



## TV Medical Drama Advice



Some of the most sound advice I've ever heard came from TV. Yep, a doctor from a medical drama said, "let's not worry until we have to." How brilliant is that? I love it. I use it all the time with my kids, especially if they're worried about a natural disaster or getting a terrible disease. Why ruin today worrying about something that could happen tomorrow? So, enjoy today. Oh, and don't forget to watch TV. You never know what great piece of advice you'll hear next . . . .