

## Healthy Lifestyles, Science - How To Enjoy Bliss As We Age

Healthy lifestyles in all aspects of our lives are essential to arriving in your later years, as I am now at 68, that if so you will understand that you can remember much farther back than you have time forward. My father and grand father both lived to 93. I live much more healthy lifestyles than they did, but who knows. But in theory then I am now down under ten thousand days left alive to enjoy my family and friends and to still make worthwhile contributions to life, as we all desire. And to keep active and make good use of however many days we have left on earth alive, we can pretty much measure based on our lifestyles and our own family life history. I will give a personal example for myself, with no promise from God that he could stop me tomorrow from looking the wrong way as I step into an oncoming bus. If so, hello, St. Peter. Or, if I or you have been naughty and not nice, fools us, we not only had a miserable life, but to believe what we were taught in Sunday School, bad people live forever in hell, as they did of the hell they kept creating on earth. There is a wiser way, and yes, it is what we learned in Sunday school or kindergarten, until we outgrew that nonsense and went out and toughened up and bit back better than we got. Not as smart as we thought. In fact, pushing your way up and in causes you internal anguish somehow enough that shortens the life of you the bully, and sweet angel of mercy at the next desk lives on serenely loved by all. Curse her, she will ask for your forgiveness. Who is sneering, wearing red with a pointy stick and horns, who smiles like the good fairy from the west. Well, women seem to master these elemental truths more naturally, and if we men see any girlie man prancing around performing these wonderful eight actions daily, you know we guy guys who will die early privately call him Betsy. Well gents, let us consider that marriage has softened even Arnold, so let us put him in performing each of these acts so you chaps afraid your manly mask be torn off, you are both The Arnold and Cary Grant. And you do these acts dressed as Cary, or if you can suck it up and beef up, the Arnold. Cary with a Fred Astaire hat would allow you, on your first day, to be an English Count. As in the popular children's show, you love to Count your blessings. So you do that, with a fancy English cane if Cary will loan you his. If not, buy a good one, it will come in handy with the next mugger. Clear this with the boss as a psychological study on building morale. But to you this is how to powerfully imprint these eight elemental commonalities between the happiest, healthiest, most long living people, from a University of California study. You try to do what Tony Curtis tells us he did when he played the millionaire with Marilyn Monroe: he spoke in front of a mirror and practiced speaking like Cary Grant. So, Cary, you gently point your Mary Poppins cane at so and so and say, so and so, I am thankful for you, and I Count you as my blessing 35. The lower they are on the power grid the more you should praise. If you can imprint this first element of happiness, you will be exhausted, and by the time you present your last rose and greatest praise to the most humble and neglected employee or contract worker, the evening cleaning lady. Be honest and humble with her on her magical transforming of the mess you all make to picture perfect in the morning. By now, those who were moaning at you earlier will likely lead a rare and memorable applause for Annie the Cleaning Lady. She will hum all her shift and show that rose to her family, and so will your heart to you. That is the first of the eight, we have run out of time, lights out, make sure the camp fire is put out. We will obviously have to make this part of the series that help you imprint your bliss. First, what do we do? We Count our blessing, my Lord.

### About the Author

Derek Dashwood notices how science is measuring everything from bliss to happiness and we find that amazing. Check our site and notice in the top right we show our Health to Wealth Sites with much more at <http://www.dashforpower.com>

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