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The purpose of life is a life of purpose. --Robert Byrne

Simple Philosophy of the World's Oldest Man

Walter Breuning had a deceptively simple philosophy that he lived by for 114 years. And it was these ideas for living that appeared to be his secret to a long life. "Every change is good." "The more you do for others, the better shape you're in." "We're going to die. Some people are scared of dying. Never be afraid to die. Because you're born to die." Learn more about the world's oldest man.

Be The Change:

Consider the simple philosophies that are a part of your world. What will sustain you?