

More than a mid-life crisis

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HEALTH

Global research has found people in their mid-forties are the most vulnerable to unhappiness and depression.

A 2008 study revealed a similar trend.

Nearly 30% of 45 year olds show signs of depression, and this statistic increases with age.

Gary Douglas, best-selling author and pioneer of a cutting-edge healing modality, believes he has an antidote to this mid-life decline.

A vibrant 70 year old grandfather, Gary works twelve hour days, rides spirited stallions for a hobby and openly proclaims that for him, "life is just beginning".

And Gary is not alone in his defiance of ageing. Olympic sprinter Dara Torres did it at age 41 by winning three silver medals at the 2008 Olympics, and champion swimmer Janet Evans aims to do it this year at age 40.

The problem mid-lifers face, according to Gary, is that they buy into society's skewed point of view that values youth and beauty and is geared towards "retirement" in our later years.

"What if retirement is not the end of you (and your body) being valuable, generative and creative?" asks Gary.

"It's important for people to think about those middle years and they've got a whole lot of experience, a whole lot of information, a whole lot of living and they've done amazing amounts of stuff ... so why are



MANAGING DEPRESSION: Studies show people in their mid forties are most likely to suffer from depression or unhappiness.

PHOTO: CONTRIBUTED

ABOUT GARY DOUGLAS

Gary is the founder of Access Consciousness (AC), which he describes as a set of tools, techniques and philosophies that can be used to change any area of your life.

Established in 1990, AC has helped tens of thousands of people all over the world and currently boasts over 1000 facilitators in more than 30 countries. Gary has authored 8 books, including *The Place*, a Barnes and Noble best seller, and travels the world facilitating workshops on various topics including money, sex, relationships, magic and animals.

they stopping?"

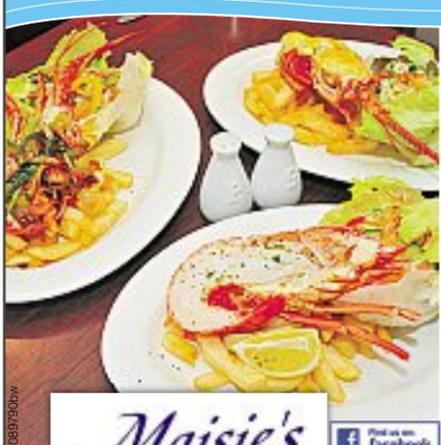
Gary maintains that people's thinking needs to change in three ways:

1. It is not diet and exercise that creates longevity; it is a healthy point of view with no judgement.
2. Deciding that life after 45 is a down-hill slide is not obligatory; it is simply buying into someone else's insanity.
3. It is vital to open your mind to

the possibilities and start creating an amazing life after 45.

Gary Douglas will be sharing his wisdom at a special introductory seminar entitled *Over 45 and Getting Younger* on June 7 at 7pm at Australis Noosa Lakes Resort.

Tickets \$70. Full details can be found at over45andgettingyounger.com



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	TEWANTIN NOOSA GOLF CLUB ☎ Ph. 5447 1407 Cooroy-Noosa Road, Tewantin	TUE - 4 choices for \$13 member, \$14 non WED night - Members buy one get 2nd 1/2 price THURS - Schnitzel night \$13 members, \$14 non FRI night - 3 course roast \$18 A la carte every night & lunch specials \$11 members, \$12 non everyday.	Weddings & Functions catered for. Bistro open 7 days - Lunch from 11.30am daily. Dinner from 5:30pm Tuesday to Friday. Members Draw: \$750 1/6/12