## Tips for Staying Young Eternally

Staying power requires persistence, consistency and a never say die attitude. With practice one can develop their staying power in any area of life they are engaged.

If you are serious about making your business and personal endeavors survive the long haul, start by thinking about ways you can develop your staying power. It really works !

You don't have to take my word for it. Next time you happen to see Oprah Winfrey, Bill Gates or Arnold Schwarzenegger ask them. Their answer would not be far from what I expected.

To your success and mine..... ,

Nicholas

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Nicholas Dixon is the CEO/Webmaster of Oceanroc Web Consulting. Visit our award winning website

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