



The student becomes the teacher. And the circle completes itself.

Self-consciously Zen? Probably. Unnecessarily grandiose? You could argue that, too. All that I'm trying to say is that I learned something cool from my kid today.

I woke up feeling like I didn't want to (wake up, that is). Bursting free from a nightmare (in which I was back working in New York, eating an enormous steak way-too-late, bound up in an unforgiving wool suit, inexplicably carrying my shoes through a neighborhood in east Midtown that had been miraculously reclaimed by ranch homes with yards, earning straight commission and making no sales), I was profoundly disinterested in entering another one (nightmare) by beginning my *actual* day. Overwhelmed with angst and dread, frustratingly un-linkable to a particular thing, I did what exactly no self-respecting (barely) 57-year-old man would do: I turned to my younger daughter's Instagram.

She's a budding wellness coach, in addition to her regular work, and I've come to understand that the modern "wellness" canon connects genetically to yesteryear's fascination with self-help. But, if you think about it, the erstwhile industry (self-help) was disingenuously oxymoronic, since it required us consume other people's ideas, tactics and methods (at some cost, of course) in order to achieve our desired ends. Where's the "self" in that? "Professionally-Assisted Do-It-Yourself-ish Betterment-Aspiration" probably wouldn't fit neatly on a Barnes and Noble aisle marker, though. PADIYIBA? Nah. Wellness, on the other hand, makes sense. It's the amalgam of philosophies and ventures and practices and experts and tools that, when used effectively in some combination, give us a chance for physical, mental and spiritual health. So, good for my girl for embracing the concept and her entrepreneurial DNA, at once.

For those of you as un-hip as I: Instagram relies on pictures to seduce you into skimming (who is lame enough to read stuff anymore...especially if it's antiquarianly printed on physical paper, right?!) the affiliated words. It's a medium for the mentally stingy...No person, place or thing can be presumed to warrant more than five-seconds' worth of mindshare in the InstaWorld. But, if you suck your cheeks in and light things just right, you might get 10 (seconds of disaffected attention) from some representatives of the fellowship of the perpetually bored. So, there she was - undeniably very, very pretty-in-pink. A *literal* picture of health, if physical, mental and spiritual healths all shared one common human form.

Beneath the stunning photo she shared a simple anecdote:

"I woke up this morning and wrote down five words. I am

- limitless
- capable
- creative
- resilient
- energized

Some days I write pages and some days just a few words."

Affirmations. Faith. Manifestation. It's all more or less the same. If you believe a thing, it becomes significantly more attainable than if you deny its possibility. In other words, the cynic has woefully little to look forward to.

So, I tried it. The first five things that came to mind. Interestingly, not one is a characteristic that I readily associate with myself. Given that Gabby is probably farther along than her old man, I framed them as "I intend to be" rather than I am.

- Hopeful
- Patient
- Content
- Relentless
- Productive

And here I am...typing this. Behind schedule but on the right track, jaw more relaxed than clenched, noise in my head limited to the thoughts I'm sharing with you.

I'm more "well" than I was when I woke up. Because I listened to my little girl. Who instructed me to listen to me, and influenced me to tell myself useful things.



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