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Chapter 1 : The Critical 7 Rules To Understand People | Scott H Young

Don't let your fears hold you back. Whatever you've been planning, whatever you've imagined, whatever you've dreamed of, get started on it today. If you want to start a business, take the first step.

In my opinion, it is important to have the latter. No one can lead a healthy existence on just one or the other. You need to find a fulfilling purpose in life, and you need social connections for emotional support, and in an increasingly competitive world, to make connections that will help you in your career which, you mention, is important to you. That said, in the end, it is your decision, and you get to choose how you live your life and what is important to you. At this point, you are all grown up enough to know what kind of people you can get along with, and which are people you only associate with because you see them every day at least for the time being. After graduation, and getting a job, it gets much harder to make truly meaningful friendships outside your work relationships unless you are also able to go out and enjoy the social scene in your area. This is the best time to explore new interests and passions. You will never have the amount of time and energy in any point of your future, than you have in your early twenties. This, I should mention, is also a great way to meet new people with whom you have things in common. Which brings me to Perhaps three years ago it was a conscious decision to not bother to make any friends in university. But if you do something long enough, you get used to it and it becomes your comfort zone. Instead of spending all your time in your lab or at home, try to put yourself in places where social interaction is likely to occur. Ask to be part of things, like if your colleagues are going out to something, ask if you can join them. Or, alternatively attend events that interest you and try to speak to people there. You already have something in common with them! From your question, you seem to have something I like to call the "special snowflake syndrome" which thus far I have generally used to describe teenagers who think they were "born in the wrong generation" because they listen to Nirvana or the Beatles. You can likely find them by joining student groups on campus. And it is possible that because of this they find you off-putting. People can sense when someone thinks themselves different from others as you seem to think of yourself and they are only likely to distance themselves from you. If you want this to not be the case, try to find things you like about other people, and they will be more likely to be reciprocate that too. If people in general, or women specifically, are intimidated by you, consider what it is about you that has that effect on them. If you are hoping that people will approach you, try to be more approachable. Alternatively, approach them yourself in a respectful fashion. Women in many societies are socialized to be hesitant and hold back even if they are interested. Find something about them you notice, and use it as a conversation starter. Every interesting conversation starts with small talk. If all else fails, take out an ad: All of this said, you are The person you are right now, is not the person you will always be. Try not to get stuck being this one person the rest of your life. Change is a key component of growth. Be open to the possibilities. These are indeed the best years of your life in terms of building social relationships and people you can connect to emotionally, mainly because those things take an investment of time and energy and you will never have as much of it as you do now. In terms of work life, the years ahead are probably better than your early twenties. I hope this helps. Best of luck to you. Thank you for your feedback! Your feedback is private. Is this answer still relevant and up to date? I suggest checking out various dating sites and seeing what events are in your area that is a good way of meeting people if you want to. It is important to find some common ground and while its true that most people may not share your interests there will be some that do. I have the same trouble with wanting to talk about morality. No one seemed to so I use Quora as a way to express my ideals You could do the same in your subjects. That way you can talk and get feedback more easily. Another idea is to make a group or look for sites that allow for talking about what you are interested in. Talking with someone takes practice. While it may seem hard at first you will improve with time. You should have some kind of plan for the future but balance that against your present needs. My apologies to Brent Genoe for so thoroughly messing up on answering this question.

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Chapter 2 : 10 Things People with Depression Want You to Know | Young Scot

For those of us who aren't great with people, we figure that silence is always the safest bet. If you're an introvert, you spend so much of your time wishing that other people would just shut the hell up that you figure you're doing everyone a favor.

