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It's better to want what you don't have than to have what you don't want.

So says Caroline Myss, an American author who has been working in the field of energy medicine.

Doesn't this sort of fly in the face of popular convictions? I mean, who cannot sing along to: "if you

But wait, before you think that Caroline is sprouting forth stuff that Wuthering-Heights-kind-of-desp

Come to think of it, ending up with less than what you wanted cannot always be avoided, because

Settling is a passive choice which, according to Caroline, lets you off the hook in the sense that you

To make any kind of choice, you have to be clear about what you are truly seeking. Caroline says

For example, if you're really looking for the love of your life, then don't tell yourself that you're on a

So, how do you know when you've found your purpose, presuming you're searching for it? Carolin

Actually this goes for the job and love situation as well. Your life will only make sense if you do thin

Ralph Waldo Emerson said that enthusiasm is all. "When you do a thing, do it with all your might. F

Of course you know that settling-for-something scores way low on the enthusiasm scale, don't you

Even knowing that there is the world of difference between solitude and loneliness, most people av

Serbian-American inventor Nikola Tesla said that the secret of invention is being alone; that is when ide

Creativity coach Vivien McKnight writes that creativity thrives in solitude because here you can list

Maybe that is what scares people about being alone – that you will start hearing what life is saying

So, girlfriend, say you wake up one day and realise that your job, your relationships, your life circum