

## **Aging**

**I think we are well advised  
to keep on nodding terms with  
the people we used to be, whether  
we find them attractive company or not.  
Otherwise they turn up unannounced  
and surprise us, come hammering on the  
mind's door at 4 a.m. of a bad night and  
demand to know who deserted them,  
who betrayed them, who is going to  
make amends.**

**Joan Didion,  
"On Keeping a Notebook"**