Why Do You Hate Yourself? But down deep, many people do. Do you hate yourself? It seems there are so many things in this world that attack our self-esteem and sense of worth. Some people, perhaps even you, are locked in their own personal jail, full of self-loathing, desperately wanting to get out, but not believing they can. Can You Relate To Caroline? Others may think you are just crying out for attention. But the feelings are very real. You are miserable because of how you feel about yourself, even if it sounds exaggerated or overly dramatic. Caroline described her self-hatred like this: I thought I was ugly, stupid, and weird. I wished I could have been someone else. So why do people hate themselves? We took a poll on my website, and asked what reasons you might have to hate yourself. Each of these could be their own articles. This can leave us depleted of any kind of self-worth or love. When bad things happen, the worst thing you can do is spiral down into self-pity. When bad things happen, we blame ourselves. Click To Tweet Sometimes self-hate is emotional exhaustion from the blame game. Sometimes you just need to give yourself a break and get some rest. You will look much better to yourself when you get some rest and forgive yourself for any mistakes. Rejection or Abandonment Everyone will experience rejection of some sort. Not everybody is going to love you, or accept you. Click To Tweet Tom wrote: I used to live consumed with thoughts about what everybody else was thinking about me. The freedom you experience when you let go of this burden, like Tom did, will give you great joy.

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Chapter 3 : 12 Signs Your Friend Doesn't Want To Be Friends Anymore - blog.quintoapp.com | blog.quintoapp.com

Women will be interested in you as you are as long as you aren't a jerk, you don't make assumptions about them, and you don't act like their superior. You just need to look in the right places, try taking interest in your classmates.

While the stereotype is that men have the hardest time expressing their emotions, everyone at one time or another in their life may find it difficult to say how they feel. Learning why you have trouble expressing your feelings can go a long way into changing that behavior. Saying how you feel is something you can learn how to do, just as readily as you can learn how to fix a faucet or mend a button on a shirt. Here are ten common reasons why people find it difficult to express their emotions to someone else.

Conflict Phobia You are afraid of angry feelings or conflicts with people. In addition, you may believe that disclosing your thoughts and feelings to those you care about would result in their rejection of you.

Emotional Perfectionism You believe that you should not have feelings such as anger, jealousy, depression, or anxiety. You think you should always be rational and in control of your emotions. You are afraid of being exposed as weak and vulnerable. You believe that people will belittle or reject you if they know how you really feel.

Fear of Disapproval and Rejection You are so terrified by rejection and ending up alone that you would rather swallow your feelings and put up with some abuse than take the chance of making anyone mad at you. You feel an excessive need to please people and to meet what you perceive to be their expectations. You are afraid that people would not like you if you expressed your thoughts and feelings.

Passive-Aggressive Behavior You pout and hold your hurt or angry feelings inside instead of disclosing what you feel. You give others the silent treatment, which is inappropriate, and a common strategy to elicit feelings of guilt on their part.

Hopelessness You are convinced that your relationship cannot improve no matter what you do. You may feel that you have already tried everything and nothing works. You may believe that your spouse or partner is just too stubborn and insensitive to be able to change. These positions represent a self-fulfilling prophecy—once you give up, an established position of hopelessness supports your predicted outcome.

Low Self-Esteem You believe that you are not entitled to express your feelings or to ask others for what you want. You think you should always please other people and meet their expectations.

Spontaneity You believe that you have the right to say what you think and feel when you are upset. Generally, feelings are best expressed during a calm and structured or semi-structured exchange.

Mind Reading You believe that others should know how you feel and what you need although you have not disclosed what you need.

Martyrdom You are afraid to admit that you are angry, hurt, or resentful because you do not want to give anyone the satisfaction of knowing that her or his behavior is unacceptable. Taking pride in controlling your emotions and experiencing hurt or resentment does not support clear and functional communication.

Need to Solve Problems When you have a conflict with an individual i. Disclosing your feelings and being willing to listen without judgment to the other is constructive. The feeling good handbook. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal *Computers in Human Behavior* and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr. Retrieved on November 12, , from <https://www.feelinggood.com/>

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Chapter 4 : I Don't Know How To Explain To You That You Should Care About Other People | HuffPost

How Smart People Deal With People They Don't Like David K. William David is a publisher and entrepreneur who tries to help professionals grow their business and careers, and gives advice for entrepreneurs.

