



FYP

By Hank Van Joslin

Whether you're recovering from major back surgery or sorting things out to get back on your feet after a major emotional disappointment, it is important to respect the recovery process. Like other subjects we have written

about here in FYP, finding and establishing the right pace is paramount to the recovery process. If you are the impatient and impulsive type, you surely will overdo yourself the minute you feel like it is all better. This usually leads to a series of let downs due to the fact that what you are suffering with may not yet be over.

On the other hand, if you are too cautious and careful, you may never reach the level of recovery you are capable of. So, as with most important things in your life, pace yourself properly. This will guarantee you the fullest and best recovery possible.