

a note from the guest managing editor

It's not always easy to live life with gusto. Being a Holocaust survivor, I have seen great injustice and sorrow in my lifetime. Just know that the human species in general is designed to survive, overcome adversity and strongly thrive on the joy of living. Yes, it is easier said than done but what are the alternatives? We pull ourselves up by our bootstraps and help lift those around us in times of crises. We are the most extraordinary of all living creatures on this planet.

My third book, "Chronologically Gifted: Living With Gusto," hit the shelves just before my 85th birthday in November. I celebrated by attending a Paul McCartney in concert in Liverpool, England to kick off the beginning of the next 38 years of my life, considering I have set my goal of living to 123. And don't even think about telling me I can't do it!

Believe in the power of the mind. Allow yourself to experience the magic of believing anything is possible. I believe our loved ones are always connected to us in spirit; allow them to feel the joy of life here on earth through you and everything you do. I'm so happy to be this issue's Guest Managing Editor at a time when sharing my personal journey may help ease the pain of so many. To live a meaningful life, one has to define one's purpose of belonging and contributing through "making a difference" in the world. This reminds us why we are here and why we are leaving a legacy.

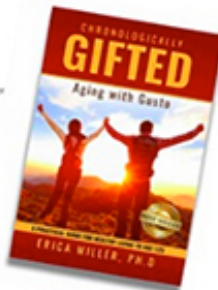


Dare to dream. Take a leap of faith (you are in charge). You are the captain of your amazing, adventurous, long and healthy life journey. Navigate through the calms and storms of your life with confidence and imagination.

Over the decades of working as a clinical psychologist, I always encouraged my patients to do as I have done and celebrate your loved ones by living your own with gusto. You can do it!

Thrive on.

Erica
Dr. Erica Miller
Guest Managing Editor



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