

Several years ago you tilted
my eyes upward. What a
blessing! As gravity wars with
aging muscles and tissue, I
can still face the bathroom
mirror with a sense of retain-
ing sufficient joie de vivre
to experience a productive day.

As you know, it's not about
looking young, it's about projecting
positive energy from within
complemented by a healthy physical
image from without.

How marvelous that we still
walk the Spiritual Pathway together.
Every day is Christmas we!

Dear Dr. Flowers:

It's amazing how
you make me feel
so good.
