

Things I've learned since turning 50

- You need to work at keeping the weight off
- Hangovers aren't worth it
- There really is a "runner's high"
- Camping is for young people
- I'm probably not ever going to read all the books I should – but that's OK
- Never mind policemen looking younger, I find myself comparing my age with the Chief Constables being interviewed on TV
- You can't swot up and acquire Experience quickly
- You never stop worrying about your children (this was first pointed out to me by an 80-year old referring to his 50-year old children)
- I'm more content, but I think I've also learned to be content.
The concept of Mindfulness is something I subscribe to.

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