

# Iron Chef



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The Iron Chef is handed a bag of ingredients and challenged to create a culinary masterpiece. You are handed a bag of faculties and circumstances and challenged to create an autobiography. Prizes are awarded on the basis of the creation rather than the materials. This concept is particularly important during adolescence, midlife transition and old age; which often overlap. During development, a personal and professional identity is forged from stereotypes that are floating around in the family and the society, combined with the actual resources that each child happens to have

received in his bag. Hopefully she is not pressed to follow a recipe for which she does not have the ingredients, but is allowed to utilize what she does have in something like her own way.

Around midlife the contents of the bag start to change, but the established recipe often does not. Short term memory degradation and back pain are among the most notorious midlife losses but, for men, fluid depletion and the loss of immortality are actually more troublesome. On the other hand, experience and the possibility of wisdom have been added to the mix and these can be potent resources that enable new possibilities. Hopefully the midlife transition goes well and there is no red sports car or 26-year-old hottie.

Eventually we should expect to lose everything and die. It may sound strange to say that this does not have to be regarded as a loss. It depends upon who you think you are and what you think you are doing. If you have prepared yourself with an appropriate philosophy, then you may regard these changes as new ingredients for your evolving creation. You may be the sort of person who can do this naturally or you may have to work on it, which is not so difficult once you start. Trust me. Call me.

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