



Toddler Wisdom: Five Powerful Things You Can Learn From Watching 2-Year-Olds

Doug Motel

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Toddler Wisdom: In our search for meaning, higher consciousness or simply trying to live a more fulfilling life, we often make it all more complicated than it needs to be. In Toddler Wisdom, actor and writer Doug Motel shares five simple truths that we can learn from being in the presence of the great masters of “The Now”: toddlers. If we pay close attention to toddlers we can remember the organic, “natural knowing” that we too knew best when we were small. A deep inner knowing that can serve us in all the areas of our personal lives and supply modern civilization with the energy and spirit needed to create a more authentic and peaceful world. The truths are not too complicated: cry your eyes out when you are sad and then move on, say “no” to the things you don’t want, don’t waste time obsessing about what you look like in the mirror, reward yourself for the small accomplishments because you are never going to reach the success finish line anyway and never take the things that other people do and say personally. Doug Motel’s funny and insightful stories about watching his 2-year-old daughter master the art of living by simply embracing life moment by moment will leave you refreshed and back in touch with your authentic self.

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