

# TRUE SWEETNESS

When you see a table bursting with delicious desserts, it can be easy to get carried away. Soon your plate is piled high and your taste buds tingle. But the sweetness can turn sour if your stomach starts to ache.

Like diving into tasty treats, you can go overboard with material things, too. A trip to the toy store might leave you craving more, instead of appreciating what you have. The latest apps and video games can suck you in until you can't see straight. Or maybe ads for cool gadgets drive you wild with wanting.

If you're longing for more stuff, ask yourself, "Is this something I *need* or just something I *want*?" If it's not really a need, can you wait and see if it still interests you later? Or borrow it from the library or a friend? Practicing patience, moderation, and detachment can strengthen your spirit and boost happiness. And that makes life pretty sweet!

These tasty treats are feeling the effects of overdoing it. Match each one with its balancing beverage.

