

AGE ADJUSTMENT

When you think you're young and you're not....
When you live in a plump body and think you're slim....
When you do once what you've done a million times and
it's just a mess....

When you want to run, but you're afraid to walk....
When you think a thought three times and forget it before you can say it....
When you just can't get upset about politics....



It's probably time for an age adjustment,
Like a chiropractic session for the attitudes.

1. Youth has neither wisdom nor understanding.
Ponder from your gray height.
2. Skinny is neither healthy nor desirable.
Dine with confidence and high good humor.
3. Stop doing things you can't and learn new things you can.
After all, been there done that, means stop wasting time.
4. Consider the merits of the turtle
And conform.
5. Silence is golden, and whatever it was
Was not important.
6. Consider the insignificance of " blah, blah, blah, look at me,"
And search for the statesman.

Baby Love, grab ahold of your Now-Self and recognize your beauty!

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