Part of that process is them no longer making an effort to talk to you or see you. Stop reaching out for a bit to see what she does. Yeah, people get busy, but true friends manage to make time for each other at least once in a while - and if they have to bail, they try to make it up to you. Are all of her Instagram and Facebook pictures with other people, but she never has time for you? You could sit in silence, you could laugh about silly things, and you could talk about whatever. Think about how things are now. When you get together, does it feel like no time has passed? Or does it feel painfully awkward and uncomfortable? Things with a true friend should never feel that way. Does she ask you questions? Does she give you very short answers? Does she hardly say anything at all? Are you the only one trying to make the conversation last? We all look at our phones all the time. Was it something she would tell her grandma she rarely speaks to? Or was it something she would tell a close friend? Then another friend said, "Hey, are you and so-and-so still friends? Is this happening to you right now? What did I forget to include? Tell me in the comments. You can follow the author, Jessica Booth , on Twitter or Instagram.

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Chapter 5 : 8 Things Emotionally Stable People Don't Do

Saying you don't like people can be an attempt to make yourself feel better about your social situation Not the deepest, most unintuitive insight here. I think most people who say they hate everyone are lonely and do want friends and meaningful relationships.

For people suffering from depression it can be difficult for people that are close to understand. Depression is the most common mental health issue in the UK. Depression is a very selfish illness and I find that often we can push people away in order to protect them. With depression there is also feelings of guilt and fear of letting people down. It can be hard to love and care for someone with depression but standing by someone and showing them unconditional love and care is one of the best things you can ever do for us. Sadness is a normal emotion and if something bad was to happen then you may feel sad, but that sadness will lift after a few days. However, depression is a persistent sadness - it can last for weeks, months or even years. It can affect you in various ways such as changing your personality, interests and the way you see the future. It can affect various things in your life such as relationships, work and education. When feeling low we can avoid other people in order to hide how we feel from our family and friends. By letting us know that we can talk to you about how we are feeling, we can gain a sense of safety and support around us. Be proud of us when we achieve these goals. We can still have days that are hard but we can also have days when we feel okay and are able to do things. People think that depression is all about having bad days. Truth is, moods fluctuate quite a lot and on good days we can feel like we are in control and that we can achieve something, even just going out with a friend for a coffee. Depression is a mixture of good and bad days. The quote that is one of my favourites is this: Sometimes offering some kind words can be helpful and we may not seem like we appreciate it but we really do. It can be hard for us to show feelings of gratefulness but the kindness shown really does mean a lot to us. Depression can make us feel isolated and lonely and having someone by our side can make us feel less alone. Read more from Dionne on her blog. You might also like.

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Chapter 6 : At the age of 20, I can't relate to people of my own age. What should I do? - Quora

I don't know how to explain to someone why they should care about other people. Personally, I'm happy to pay an extra percent for my fast food burger if it means the person making it for.

You can tell me. I was just trying to help. I have difficulty identifying my emotions and even more trouble verbalizing them. Working through my emotional constellations has helped me identify some of the specific issues Iâ€™and many autistic peopleâ€™have in processing and identifying feelings. The Glitchy Volume Control There is a common misconception that autistic people are unemotional. So which is it? My emotions gravitate toward the extremes of muted or intense; few emotional experiences fall in the midranges. My default emotional state is neutral. The feelings are definitely there. Humans use reasoning, rationalization and labeling to modulate emotion. All of these methods fall under the umbrella of executive function. Labeling emotions, in particular, seems to be hard for aspies. The Broken Mirror Just as I have difficulty labeling my own emotions, I have trouble identifying what others are feeling. I struggle with interpreting facial expressions and body language. This difficulty determining what others are feeling is a big contributor to the stereotype of the empathy-deficient aspie. For neurotypical people, emotional interaction is like looking in a mirror. I get the obvious ones and the ones that I can derive from contextual clues. What I tend to miss are the subtle or unexpected emotional states. If The Scientist calls me after a bad day, I hear how upset he is and immediately feel distressed. Of course, a conversation with an upset spouse is upsetting to most people. Yes, we take our lap swimming seriously around these parts. Both times I felt my heartbeat skyrocket, as if the anger was directed at me. Words that are completely irrelevant to me. Words that, thanks to my funky brain wiring, I find impossible to tune out. And people wonder why we aspies like to spend a lot of time alone. It took me a long time and a lot of thought to figure out why I respond to secondhand distress like this. Why should I feel emotionally assailed when the angry words are aimed at another person? Alexithymia The three areas where I have difficultyâ€™modulation, discrimination and determinationâ€™are actually core traits of alexithymia. There is a lot of overlap between alexithymia and ASD , both in the perception of emotions and the difficulty in verbalizing feelings. Not only are autistic people very likely to exhibit the characteristics of alexithymia, their parents are as well. Alexithymia and Grief at Unstrange Mind is a challenging and insightful piece about the mourning process Great example of an Alexithymia cheat sheet in the form of a flow chart at Radical Neurodivergence Share this:

