

BALANCE

What I dream
of is an
art of balance.

HENRI MATISSE

BALANCE

Does the speed of life seem to be accelerating?

If so, then perhaps you have a growing sense that time is shorter and more important matters are pressing.

Kids seem to be growing up while you're on the road or at the office. Perhaps your career has begun to feel like the *same old, same old*. Maybe that treasured network of friends is slipping away.

Like many men in their prime, perhaps you've had a wake-up call from an ill parent or a misdirected teen daughter. And you're growing weary of drive-time radio yakfests, weekend domestic duties, and endless appointments.

Experts call this modern phenomenon time poverty: getting it all done without any sense of focus.

Even if you don't recognize this battle for headspace, you might be familiar with sleep deprivation, chronic irritability, and a shrinking social life.

Balance is what it's all about. And the question that follows is as simple: "What would you *really* like to do?" Achieving balance begins with probing this question, and then using BEST LIFE to help you get what you want.

For example, here are some top-line tips:

- Learn how to thwart the "cult of busyness" that pervades our culture (Remember when Japanese men were the busiest on the planet? Not anymore... Americans are today.)

- Understand the myths that control men. (Women are often sandwiched between parents and children, but 1/3 of American caregivers are guys!)
- Stop the off-duty compulsions by challenging the insane urge to be constantly productive. (What do you want to do rather than should do?)

BEST LIFE provides resources in every issue to guide you toward greater balance:

time management, technological tricks, articles from persuasive peers, and even spiritual explorations.

It's your life;
we believe you should live the best of it.

Send the enclosed card and receive a **Free Trial Issue**, without purchase obligation. Also, we'll send you **EIGHT FREE HANDBOOKS** for living the Best Life, over 200 pages of leading-edge thinking about success, fatherhood, health, sex, fitness, and more. **Or call 1-800-543-5844.** See Order Card for Details.



how men view a balanced life

How essential is each of the following elements to a balanced life?

| | |
|--------------------------------------|-----|
| Time with family | 84% |
| Having hobbies | 38% |
| Getting home in time for dinner..... | 37% |
| Spirituality | 34% |
| Disposable income | 30% |
| Time with friends..... | 28% |
| Exercising..... | 26% |
| Volunteering | 11% |

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finding balance in life

A THINKING MAN'S MEAL PLAN

Ten foods stand apart as brain food, giving those who seek cognitive health—and greater balance—a head start, so to speak.

[1] SPINACH

Popeye had it right for the wrong reasons. High levels of folate and B₁₂ in spinach may protect against dementia.

[2] BLUEBERRIES

Older mice fed antioxidant-rich blueberry extract had improved short-term memory and motor skills.

[3] ALMONDS

Rich in vitamin E, almonds help in the battle against age-related deterioration of the brain.

See this balanced handbook for seven more brain foods that belong in a thinking-man's diet.

