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LIFESTYLE

Special treatment

Are you turning your kid into a narcissist?

DO YOU THINK your kids are more special than other children and deserve something extra in life? Beware as you may be turning out little narcissists. Children whose parents think they are God's gift to the world do tend to outshine their peers in narcissism.

"Children believe it when their parents tell them that they are more special than others. That may not be good for them or for society," said study co-author and professor Brad Bushman of the Ohio State University in the US. Results showed that parents who "overvalued" their children when the study began ended up with children who scored higher on tests of narcissism later on.

"Parents with the best of intentions may overvalue their children, thinking that will help boost their self-esteem," said study lead author Eddie Brummelman of the University of Amsterdam in Holland. "Rather than raising self-esteem, 'overvaluing' practices may



inadvertently raise levels of narcissism," Brummelman added.

The study involved 565 children who were 7 to 11 years old when the study began, and their parents in the Netherlands.

Self-esteem and narcissism also develop in different ways, the study found. "People with

high self-esteem think they're as good as others, whereas narcissists think they're better than others," Bushman said.

While parental "overvaluation" was associated with higher levels of child narcissism over time, it was not associated with more self-esteem. In contrast, parents who showed more emotional warmth had

children with higher self-esteem over time.

"'Overvaluation' predicted narcissism, not self-esteem, whereas warmth predicted self-esteem, not narcissism," Bushman added.

The study appeared online in the *Proceedings of the National Academy of Sciences*. IANS

Planning time *Have a sense of purpose in life to protect your heart*

HAVING A HIGH sense of purpose in life may lower your risk of heart disease and stroke, a new study says. The new analysis defined purpose

in life as a sense of meaning and direction, and a feeling that life is worth living.

"Developing and refining your sense of purpose could

protect your heart, health and potentially save your life," said study lead author Randy Cohen, a preventive cardiologist at Mount Sinai St. Luke's and Mount Sinai Roosevelt.

Previous research has linked purpose to psychological health and well-being. However, the new study found that a high sense of purpose is associated with a 23 per cent reduction in death from all causes and a 19 per cent reduced risk of heart attack, stroke, or the need for coronary artery bypass surgery.

"Our study shows there is a strong relationship between having a sense of purpose in life and protection from dying or having a cardiovascular event. As part of our overall

health, each of us needs to ask ourselves the critical question: 'Do I have a sense of purpose in my life?' If not, you need to work towards the important goal of obtaining one for your overall well-being," Cohen explained.

The research team reviewed 10 relevant studies with the data of more than 137,000 people to analyse the impact of sense of purpose on death rates and risk of cardiovascular events. The meta-analysis also found that those with a low sense of purpose are more likely to die or experience cardiovascular events. The paper was presented recently at the American Heart Association's EPI/Lifestyle 2015 Scientific Sessions in Baltimore. IANS

ALIGN YOUR LIFE

By the Beach

Many people ask me if it's good Feng Shui to buy a home by the beach or near the sea. All across the world these properties normally come with a high price tag and are for the rich and the famous. A beach house in some countries is equated with successful people. Everyone I know loves the ocean. The smell of fresh salty air, soft sand, the gentle wind and the sound of waves fill your senses with a calm that cannot be got anywhere. A walk on the beach seems to wash away all the stress and a dip in the ocean relaxes you for weeks to come.

So is it really good Feng Shui to live by the beach?

The words Feng Shui literally mean wind and water. Wind is associated with movement and health. While water in Feng Shui is synonymous with prosperity. However there is one other factor that is very important in Feng Shui and that is Mountain. A mountain can stop the wind from passing by and can block the water from moving on. Having a mountain in your environment helps you accumulate good energy and gather prosperity. According to a famous Chinese Feng Shui master, "The energy of the Dragon will be dispersed by wind, will stop at the boundary of water." Dragon refers to a mountain and water refers to actual water or an open space. Therefore we can conclude that energy rides on mountaintops with help of the wind and rests in open spaces just below the mountain where the mountain ends. That is the reason why during ancient times, powerful Chinese people preferred to be buried in an open space at the base of the mountain, believing that it was the most powerful spot and it will help future generations to prosper.

But how can you apply this in today's world? Many island countries have no mountains and while some countries have mountains and an ocean, it is not always possible to locate an ideal spot to buy a house.

I strongly believe buying a house by the beach is a good idea because it makes you feel calm and happy. But from a Feng Shui perspective is it always a great idea? Probably not. If you have tall mountain ranges supporting your home from the back and from both sides, then it could be considered an ideal spot. But that's not possible always.

So go ahead and buy your beach home if you want to be by the beach. The sense of calm and fresh air will lift your mood and Feng Shui your mind.

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