

## **The World's Most Expensive Bed**

In a life filled with work, money, or even fame, there is an expensive truth that many people realise too late: the cost of health.

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The following quotation has been incorrectly attributed to the late Steve Jobs, but the sentiment remains powerful: "I reached the pinnacle of success in the business world. In others' eyes, my life was the epitome of success ... At this moment, lying on a sick bed and recalling my life, I realise that all the recognition and wealth that I took so much pride in have paled and become meaningless in the face of impending death.

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"What is the most expensive bed in the world? The sick bed. You can employ someone to drive for you or make money for you, but you cannot have someone bear sickness for you. Material things lost can be found, but there is one thing that can never be found once lost – life."

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One must understand and appreciate that health is the greatest asset in life. Healthy people have hundreds or thousands of dreams, but sick people have only one: health. The length of life depends on health, and health is determined by the way you live.

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What is the dream of sick people?

Did Steve Jobs say, "What is the most expensive bed in the world? The sick bed."

Do you agree that the most valuable thing in the world is your health?