

## **How attracting a new partner can make you feel young at heart**

Everyone wants to be in love; the excitement and the thrill you get when you are in love with someone is the best feeling in the world. Finding love after a certain age is not difficult, but what you do miss out on is the excitement and the thrill you would have felt when you were in your 20s. So what has changed? Well life has changed and you with it.

You may not be in your 20s anymore and you may be unattached now. You may have either lost your spouse or divorced or maybe you were just too busy with your career to give love a chance. Now is the time for change. Change not only where your love life is concerned, but also where your emotions are concerned. Being super sensitive, emotional and still holding on to your past is going to get you nowhere. One of the first things you need to do is let go of your emotional baggage. Ever wondered why the term 'emotional baggage' is used, because it weighs you down and does not let you move on. If your spouse has left you for someone younger; well think of it this way, it is his or her loss and your gain. Who wants to be married to a person who denies age? You are better off and better things will come to you if you are open to them.

Maybe your partner is no more. You could be grieving and can't think of life without the person. We all have had to deal with the loss of a loved one at some point in life. The hurting will stop and you will move on if you let yourself go. You will find someone to love if you give yourself and the other person a chance. The most important thing you have to do is let go of all the emotional baggage you have been carrying around and embrace your new love life with enthusiasm and happiness.

When someone is attracted to you, or when some one thinks you are 'hot', it is the best feeling in the world. Even flattery is a great morale booster. Your personal style, the way you dress, the way you sport your hair, the way you walk and the way in which you carry yourself are all part of your appeal. Sprucing up your style goes a long way in attracting someone. All you need to do is watch a few shows of 'What not to wear' by Triny and Suzanna or a few shows where Oprah and her guests show you how look years younger by the way you dress and carry yourself. Just a few changes and the 'new' you will be all set for a life filled with love and a healthy active social life.

When you feel 'young at heart', you will look young. This boils down to confidence and self-belief. If you think you are looking young, you are going to portray that to the world that spring in your step and the bounce in your hair. You are going to feel young only when you believe you are young!

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