Life is not just party and pleasure, it is also pain and despair. Unthinkable things happen, sometimes every thing turns upside down. Bad things happen to good people. Some things are beyond control. Such as physical disability and birth defects. We cannot choose our parents or the circumstances of our birth. If the ball bounced the wrong way for you, will you cry or take the ball and run. That is a choice you have to make.

On a clear day, there are hundreds of boats sailing in all different directions in a lake. Even though the wind is blowing in one direction, the sailboats are going in different directions. It depends on the way the sail is set. And that is determined by the sailor. The same is true of our lives. We cannot choose the direction of the wind, but we can choose how we set our sail. Health, happiness and success depends upon the fighting spirit of each person. That is a choice you have to make.