

Untitled Document

Girlfriend, I wish I can explain to you the kind of creeps I get whenever someone tries to straightjacket me

I have no idea why people feel the urge to crush this mindset in others. Especially when they do it

If you, like me, search for ways to stay anchored to that world of wonder, remember Hansel and Gretel

No such thing as a weird coincidence, Swiss psychiatrist Carl Gustav Jung, who coined the term 'synchronicity'

Nope, it's not just a mysterious glitch in the matrix. Nick likens it to the occasional stack of rocks you

So, the book that recently fell of the rack for me was a huge reminder that I'm still on the right cosmic

Odd, though, that it was written by a gynaecologist. However, what Christiane Northrup does in 'Go Deep'

She says that your culture will try to hold you back if you step outside the pale. We live in a shame

These architects of misery will do their best to keep you in a box, especially when it comes to aging

We teach our children that a milestone becomes a millstone. Milestone birthdays are major thresh

"It is your beliefs – and the behaviour that stems from those beliefs – that largely determine your experie

Unearthing beliefs is what dr Mario Martinez did when he studied 700 healthy 100-year-olds from a

They tend not to align with traditional Western medicine. They indulge in pleasurable rituals daily, s

The healthy 100-year-olds also don't identify with their peer groups and don't use their age as a 'ca

Getting older is inevitable. Aging is optional, says Christiane. 'Old' has nothing to do with your chron