"Having children – you take a really big hit in your pleasure but a really big hit in your meaning and purpose."

Dr. Aaron Jarden says that research found that how much a person lives within their means has a greater impact on their wellbeing than how much they earn.
THE HAPPY YEARS
WHY THEY START IN YOUR 50s

+ Surprising science behind your midlife crisis

GUNS & ROSES DOWN SOUTH

Riding shotgun with the Fiordland deer hunter

Dancing with the Rose of Tralee in Invercargill

Feuding in Dunedin over Archibald Baxter’s memorial