

# QUICK FIXES

“We live in a culture that does not encourage self-discipline. In our advertisement-drenched society, one is encouraged to purchase answers, not to achieve them.” Peter Nebergall, Ph.D.

How did people born before now cope with life, sans modern day quick-fixes? Did they just suffer in silence? Did they suffer LOUDLY? Did people have as many aches and pains and, if so, was it just considered part of life? Me? I'm both intolerant of and alarmed by any little twinge...and quickly seek pharmaceutical refuge.

I grew up believing that there's a solution for all discomforts, I am deserving of respite, and owe it to myself to run out immediately and purchase same! Comfort and happiness are ours simply by using Mr. Popeil, the local RiteAid, and our new pre-approved Visa card. Gee, ain't life easy?!

But are we any happier for it? I am so driven to consume, I don't even open the bags before making an updated shopping list. I'm hyper-sensitive to any ache that comes my way, and terrified that the day will come when one of 'em can't be controlled by a pill. I'm always on the lookout for the latest life-bettering gadget, and even watch TV commercials to avoid missing something! And whirling inside the eye of this morass is a little voice that, tho seldom heard, speaks truth...it says... 'STOP!'.

Why do we fall for all this stuff? Why is the promise of what we COULD have so much more alluring than what we DO have?! Is a clever TV show better than laughing with friends? Will a new kitchen gizmo produce a taste sensation to beat Mom's apple pie? Will new exercise equipment be more satisfying than a brisk, early-morning walk? Will watching talk shows be more soothing to the soul than prayer? Will a new outfit make one more likeable, or would that be better accomplished by being a more peaceful, contented being?

We all have these questions, if we're brave enough to ask 'em. And once the questioning is done, what are we all gonna DO about it?