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Chapter 7 : When You Feel Like You Just Don't Like People | blog.quintoapp.com

They don't take other people's behavior personally. - It's easy to feel unloved and unwanted when people aren't able to communicate and connect with you in the way you expect. And it's so hard not to internalize that disconnection as a reflection on your worth.

These mistakes are frequent enough that they create conflicts later. Remembering these seven rules will help you avoid these mistakes. Things like be nice, be considerate, etc. Bizarre and complex theories that may explain some behavior, but is difficult to generalize. These frequent mistakes tend to cause most people conflicts, social errors and emotional upsets. Never blame malice for what can easily be explained by conceit. Consider this hypothetical pie-chart showing the variety of thoughts a typical person has: What does Julie think of me? How will boss evaluate my performance in the next review? Do my friends like me or see me as irritating? Empathy is the rare event where one person actually feels the emotions, problems and perspective of another person. Instead of asking what Julie thinks of me, I ask what is Julie thinking. As a result, you would occupy a fraction of a percentage in most peoples minds, and only a couple percentage points in a deeply bonded relationship. Even if you are in another persons thoughts, it is how your relationship affects them, not you. What does this mean? Since others are only focusing a small portion of there thoughts onto judging you, your self-judgement is overwhelmingly larger. There are exceptions to this, but generally the hurt you feel is a side-effect, not the principle cause. Relationships are your job to maintain. Few Social Behaviors are Explicit Basically this rule means that most the intentions behind our actions are hidden. If a person is feeling depressed or angry, usually the resulting behaviors distort their true feelings. If I feel you snubbed me, I might hold my tongue but ignore you later. The application of this rule is that you need to focus on empathy, not just hearing a person. Demonstrate trust, build rapport and learn to probe a bit. By focusing on empathy you can usually break away these subversions and get to the heart of the issue faster. The other application of this rule is that most the time you feel something, nobody else knows about it. Behavior is Largely Dictated by Selfish Altruism To say everyone is completely selfish is a gross exaggeration. That ignores all the acts of kindness, sacrifice and love that make the world work. But I would argue that most not all, but most behavior does work from the principles of selfish altruism. It is where helping you directly or indirectly helps me. There are a couple main categories where this applies: Transactions “ If I purchase a car, both myself and the dealer benefit. I get a vehicle, which I want. The dealer gets money to improve his lifestyle. Familial “ Blood is thicker than water. We are designed to protect people who share our genes. This can sometimes shift towards extremely close friends and loved ones. Status “ Helping someone is a sign of power. Many species of primates will offer assistance as a sign of dominance. People act similarly, offering aid to boost their self-esteem and reputation. Implied Reciprocity “ Many relationships are based on the idea that if I help you, one day you will help me as well. Occasionally behavior falls outside this group. Volunteers devoting their time towards humanitarian missions. But these are the minority, whereas most actions can be explained by some form of selfish altruism. How do you apply this rule? You understand the motives of people and appeal to them as if they were selfish. Find ways to help people within these four categories. Another rule of human behavior is that people have trouble remembering things. People are more likely to remember your similarities than your differences unless they were emotionally incensed by them. Recently I even broke this rule. Even with my normally foolproof system of calendars and to-do lists, a few spontaneous schedule changes caused me to miss the call. I quickly apologized and made a new arrangement. Everyone is Emotional Perhaps this is an exaggeration. But the core of the message is that people tend to have stronger feelings about something than they let on. People who regularly have outbursts of anger, depression or flamboyant enthusiasm are generally frowned upon in most cultures. This especially applies to men for women trying to figure us out. We all have our individual problems, angst and upsets that are normally contained. The alternate application of this rule is similar to rule two. People generally assume everything is fine unless you just had a

