

A PREMIER WEST COAST LIFESTYLE PUBLICATION

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MAGAZINE

Fashion
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ISSUE

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Her shoes,
starring roles
and family



CELEBRITY FASHION BRANDS AT-HOME SPA **L.A.'S DINING SCENE** MEN'S DENIM
DIY HALLOWEEN DECOR **BACK-TO-SCHOOL ADVICE** MAGICAL MYKONOS

Expect the UNEXPECTED

BY REBECCA GRAY GROSSMAN



SOME OF OUR MOST TREASURED MEMORIES COME FROM THE UNEXPECTED MOMENTS...the element of surprise! Flying by the seat of your pants often times leads to stories of a lifetime that can be shared for generations to come, in turn providing moments of laughter and inspiration. Expecting the unexpected with a positive and lighthearted attitude or simply throwing caution to the wind is an adventure in itself. Like Forrest Gump said, "Life is like a box of chocolates."

As the editor of the Paragon Healthy Lifestyle's department and CEO of Paragon Societies™, I'm continually in search for new approaches and philosophies that support living a healthier and happier life for an extended period of time. Featuring Paragon products, nutrition, lifestyles, longevity experts and new technologies in healthcare, the chief goal is to enhance one's overall wellbeing. Mindful living, adventure, balance and harmony are key elements of happiness.

Taking off on an adventure can immediately release stress-relieving endorphins.



Case in point, Dr. Erica Miller, a Holocaust survivor and author of three books including *Chronologically Gifted: Aging With Gusto*, travels the world annually, discovering unexpected moments that lead to further adventure. Big things do come in small packages and this 86-year old Calabasas, California resident thrives on adventure off the beaten path, meeting new people and creating connections that lead to new possibilities. Miller, who has a doctorate in clinical psychology, has set a goal to live to (at least) the age of 123. In 2018, she climbed Mount Everest and for her 85th birthday she celebrated by skydiving! She demonstrates that taking a leap of faith and making a commitment to live a longer and better life honors and incorporates a new or renewed sense of a higher power. "The willingness to cultivate spirituality and a holistic worldview can connect you with something larger than yourself that matters," claims Miller.

Keep in mind that while these adventures are not completely unplanned, they are executed with the attitude that unexpected possibilities may occur that can create a state of awe. It's much like toddlers who experience something new and mesmerizing for the first time in their lives such as seeing bubbles float above their heads or experiencing snow falling from the sky. Remind yourself that we are never too old to enjoy the sense of awe.

Endorphins (neuro-transmitters in the brain) are released and help increase serotonin levels, a hormone that transmits signals contributing to feelings of well-being and happiness. As we age, many struggle in this area, experiencing depression and, in turn, trying medication made from a variety of chemicals designed to boost serotonin. This is the easy way, but not necessarily the healthiest choice considering that some forms of dementia are linked to mind-altering chemicals. So what is the best way? Time Magazine recently pub-

lished a special edition entitled, "Mindfulness: The New Science of Health and Happiness," dedicating the entire issue to how slowing down and staying present leads to a happier, less stressed life. The edition included topics such as:

- Tuning in to your body
- The power of slow eating
- Five minute meditations

These are a few of the many solutions with proven results for those looking for peace of mind in this fast-paced, technology-driven world. And let's not forget the incredible power and healing energy of laughter. Clinical studies show that laughter changes our biochemistry and equips us with better coping mechanisms.

"Live simply Laugh often Love deeply"

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ABOVE, LEFT TO RIGHT Author, psychologist and Holocaust survivor Dr. Erica Miller climbed Mount Everest in 2018 and went skydiving on her 85th birthday. BOTTOM RIGHT Even a five-minute meditation offers peace of mind in this non-stop, technology-driven world.