

"Read This Atleast Once A Week"

This is something, we should all read at least once a week...

Written by REGINA BRETT, 90 YEARS OLD, of the PLAIN DEALER, CLEVELAND, OHIO.

"TO CELEBRATE GROWING OLDER, I once wrote the 45 LESSONS LIFE TAUGHT ME... It is the Most-Requested Column I've Ever Written. My Odometer Rolled Over to 90 in August, so here is the Column Once More:

1. Life Isn't Fair, But It's Still Good.
2. When In Doubt, Just Take The Next Small Step.
3. **Life Is Too Short To Waste Time Hating Anyone...**
4. **Your Job Won't Take Care Of You, When You Are Sick. Your Friends And Parents Will. Stay In Touch.**
5. **Pay Off Your Credit Cards, Every Month.**
6. **You Don't Have To Win Every Argument. AGREE TO DISAGREE.**
7. **Cry With Someone. It's More Healing Than Crying Alone.**
8. **It's Ok To Get Angry With GOD. HE CAN TAKE IT.**
9. **Save For Retirement; Starting With Your First Paycheck.**
10. **When It Comes To Chocolate, Resistance Is Futile.**
11. **Make Peace With Your Past, So, It Won't Create Problems For The Present.**
12. **It's Ok To Let Your Children See You Cry.**
13. **Don't Compare Your Life To Others. YOU HAVE NO IDEA WHAT THEIR JOURNEY IS ALL ABOUT.**
14. **If A Relationship Has To Be A Secret, You Shouldn't Be In It.**
15. **Everything Can Change In The Blink Of An Eye. But DON'T WORRY; GOD NEVER BLINKS.**
16. **Take A Deep Breath. It Calms The Mind.**
17. **Get Rid Of Anything That Isn't Useful, Beautiful Or Joyful.**
18. **Whatever Doesn't Kill You Really Does Make You Stronger.**
19. **It's Never Too Late To Have A Happy Childhood. But The Second One Is Up To You And No One Else.**
20. **When It Comes To Going After What You Love In Life, DON'T TAKE NO FOR AN ANSWER.**

21. **Burn The Candles, Use The Nice Sheets, And Wear The Fancy Lingerie. Don't Save It For A Special Occasion. TODAY IS SPECIAL.**
22. **Over Prepare, Than Go With The Flow.**
23. **Be Eccentric Now. Don't Wait For Old Age To Wear Purple.**
24. **The Most Important Sex Organ Is The Brain.**
25. **No One Is In Charge Of Your Happiness But You.**
26. **Frame Every So-Called Disaster With These Words 'IN FIVE YEARS, WILL THIS MATTER?'**
27. **Always Choose Life.**
28. **Forgive Everyone Everything.**
29. **What Other People Think Of You, Is None Of Your Business.**
30. **Time Heals Almost Everything. GIVE TIME, TIME.**
31. **However Good Or Bad A Situation Is, IT WILL CHANGE.**
32. **Don't Take Yourself So Seriously. NO ONE ELSE DOES.**
33. **BELIEVE IN MIRACLES.**
34. **GOD LOVES YOU BECAUSE OF WHO GOD IS, Not Because Of Anything You Did Or Didn't Do.**
35. **DON'T AUDIT LIFE. Show Up And Make The Most Of It Now.**
36. **GROWING OLD BEATS THE ALTERNATIVE -- Dying Young.**
37. **Your Children Get Only One Childhood.**
38. **All That Truly Matters In The End Is That You Loved.**
39. **Get Outside Every Day. MIRACLES ARE WAITING EVERYWHERE.**
40. **If We All Threw Our Problems in A Pile and Saw Everyone Else's, We'd Grab Ours Back.**
41. **Envy Is A Waste Of Time. YOU ALREADY HAVE ALL YOU NEED.**
42. **THE BEST IS YET TO COME.**
43. **No Matter How You Feel, Get Up, Dress Up And Show Up.**
44. **YIELD.**
45. **LIFE ISN'T TIED WITH A BOW, BUT IT'S STILL A GIFT."**

It's estimated that 93% won't share this article with anybody... If you are one of the 7% who will, share this article with the title '7%'. I'm in the 7%.

**Remember That I Will Always Share My Spoon With You!
Friends Are The Family That We Choose For Ourselves...**
