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An age of kings

At one time, a king built a great highway for the people who lived in his kingdom. After it was completed, but before it was opened to the public, the king decided to have a match. He invited as many of his subjects as desired to participate. The challenge was to see who could best travel the highway, and the winner was to receive a box of golds. On the day of the match, all the people came. Some of them had fine carriages, some had fine clothes and fancy food to make the trip a luxury trip. Some wore their sturdiest shoes and ran along the highway on their feet to show their skill. All day they were travelling the highway, and each, when he arrived at the end, they complained to the king about a huge pile of rocks and debris that at one point nearly blocked the road and hindered their journey. At the end of the day, a lone traveler carefully crossed the finish line and walked over to the king. He was tired and dirty, but he addressed the king with great respect and handed him a small chest of gold. He said, I stopped along the way to clear a pile of rocks and debris that blocked the road. This chest of gold was underneath it. Please returned it to its rightful owner. The king answered, You are the rightful owner. Oh no, says the traveler, It's not mine. I've never known such money. Oh yes, say the king, you deserved this gold because you won my game. He who travels the way best is he who makes the way better for those who will follow. Happy Memorial Day, everyone :) Jay loves talking about money, collecting coins, shooting hip-hop, and hanging out with his three beautiful sons. You can check out all of his online projects at jmoney.biz. Thanks for reading the blog! Gayle King, chief anchor of CBS This Morning, has landed some of the most prestigious interviews of the decade in just the past few months. Recently sat down with former First Lady Michelle Obama, music icon Tina Turner, and alleged sex offender R. Kelly, it's only a matter of time before King has a conversation with another living legend. CBS This Morning's Gayle King | Peter Forest/Getty Images for OWN In addition to serving on the daily morning news program, King is also the Editor-at-Large for O, The Oprah Magazine. And that's not where her publishing ending — few can realize that King can add a book to her list of credentials. Note to Self Begin as a segment on CBS This Morning, Note to Self offers top names of all industries writing a letter to their younger selves, giving advice and encouragement. Over the years, a number of high-profile icons have been featured, including Astronaut Peggy Whitson, Vice President Joe Biden, Maya Angelou, Keshia, Oprah Winfrey and even Kermit the Frog. King decided to the most memorable letters and and An entire book entitled Note to Self: Inspirational Words from Inspirational People. As King described in her introduction, we asked visionary, entertainers, politicians, humanitarian people, athletes — even a Muppet — who want to tell them younger herself, and we filmed every man, woman and frog as they read their answers. Each note shares personal experiences, bittersweet memories and sincere wisdom from someone who has learned through life's lessons. King wrote, ... each person in this collection speaks of a place of hard-won relief. They're people who have been tested. Many went through unimaginable loss; many prevailed in ways no one believed possible. Everyone has faith, resilience and a mighty heart. Drawing from her own experience King shared in the introduction of an incident when she was a 9-year-old schoolgirl, writing, These are funny the things that stay with you. I was third or maybe fourth grade, studying the presidents, when a boy named Wayne Viviano decided to share his latest off-the-market epiphany with me: 'If it wasn't for Abraham Lincoln,' he said, 'you would be my slave!' The news anchor recalled emotions of embarrassment and went to her mother for clarity. I remember feeling embarrassed and looking around the room to see if someone else had heard him and wondered if other kids felt the same way, King wrote. I remember rushing home after school to ask my mum if Wayne was telling the truth. My mother reassured me: 'Wayne Viviano doesn't know what he's talking about, she said. King reflected at that time and used it as a foundation for the book. So if I could send that skinny little nine-year-old girl with the braided braids and the happy smile a message from the woman she grew up to be, what is that I would say to her?' she wrote. Let you