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blowup. People are Lonely This is another broad generalization. But it is amazing how many people who seem to have it all, suffer from bouts of loneliness. As social animals, I believe people are especially sensitive to any threats to becoming ostracized. In Neanderthal times, exile meant death, so loneliness and the desire to be with other people is a strong one. I used to be bothered when I felt alone or an outsider in a social group. This may sound like a reiteration of rule one, but I believe the applications extend beyond relationships and your emotional state. The fact that people tend to be too concerned about themselves to give you much attention, that people tend to be lonelier, more emotional and feel differently than they let on applies to how you view the world. If anything this perspective should make you more proactive and independent. Once I started really learning these rules, it made far more sense that I needed to take charge. By placing your individual happiness in the hands of another person or people , you ignore all these rules and do so at your own peril. I like to take an optimistic, but realistic view of people. People who are generally try their best, but make mistakes and suffer from unintended self-absorption. In other words, they are basically like you.

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Chapter 8 : 10 Reasons You Can't Say How You Feel

Within that 10%, most people then divide attention between hundreds of other people they know. As a result, you would occupy a fraction of a percentage in most peoples minds, and only a couple percentage points in a deeply bonded relationship.

One common complaint that flows from this is that they feel other people are dumb and shallow. If they see themselves as deep and intelligent in comparison, they naturally feel a little alienated. Some people are irredeemably superficial and vacuous. This article will offer a little defense of seemingly shallow people, and the supposedly vapid things they do. There are many superficial traits that can make people seem more shallow than they are I think a big problem with the "Everyone sucks, I have nothing in common with them" attitude is that you can end up writing off lots of people before you even give them a chance. The problem is that their more surface features are easy to see, while their more substantial traits are hidden. There are guys who seem like meathead jocks at a glance, but who read constantly and can easily hold their own in a discussion about economics or the Western Canon. There are women who seem like all they care about is make-up and clubbing, but who are interested in philosophy and history. Someone could spend the day reading about soil erosion in third world countries then go out at night and get drunk with their friends. Here are some things that may make layered, intelligent people come off as dumbasses at a glance: Personality Some people are quite smart, but they have naturally scatterbrained, happy-go-lucky, or short-attention-span personalities and can come off as seeming less together than they are. Accent and style of speaking Many accents have negative stereotypes associated with them. Someone could be a physics professor, but have an accent that instantly makes people think, "Wow, what a hick". In terms of speaking style some people have a fast, ditzzy "Like, OhMyGod! Or a person could come off as dopey by over doing it with a stoned, laid-back surfer inflection. Writing style Similarly, sum ppl naturllly write lke this lololol!!! Guys can get loud and crude. Women can get shrill and hyper. Place in life Many intelligent, complicated people go through phases in their lives where they enjoy going out and partying a lot, and generally come across as shallow. Eventually they grow out of it and start to enjoy things that are more toned down. Maybe they all like X,Y,Z and their friendship revolves around that. Each individual member also has their own unique, more esoteric interests. They save those conversations the right time and place. Style of their intelligence Lots of people are smart and interesting, but they come across as pretty regular people, not as refined intellectuals. I think some people can make the mistake of thinking someone is only smart if they like to discuss topics like logical fallacies and Game Theory. Not every brainy person is like that. Click here to go to the free training. You, on the other hand, have access to all your hidden inner thoughts, many of which are profound and insightful. If someone just saw you going about your weekly routine from a distance, how much would they really know about you? They have good social skills Some people go so far as to think anyone who seems comfortable with social interaction, and who is happy in a group, is automatically a brainless sheep. They think deep people can only be wretched social outcasts. But in reasonable doses, shallow things are fine: Shallowness is part of the lighter side of socializing There are different modes people can socialize under. Some forms of supposed shallowness are part of that fun, silly side of being with people. If you lean a little too much towards your logical, serious side consider adding some lighter elements to your personality to balance things out. Shallow things can be fun Lots of people love cheesy, gratuitously violent video games, empty, shiny action movies, or websites full of throwaway, puddle-deep humor. Nothing wrong with having fun. In the same vein, some people do things that they acknowledge are an illogical waste of money on one level, but do them anyway because they like it and get some payoff. Shallow people can be fun Even if you may never want to have a long, involved discussion with them, more vacuous people can still be entertaining enough to idly chat to, or to keep you company when you go out. Some TV shows or comics can have deeper plots than many people give them credit for at a glance. Some shallow things have positive benefits A guy who works out just to look better is

