

In my mind, I'm still in my 30s, but, alas, my body has aged. I, too, find myself doing the next best thing. This injury that I've suffered has taught me to diligently heed my own advice. There is a silver lining to my agony: Because the show must go on, I wrote this article to help you avoid my mistakes.

This is the next best thing!

Stay healthy, follow the safety protocols, ask for help, and observe Chuck Yeager's advice: "Do what you can for as long as you can, and when you can't, do the next best thing!"

Have a safe and happy Halloween. Make sure to vote to ensure democracy prevails.

Happy Gardening. Happy Growing.



Cynthia Brian reminds you to visit www.StarStyleCommunity.com

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Her newest children's picture book, No Barnyard Bullies, is available now. Buy copies of her books at www.cynthiabrian.com/online-store. Receive a FREE inspirational music DVD and special savings. For an invitation to hang out with Cynthia for fun virtual events, activities, conversations, and exclusive experiences buy a StarStyle® NFT at <https://StarStyleCommunity.com>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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