

Denial...not just a river in Egypt!

It's a funny thing, trying to get the balance right between accepting your limitations and pushing yourself to overcome them, either refusing to accept them, or denying they exist in the first place.

Denial is a coping strategy lots of psychologists think is a problem, but for many of us (myself very much included) it can be a way of life. Research suggests that people with cancer who are in denial live longer...and I reckon that optimists get a lot more out of life than pessimists, who somehow always call themselves 'realists'. Personally, I think a little reality goes a long way!

So here's hoping for the best in all things, pushing the boundaries and maybe even a little sticking my head in the sand and refusing to accept my limitations