

**HESH GOLDSTEIN, MSNUTRI**  
“Health Talk” Moderator, K-108 Radio  
P.O. Box 240783  
Honolulu, Hawaii 96824-0783  
(808) 258-1177 / Fx (808) 848-8640  
[www.healthtalkhawaii.com](http://www.healthtalkhawaii.com)  
[heshgoldstein@gmail.com](mailto:heshgoldstein@gmail.com)

## **WORRY**

Are you well balanced emotionally? Do you have a genuine respect for the rights of others? Do you try to discover your true relationship with others? Or has bitterness and unhappiness, in your life, due to worry, caused you to unintentionally cultivate a critical outlook on life in general?

You must learn to think positively, without worry. Thoughts materialize themselves into reality as “thoughts are things”. Worry is a ravenous creature that can destroy you. It destroys your strength, induces major and minor illnesses, sicknesses, diseases, and can cause a complete nervous and mental breakdown. It can so mess-up your subconscious mind, that an individual is totally unable to deal with circumstance at hand. Worry makes the slightest irritant seem like a catastrophe.

Worry, does indeed, exist. One must make an effort to conquer it. Develop faith and strength with constructive mental exercises, like meditation, on a daily basis. If you try, you can achieve a happy, peaceful, healthy, harmonious and abundant life.

By the thoughts you entertain, you can either strengthen or weaken your world every day. You can destroy your health and vitality in the same manner.

Most people are victims of chronic exhaustion and mental fatigue, with only a small percentage from purely physical reasons. Yet, over 75% are tired from worry and emotional difficulties. Emotional fatigue and worry can cause you to become thoroughly discouraged, terribly tired, and, at times, lose the will to live.

Our need is to develop a positive attitude by positive thinking and faith. Secondly, stop pushing so hard at life and get off the emotional merry-go-round you've been riding. We are possessed by negativity when we worry, and borrow trouble unnecessarily by conjuring up things that never really exist. We become so distressed and anxious at times over a normal happening, that we personally turn it into an unbearable crisis, which we can hardly cope with.

Many common diseases are due largely to our inability to handle stress, rather than direct damage by germs, poisons, or other external stimuli. Stress, fear and anxiety are personal problems of most everyone and a part of life. Unfortunately, as long as we are alive we cannot avoid stress, But, we can learn how to handle it and keep it to a minimum.

Vital health lies in the successful adjustment to changing stresses. If not, ill health and unhappiness become the penalty for failing to adapt. When a person stops worrying and develops self-confidence and self-assurance, a wonderful feeling of peace prevails. We must learn to carry out our daily chores quietly, without stress, strain or nervous tension.

We look at the world through the windows of our own mentalities and interpret everything we see in terms of our own mental limitations. So, renew your thoughts and make them constructive. Transform your life into a success story.

You alone can re-shape and re- mold your character by changing it the way you want it to be. Learn how to be content with what you have and don't worry about what your brother has. We come into the world carrying baggage as a result of previous actions. There is nothing you can do about that. But you can do something about your actions in this lifetime. Every action has a reaction, be it good or bad. Let the past work itself out but re-shape your future by your actions from this day forward.

Aloha!