George Carlin on aging

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**With the recent passing of George Carlin, I found his take on aging and life very poignant.  Enjoy his very insightful thoughts.....
Enjoy the ride; There is no return ticket**

George Carlin on aging!
(Absolutely Brilliant)
IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A DAY IN YOUR LIFE. AND WHEN YOU HAVE FINISHED, DO AS I AM DOING AND SEND IT ON.
 **George Carlin's Views on Aging**
Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

'How old are you?' **'**I'm four **and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm gonna be 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life** ! You **become** 21. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**
But then you **turn** 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH** 50 and your dreams are gone.
 **But! wait!! !** You **MAKE it** to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30,  **PUSH** 40, **REACH** 50 and make **it** to 60.

You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you HIT Wednesday!

You **get into !** your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; 'I **Was JUST** 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!'
May you all make it to a healthy 100 and a half!!
 **HOW TO STAY YOUNG**
1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'

2. **Keep only cheerful friends.** The grouches pull you down.

3.**Keep learning.** ! Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the **devil's** family name is   **Alzheimer's.**
4. **Enjoy the simple things.**

5. **Laugh** often, long and loud. Laugh until you gasp for breath.

6. **The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love , whether it's family, pets, keepsakes, music, plants, hobbies, whatever.Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them , at every opportunity.
AND ALWAYS REMEMBER :
Life is not measured by the number of breaths we take, but  by the moments that take our breath away.
And if you don't send this to at least 8 people - who cares?But do share th is with someone. We all need to live life to its fullest each day!!**
Life's journey is not to
arrive at the grave safely
in a well preserved body,
but rather to skid in sideways,
totally worn out, shouting
"...holy shit ...what a ride!"