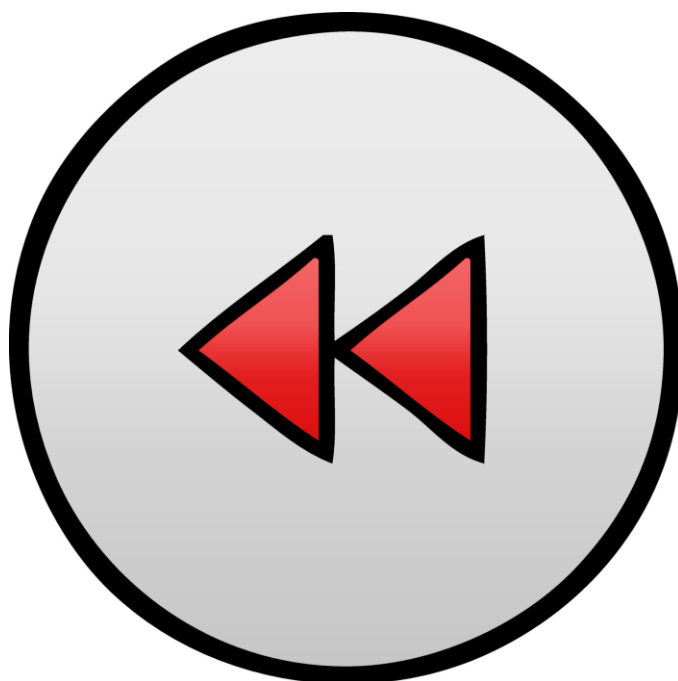


# Rewind



- Does the end of the year make you look back and relive the high points and low points?
- Do you ever wish you could rewind and relive a moment or a section of your life? Would you do things differently? Or just relive a special time and savour all the details?
- Savouring those happy memories is a good thing, meaning we can enjoy them all over again. But fantasizing about making different choices is probably unhealthy!
- How can we live so we make each day count? Can we live intentionally, so we don't look back on our lives with regrets?

***'There is no rewind button for life.'***

Nam June Paik

