

What a Young Man Taught Me About Happiness!

We often encourage our children to learn from their grandparents because wisdom is thought to come with age.

But sometimes, life's greatest lessons come from someone much younger.

One such teacher was Sam Berns, a young man who lived with progeria, a rare condition that causes accelerated ageing. Despite a life-limiting diagnosis, he became known for one of the most inspiring TEDx Talks on happiness.

His philosophy of life was disarmingly simple:

- Focus on what you can do, not what you can't.
- Surround yourself with people who lift you up.
- Keep looking forward instead of dwelling on the past.
- Have fun whenever you can.

As a pediatrician, I meet many families facing challenges they never expected. While we cannot always change a child's diagnosis, we can help children build resilience, purpose, and hope.

Sam's message reminds us that happiness isn't about having a perfect life.

Perhaps these are the very lessons we should be teaching our children—not just how to succeed, but how to live well with content and gratitude.

Sometimes, the deepest wisdom doesn't come from the oldest voice in the room. It comes from someone who simply chose to live every day to the fullest.

Have you watched Sam Berns' TEDx Talk? It's just 12 minutes long—and well worth your time.

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