

DEAN AND CEO ROBERT I. GROSSMAN, M.D.

# IN TOUCH

When you hit one of those passages in life when nothing seems to be working, it's common to feel you've hit a dead end.

Of course, when you try something that doesn't lead where you hoped it would, it's just about impossible not to feel disappointed. But no matter how far off the mark your attempt may have taken you, it's never a dead end.

Unless you shut down.

When I look back over passages in my own life that at the time seemed like useless detours (if not blind alleys!), I see that every single one of them actually taught me something. And I'd venture to say that just about everyone who winds up looking successful has mastered the art of "learning from the zigzags."

One of Einstein's theories gives a useful insight into all this. In 1905, he elucidated a phenomenon that had first been observed in 1827 by the Scottish botanist, Robert Brown, who noticed grains of pollen moving randomly through water in a way he couldn't account for.

In his theory of diffusion, Einstein saw that particles traveling through a liquid or a gas take something away from every environment they visit—in essence re-energizing themselves as they progress.

It's enough to make you wonder if particles aren't sometimes wiser than we are!

Approaching setbacks with the conviction that nothing is ultimately wasted...that everything turns out to matter, somehow or other...puts you back in charge of your own life, even when it feels as if nothing makes sense.

At the end of the day, people rarely regret what they attempted and failed at. They only regret what they never mustered the courage to *try*.

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