We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion; big men and small character; steep profits and shallow relationships. These are the days of two incomes but more divorce; fancier houses but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember to say "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:
Life is not measured by the number of breaths we take, but by the moments that take our breath away.
Editor’s Note: This essay has been forwarded through email since 1998. It has been falsely attributed to various sources. Among those given credit for writing the piece include a student who witnessed the Colorado Columbine shooting and the comedian George Carlin after the death of his wife.

However, according to Snopes.com, which is a source for verifying internet urban legends, myths, and scams, the piece was written and published *Words Aptly Spoken* which was a collection of papers and monologues for radio broadcasts by Dr. Bob Moorehead, who was a pastor at Overlake Christian Church of Seattle, Washington.

One website believes that it is clear that Dr. Moorehead was inspired by a poem by Dalai Lama, the world renowned spiritual leader of Tibet.

**The Paradox of Our Age**

We have bigger houses but smaller families;  
More conveniences, but less time;  
We have more degrees, but less sense;  
More knowledge, but less judgment;  
More experts, but more problems;  
More medicines, but less healthiness;  
We've been all the way to the moon and back,  
but have trouble crossing the street to meet the new neighbor.  
We build more computers to hold more information to produce more copies than ever but have less communication.  
We have become long on quantity,  
but short on quality.  
These are times of fast foods but slow digestion;  
Tall man but short character;  
Steep profits but shallow relationships.  
It's a time when there is much in the window,  
but nothing in the room.

**Lessons for Caregivers:** Regardless of its source, the message is powerful and thought-provoking. For caregivers, it is a reminder to focus on what is important and set priorities for our loved one and ourselves.

Visit [www.familycaregiversonline.net](http://www.familycaregiversonline.net) and click the logo to the Area Agency on Aging which serves your community.