

daily GOOD

Little by little wean yourself.
This is the gist of what I have to say.
From an embryo, whose nourishment comes in the blood,
move to an infant drinking milk,
to a child on solid food,
to a searcher after wisdom,
to a hunter of more invisible game. --Rumi

Small Change, Big Difference

Small Change, Big Difference: a Cambridge University study concluded that making small, simple changes to your lifestyle can have a significant impact on how long you will live. Researchers found that eating five portions of fruit and vegetables a day can add three years, not smoking can add up to five years, and increasing exercise by a moderate amount can tack on three years. What is one of the ways Tony Blair is being the change? He's taking the stairs instead of the elevator.

Be The Change:

Make a small, simple change that you know will have a positive impact on your own well-being. Want to make a change that requires several people? Put it up on Pledgebank.