



## 41. stand tall

*"To know what you prefer instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive." - Robert Louis Stevenson*

Have you ever noticed that when you take pride in yourself, you tend to stand taller and feel better about everything? (Not only that, you alleviate many aches and pains and give yourself a slimming effect.)

Take a moment to think about yourself in a state of joy.

Aren't you standing taller?

Maybe with your arms flung up to the sky?

Conversely, in a state of depression, you're kinda slouchy, aren't you?

So obviously, the key to standing tall comes from being happy. The only way to do that on a consistent basis is to be who you truly are, doing what you truly love, enjoying the moment you live in.

