

**From : Kimbyung**  
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**Subject : FW : Best e-mail of 2009**

*I have to agree .....*

First, i was dying to finish my high school and start college  
And then i was dying to finish college and start working  
Then i was dying to marry and have children  
And then i was dying for my children  
to grow old enough  
so i could go back to work  
But then i was dying to retire  
And now i am dying...  
And suddenly i realized  
i forgot to live

Please don't let this happen to you  
Appreciate your current situation  
and enjoy each day

....old friend

To make money we lose our health,  
and then to restore our health we lose our money...  
We live as if we are never going to die,  
and we die as if we never lived....



# HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.'
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **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.
7. **Surround yourself with what you love** , whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the

next county; to a foreign country but NOT to where the guilt is.

**10. Tell the people you love that you love them, at every opportunity.**

**AND ALWAYS REMEMBER :**

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

We all need to live life to its fullest each day!!