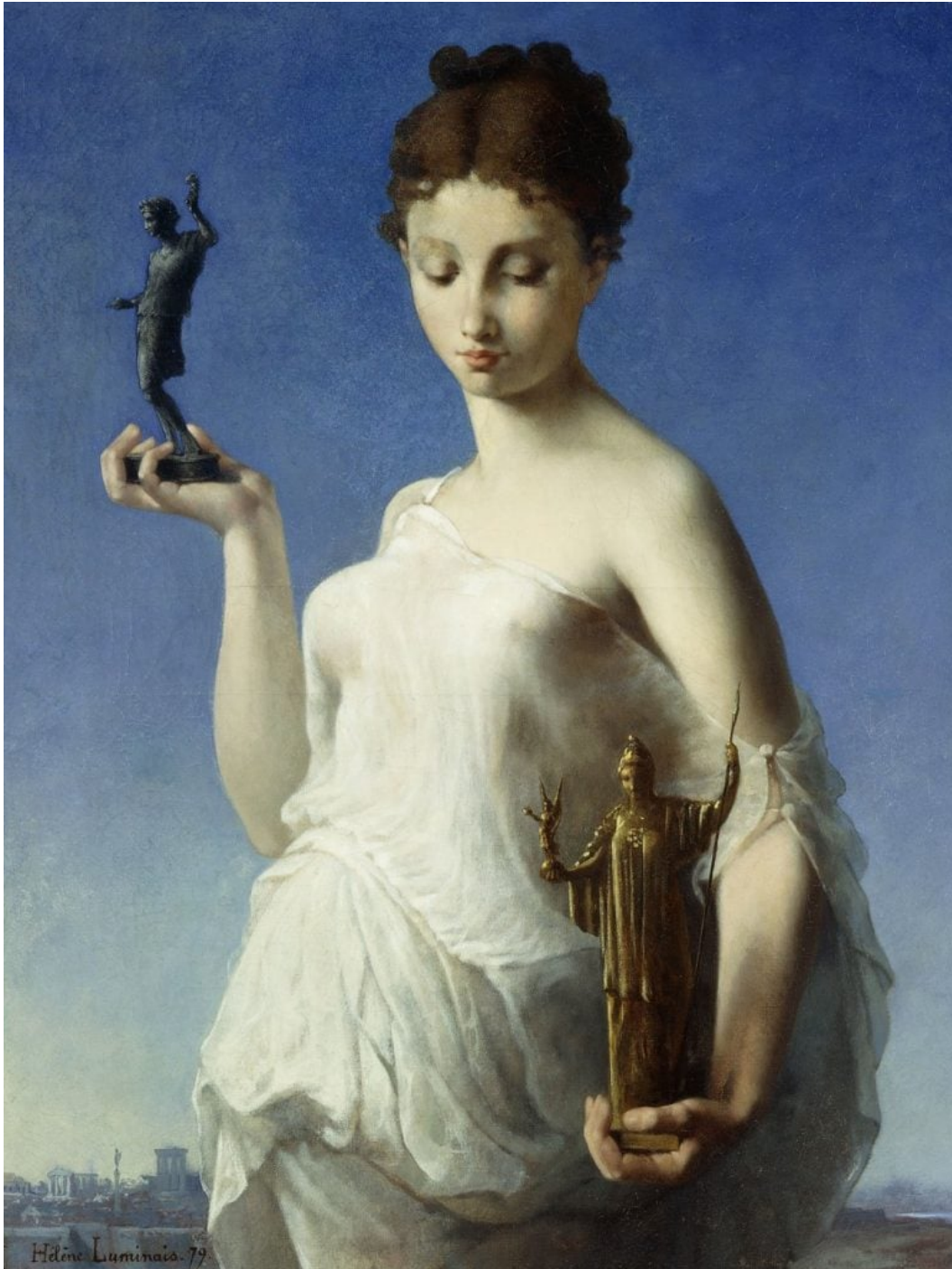


# 96 and Not Dead Yet: Relax, It's Easier than You Think

by [Reg Green](#) (February 2025)



An Allegory of Wisdom (Helene Vital Luminais, 19th C)

**Another birthday hasn't brought** me any nearer wisdom but I do think gratefully that many years ago someone said quite casually to me, "When in doubt, do the right thing." It amazes me how often that oxymoronic piece of advice has guided me to decisions that have worked out well.

I remembered it this week when I read something similar that I hope will be as useful. It's from a football coach at Oberlin who told his team, "Cheer up, boys, there's no hope."

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**Reg Green** is an economics journalist who was born in England and worked for the *Daily Telegraph*, *The Guardian* and *The Times of London*. He emigrated to the US in 1970. His books include *The Nicholas Effect* and his website is [nicholasgreen.org](http://nicholasgreen.org).

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