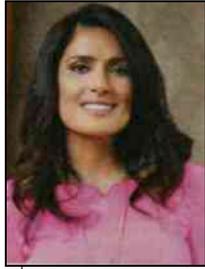


Starting Again ...



"There is nothing better in life than being a late bloomer. Success can happen at any time and at any age. You can have a spiritual awakening and discover a new side of yourself. And best of all, love can happen at any age." – actress Salma Hayek

Late Bloomers

Some children have a more difficult time achieving in school than others. Places like this fill up with many who fit that description. In a lot of cases these children are "late bloomers," who will enjoy success in the future. Many famous people experienced rough beginnings, yet they persevered and eventually reached greatness. Note the following examples of "late bloomers":

- ✿ Beethoven's music teacher said, "As a composer, he is hopeless."
- ✿ Isaac Newton's work in the elementary school was rather poor.
- ✿ Einstein couldn't speak until age four, and he couldn't read until age seven.
- ✿ Edison's teacher told him he was unable to learn.
- ✿ F. W. Woolworth's employers refused to allow him to wait on customers because he didn't have "enough sense."
- ✿ Louisa May Alcott was told by an editor that her writings would never appeal to the public.
- ✿ Caruso's music teacher told him that he had "no voice at all."
- ✿ Leo Tolstoy flunked out of college.
- ✿ Louis Pasteur was given a rating of "mediocre" in chemistry at Royal College.
- ✿ Admiral Byrd was deemed "unfit for service" before he flew over both poles.
- ✿ Winston Churchill failed sixth grade.
- ✿ Walt Disney was fired by a newspaper editor because he had "no good ideas."
- ✿ Henry Ford was evaluated as "showing no promise."
- ✿ Fred Waring once failed to get into his high school chorus.

– Westlake Flyer,

Contributed by Eric Evans, Religious Volunteer

Old Dogs, New Tricks

Can people change? Or are some parts of us set in stone?

"He'll never learn," "she always was a bad kid" and "once a cheater, always a cheater" all reflect a common belief: People never really change. While there may be a kernel of truth in this folk wisdom, it doesn't square with recent research. *PT* bloggers (psychologytoday.com) set the record straight.

Brain Training The old rule in neurology was that by age 21, our brains are done growing and that the only change is for the worse: atrophy, damage, etc. We've turned that old rule on its head: Neuroplasticity, the brain's capacity to grow and change, has been clearly confirmed in human adults. By noticing and making more mindful choices about our thoughts, feelings and reactions, we can actually change the structure, activity and connections in our brain. Such changes are associated with increased and more balanced empathy, faster recovery after an argument and decreased negativity bias. – Marsha Lucas, Ph.D., "Rewire Your Brain For Love"

Smarter Habits From the brain's perspective, every experience in our life alters our brain forever afterward, so it is constantly changing, although mostly in minute ways. MRI studies provide striking examples that quitting drugs, starting antidepressant treatments, practicing meditation and even exercise can lead to structural and functional changes in the brain that correspond to changes in personality and behavior. – Joshua Gowin, Ph.D., "You. Illuminated"

Slow Drift The view of personality as set in plaster by age 30 has been debunked. We now know that personality can change throughout life, to the oldest ages we can test. The idea of a midlife crisis is just as much of a myth. Many people become more self directed and tolerant as they grow older; others spend much of their adult life looking for direction. We change in gradual ways as we learn to adapt to life's challenges, a process that continues for as long as we do. – Susan Krauss Whitbourne, Ph.D., "Fulfillment at Any Age"

It Takes a Village People clearly can change, but beliefs about change matter a lot. Someone who wants to change has to believe that change is possible, and the people around that individual have to believe in change as well. If the people around us do not believe that change is possible, then they will not be supportive of our efforts. Ultimately, they will continue to treat us as if we are still the same old person deep down. – Art Markman, Ph.D., "Ulterior Motives"

Motivation Matters The number one thing people can change is their thoughts – and as a result, their perspective. It's just a matter of when you are ready. But sometimes we lie to ourselves about change. We say we want things to be different, but we don't alter anything in our environment. – Goal Auzeen Saedi, Ph.D., "Millennial Media"

Trusting Yourself Some things about ourselves we can never basically change. Introversion is fundamentally innate, as is extraversion. But we can choose to develop our "inferior function" (e.g., extraversion in introverts), which we need to do to become more balanced and whole. At the same time, we can change our attitude toward our typology by deciding to value and accept it. Most people tend to think that psychotherapy is all about change. But in my experience, it is at least as much about self-acceptance. The paradox is that by accepting ourselves as we are (rather than how we want to be or think we should be), we do change. – Stephen A. Diamond, Ph.D., "Evil Deeds"