wonder what you would write... King's collection of letters from people advising their younger selves would inevitably let readers id what they would put on paper. Her series of questions in her introduction will certainly stir those who use the pages of Note to Self. The real question is this: How would you answer if you could write the younger you a letter? What advice, ease, insight would you choose to include? Will you let your seventh-grade self know that uncertainty sometimes comes across as mean? Would you tell your twentieth self that not getting the job you thought you really wanted was actually a blessing in disguise? she posed in the introduction. Empathy and understanding are at the core of King's book. Imagine being able to send word that marriage gets complicated and that sometimes the decision to keep it out — or to leave — is the best one you'll make in life. Or maybe you could warn your younger self that the parents you thought were invincible, a will make, make gigantic mistakes. Written. I don't know about you, but there were a few times when the only thing my younger self wanted to hear was very simple: You're going to get through this with your body and soul intact. It is also the healing message of our segment and of this book. Getty Images Good news: Having fun and being happy is vital to your longevity. 1 of 31 They have good dental care Your mom has bruised you to brush your teeth for good reason! Poor dental hygiene when you're young can lead to bacteria growing and eventually infections that can develop into more serious health problems such as gum disease, according to the American Dental Association. 3 of 31 They give back Giving back helps others, but it helps yourself too. The Cleveland Clinic found that charitable acts, such as philanthropic contributions or even a simple good deed self-esteem, can increase lower blood pressure and help you lead a longer, happier life. 4 of 31 They laugh there is a good reason why people tout the beloved phrase Laughter is the best medicine. According to one study, laughter reduces heart disease and stress, plus benefits the immune system, leading to a longer life. Bring the laughing lines! 5 of 31 They love openly Infuse love, both physical and emotional, in your daily life. Findings associate a strong, healthy marriage with a lower risk of illness and regular sex with a longer lifespan. 6 of 31 They limit stress Debilitating stress can take a serious toll on your health. Studies show that chronic stress ages you down to the cellular level and suppresses the immune system, thus creating more serious medical problems. Every body handles stress differently, but we recommend meditation, a mindful exercise like yoga, and a well-balanced lifestyle to keep stress in check. 7 of 31 They focus on the positive aspects of life According to one study, older people who reported being lucky were 35 percent less likely to die during a 5-year period. Inez Pachter of Greenwood, Mississippi, always felt her glass wasn't just half-full, it walked over. She lived 98 fulfilling years, said her daughter Robbie Hollander. 8 of 31 They enjoy working Sadie Levine of Westlake Village, California, in retail until she was 89, said her daughter-in-law, Irene Levine of Westchester, New York: She swore that she had been in contact with co-workers and customers half her age kept her alert and rebuffed her from the losses in her life. Similarly, Eugenia Lollar Elliott of Rutherford, North Carolina, who lived until the age of 98, did not attend school until she was a teenager but quickly caught up. She became a teacher, canned with a faithful and every apple, pear and peach on the farm, said her daughter, Millie Sandman. 9 of 31 They use homemade Gerdie Kleckley of West Columbia, South Carolina, zipped a spoonful of apple cider vinegar, a sip, and a Every day. My grandmother swore it kept her essential in her 90s, said her granddaughter Joni Watling of Minneapolis. 10 of 31 They practice gratitude Simple acts like sending a thank you email and enjoying nature can lower blood pressure and boost your immune system. A daily practice such as keeping a gratitude journal can mitigate the effects of aging to the brain. 11 of 31 They carry sunscreen SPF 30 or more, specifically. Blower sunburn between the ages of 15 and 20 increases the risk of malignant melanoma by 80 percent and other cancers by 68 percent, said Delphine Lee, M.D., a dermatologist at the John Wayne Cancer Institute in Santa Monica, California. Be sure to reapply every two hours when you are outdoors. 