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still staying in great shape. A woman who cares a little too much about clothes and her appearance still looks good. For example, you may think a job, a house in the suburbs, and 2.

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Chapter 9 : 5 Ways You're Accidentally Making Everyone Hate You | blog.quintoapp.com

I wasn't happy to go back, but I wasn't emotionally upset either, just like 'I don't like when people scream at me' (especially not if they're loud!). I've experienced similar situations when I worked as an in-home carer someone totally attacking me with all sorts of complaints directed towards my employer.

I want to use them, to enjoy them, and to dominate them. And then he wrapped up his email with this: Both have helped me get through some seriously tough times. I persistently let every little problem get the best of me. So I was wondering, what do emotionally stable people NOT do? I need some reminders of what NOT to do! But the truth is, the way other people behave and function is not about you. But the fact that you are “that despite the darkness you feel, you have the ability to share your love and light with others” is an incredible strength. True strength is being bold enough to walk away from the nonsense with your head held high. Read *Loving What Is*. It might last just a split second before our intuition kicks in and offers some perspective, or it might take over to the point that we act on it. Responding mindfully will leave you feeling like you handled things with integrity and poise. What seems like a curse at the moment can actually be a blessing in disguise, and what seems like the end of the road is actually just the realization that you are meant to travel a different path. You have to keep going. Remember that time awhile back when you thought the world was ending? If we get caught up obsessing over the past, emotions and situations can take on new and untrue meanings as they become attached to stories. For example, imagine you just got turned down for a new job. Now you feel like a failure and you start to carry a feeling of unworthiness into every future job interview. Read *The Power of Now*. The Earth does not stop spinning. And sometimes saying goodbye is the hardest thing you will ever have to do. Or, saying hello will make you more vulnerable and uneasy than you ever thought possible. Some changes are almost too much to bear. But most of the time, change is the only thing that will save your life and allow you to dream and grow and succeed and smile again. Life changes every single moment, and so can you. You can fail and still be smart, capable and talented. You can let people down and still be worthwhile and deserving of love and admiration. Everyone has disappointed someone they care about at some point. Everyone messes up, lets people down, and makes mistakes. That at some point in the past some person or experience sent you the message that something is wrong with you, and you internalized this lie and accepted it as your truth. And in the same way that you learned to think negatively of yourself, you can learn to think new, positive and self-loving thoughts. You can learn to challenge those false beliefs, strip away their power, and reclaim your self-respect. But it is possible. And it begins when you decide that there has to be a better way to live, and that you deserve to discover it. Closing Thoughts Looking after our emotional wellness helps us get the very most out of life. When we feel emotionally stable, we feel more centered and connected to our intuition. We become more productive, better at making decisions, more present, and more fulfilled. Life is too short. Invest in the activities you deeply care about. Do admit when you are wrong, and then embrace the fact that you are wiser now than you were before. Do focus more on being interested than being interesting. Do express gratitude and think about how rich you are your family and friends are priceless, your time is gold, and your health is true wealth. Do be old enough to appreciate your freedom, and young enough to enjoy it. Do see transitions in life as the perfect opportunity to let go of one situation and embrace something even better coming your way. How have you coped? Leave a comment below and share your thoughts and insights.