



## Learn



When we were first married, my husband told me he'd love to go to college forever. At the time I thought that sounded stressful with all the deadlines and tests, but I soon learned that what really appealed to him was learning. Learning makes you feel alive. And capable. And smart. It doesn't have to happen in a formal classroom setting. Read books or magazines on your favorite subjects or hobbies. The internet is full of useful information. Find something you are interested in and learn more about it. You'll never regret learning. The saying "thirst for knowledge" is a good way to describe it because learning can actually quench that "thirst" and be very satisfying.