

# AN ENTIRE LIFE IN ONE DAY

Every hour in the book represents a life segment of two to four years. Every hour treats a certain subject:

Age 1–3: The *first* hour shows us that we learn more in the first three years than during the rest of our lives, which of our attributes are biologically fixed and which ones we can change.

Age 4-6: The *second* hour explains how we discover our surroundings and how our parents can either support or hinder us.

Age 7-11: The *third* hour shows how easily school could enhance our thirst for knowledge and why we, in every case, shouldn't lose our desire to learn.

Age 12-15: The *fourth* hour describes our fluctuating feelings between omnipotent fantasy and self-doubt.

Age 16-18: The *fifth* hour brings butterflies to flutter in our tummies as our yearning for love is finally fulfilled and we're convinced we can do everything better than our parents.

Age 19-22: The *sixth* hour compels us to think seriously about what we want to do with our lives.

Age 23-26: The *seventh* hour permits some to dream that everything can be achieved, and others that life has dealt them a bad hand.

Age 27-29: The *eighth* hour puts before us the task of discovering that intimacy in love and friendship is the true source of contentment.

Age 30-33: The *ninth* hour teaches us that, with 30, one isn't old, and why the 33<sup>rd</sup> year on the way to wisdom carries more weight.

Age 34-36: The *tenth* hour reminds us that it is high time we find a suitable partner, to bring children into this world and to build a house – or at least plant an apple tree.

Age 37-40: The *eleventh* hour demolishes our illusions, but we gain wisdom in dealing with painful experiences which shields us from cracking.

Age 41- 45: The *twelfth* hour demands all of our vitality on the job and in the family – hence it is easy to overlook the fact that we have half of our lives behind us.

Age 46-50: The *thirteenth* hour shows us that we can achieve more with considerably less effort if we concentrate on what we do well and what we like to do.

Age 51-55: The *fourteenth* hour confronts us with the painful experience that our parents cannot live forever and shows us how to come to grips with the loss of loved ones.

Age 56-59: The *fifteenth* hour confirms the rumour that passing time is accelerating thus forcing us to pose the question „What's left?“

Age 60-63: The *sixteenth* hour drives some to rethink their manner of living while entering retirement, and others not to repress the thought of it.

Age 64-66: The *seventeenth* hour surprises us with the wonderful benefit, which we often forget, of being able to get things off our chests promptly.

Age 67-69: The *eighteenth* hour reminds us to dispense amongst others liberally what we have acquired.

Age 70-72: The *nineteenth* hour requires us to adjust to living alone with self-esteem and self-respect.

Age 73-75: The *twentieth* hour separates consequently those fortunate enough to have learned all their lives through, from those whose curiosity has long ago extinguished.

Age 76-77: The *twenty-first* hour reminds us that good health is the most important blessing we have and we should hold it in esteem so long we possess it.

Age 78-80: The *twenty-second* hour serves to expose whether the decisions made for a successful life during the *fifteenth* hour, were correct or not.

Age 81-82: The *twenty-third* hour presents us the task of reminiscing gratefully and accepting what we have done with our lives.

Age 83-?: The *twenty-fourth* hour lets us treat each day as a gift and gives us hope that tomorrow another good day shall follow.

The *twenty-fifth* hour does not exist, therefore we must be aware of the fact that our own life could suddenly end, hence try to live each day with curiosity, joyfulness and passion.