12 of 31 They indulge in moderation Ages 30 to 50 is the best time to change the trajectory of how we age, says Sharon H. Bergquist, M.D., assistant professor of medicine at Emory University School of Medicine in Atlanta. 13 of 31 They believe they are in charge of their fate Bergquist says 80 per cent of diseases are preventable - in other words, there is much you can control the aging process. 14 of 31 They have a skincare regimen Lee advises using a topical retoid therapy wrinkles and illuminating creams to even out your complexion. Use sparingly and with caution, as their skin can cause irritation. Products don't have to be expensive: Kimberly Cetron of Fairfax, Virginia, says her grandmother Beatrice swore by Ponds cold cream. Dove soap and daily naps Her complexion was lovely until her death at the age of 90, Kimberly says. 15 of 31 They don't wear a ton of makeup Avoid the heavy stuff—too many can cake into one's wrinkles and draw attention to softs. 16 of 31 They are not opposed to pharmaceutical aid Judith Kirkwood of Boca Raton, Florida, have a combination of testosterone, progesterone, and estradiol compiled by a doctor specifically for her. This led to a resurgence of my sex life, fell in love and fell in love at the age of 65, she says. 17 of 31 They get a physical get an annual physical every year, even if you feel well-small issues can lead to big problems later in life. Prevention is easier than cure, said Barry BaumeI, M.D., assistant professor of neurology at the University of Miami. 18 of 31 They take care of their heart Tracking your blood pressure is key: High blood pressure during the 30s, 40s, and 50s can lead to heart and brain problems like Alzheimer's, BaumeI says. 19 of 31 They have social lives Drs. BaumeI and Bergquist agree that the back-and-forth of conversation keeps our brains firing much more efficiently than solitary activities like crossword or reading. In fact, a 2010 study of 300,000 people by the National Institutes of Health found that people relationships have a 50 percent greater chance of premature death. 20 of 31 They play video games 21 of 31 They eat a Diet... sometimes Dr. Bergquist, who writes about how brain-boosting foods can reduce the risk of Alzheimer's on her blog, Eat Healthy, Age Healthy, recommends eating a plant-based diet high in nuts, grains, fruits and vegetables and low in meat and sugar. Of course, not every nonagenarian plays by the rules: Irving H. Kaplan of Freeport, New Jersey, who was still writing ads jingles when he died at age 99, enjoyed a daily diet of hot dogs, French fries, butter, and a quarter of milk, reported his daughter Fran Kaplan. 22 of 31 They exercise regularly Working out helps build new pathways in the brain that create new ideas, but you don't have to be a triathlon to take advantage: daily walking works equally well. 23 of 31 They don't watch TV People who watch TV for six or more hours a day shorten their lives by nearly 5 years, according to an Australian study, which also found a correlations that suggest every hour of TV watched after the age of 25 reduced the viewer's lifespan by 21 minutes. 24 of 31 They don't smoke by some bills, every cigarette you smoke reduces your life by 11 minutes. 25 of 31 They never stop learning Joyce Lowenstein, 90, returned to Georgia State University at age 87 to get a degree in art history. She will graduate in 2017. 26 of 31 They make sleep a priority People who sleep for less than six hours a night have a harder time losing weight, have higher blood pressure and suffer from heart disease more than those who sleep at least seven hours a night, Bergquist says. 27 of 31 They were adventurous When Ruth and Robin Horvath of Atlanta were in their '60s, they took a three-month assignment in Kabul, Afghanistan, to help create master plans for military bases and police stations. They stayed for 8 years. The more we do, the more energy we have, and the more our creative juices are stimulated, Robin says. 28 of 31 They chose hobbies Margie Goldsmith of New York mixed-martial arts at age 65, the blues harmonica at age 67, and marriage at 68. I'm in the third act of my life, she says. 29 of 31 They have a sense of purpose People who make meaningful contributions to the world have higher life expectancy. 30 of 31 They have a childlike sense of wonder I approach life with the same curiosity I had as a child, and fight to keep it, says Maxine Rock of Atlanta. Now in her 70s, she and her husband David are avid cyclists living through Holland, Switzerland, France, and almost every major route into the U.S.

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