

## **Daily Face Lift**

- Prepared by Rabbi Abraham R. Besdin Message: recognize G-d and it will affect your general well-being.

Dr. Goldin, the father of New York City Comptroller, Harry Goldin still practices medicine in the Bronx. A lady patient boldly asked him: "I know that you are in your eighties, but you don't look over fifty. Doctor, tell me the truth, did you have a face-lift?" The doctor, much to her surprise, replied: "Yes, every day when i get up, I lift my face from the pillow and say my prayers, thanking G-d. It is my daily face lift."

(The grateful religious life is certainly contributory to our general well-being. In our morning birchos hashachar, we acknowledge the daily chasadim of Hashem, setting our mood for the day.)