

## Editorials

### Will I Live to be 100

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Where optimism lives, anatomically, is in the amygdala, a small almond-shaped mass deep inside the brain. It enables us to process emotions and helps us to generate optimism.

The belief that the future will be much better than the past and present is known as the optimism bias. An example of such a bias is when people overestimate their life span by 20 years or more. Neuroscience and social science suggest that we are generally more optimistic than realistic. Somehow the bias protects and inspires us by keeping us move forward rather than seeking out the nearest high-rise ledge.

Optimists in general work longer hours and earn more money than pessimists. To make progress, one needs to imagine better alternative realities - and believe that he or she can achieve them. Hope keeps minds at ease, lower stress and improves health; it is not just stamped by the past, but is constantly being shaped by our vision of the future.

However, that vision is rosier than reality. The percentage of Thai males who expect to live 100 years of age is less than 10%; in reality, only a much smaller percentage live that long. At 96 years of age now, I wonder if i will live four more years to reach 100.