

The Full Glass theory states that life is like a glass. It has a limited capacity and can only hold so much.

Just as a day has 24 hours, a glass may have 24 ounces.

If a drinking glass is full of toxic junk, one could play around in it, ignore it, or try to treat it. On the other hand, one could just pour in fresh water until the junk is displaced and gone.

There are poor habits and rich habits. If we want to grow, we can take the healthy approach and flood our lives with new, rich habits. As one pours in more and more rich habits, the old toxic habits will dilute and eventually go away altogether.

The Full Glass Theory also applies to health. Once we “go on a diet” we are doomed. Restricting something makes it craved all the more. Instead, we could drink so much water and eat so many fresh vegetables and fruits that there simply is little room for junk.

