



You're Not Too Old: As A Man Thinketh, So He Is...Don't Let Feeling Old Steal Your Destiny

K.J. Cleveland

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You're Not Too Old: As A Man Thinketh, So He Is...Don't Let Feeling Old Steal Your Destiny is a short book about being true to yourself and having the courage to live the life you were born to live no matter your age. As a society, we focus entirely too much on our age, and on getting older. Should we not just fulfill our dreams, without limiting ourselves with arbitrary rules about what we should or shouldn't do at a certain age? At ninety, when you remember how you felt about yourself when you lived the life God made for you, you'll glow with warmth from within about a life lived well and complete. You won't dwell on how old you were when you did it. Instead, you'll remember how amazing it was to do what you really wanted to do. And rather than feeling regret at all you missed out on, you will feel so complete and proud that you had the courage to become all you could be.

We try so hard to control everything and define exactly where we should always be. Of course, it is good to have guidelines, but not limiting ones. I think we should just always live each day of our lives as a blessing, doing what we love in your hearts. Live every stage of our lives with purpose, just like when we were young. You know, everyone likes to be young. But what if we gave middle and old age similar freedoms that we give the youth? Aside from some possible physical limitations that come with age, what else has changed? Except that you have more knowledge and experience now.

I have two cats; one is very young and the other is older. My older cat has no clue she is older. She still runs around and plays, maybe not with exactly the same momentum as when she was younger, but still with a good bit. No one ever told her to grow up and quit playing. No one ever told her to step aside and let the younger cat have all the fun. Instead, she doesn't know to feel icky and less than because of her older age. She didn't get the memo. So maybe if we didn't view young, middle and older age so very differently, giving all the advantages to the youth; then maybe we wouldn't most all ache to be considered young. We would still feel capable, like we still had life to live at any age.

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From reader reviews:

Rosemary Taylor:

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both way of life and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity do you have when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the actual book you have read is actually You're Not Too Old: As A Man Thinketh, So He Is...Don't Let Feeling Old Steal Your Destiny.

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Joyce Murphy:

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