

6 important life truths

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Thinking and failures in the lives of ordinary people

Human thinking is often in chaos. This is because our brain in the current reality gets too much information and is in a state of hellish multitasking. To make life calmer and more adequate, you need every day to set a few specific goals and focus on them.

Books on self-development is a business for those who write them

Many people study literature on how to become a millionaire or to develop all kinds of quality but they do not understand the truth. All this is done to make money, not to make you become better. The only valuable book for the development of his personality and power is a book which tells about work of a brain. They are not as popular as books on self-development, but they can give a real understanding of the processes in your head.

Surfing reality

No, I'm not going to tell you about diving in yourself and travel into the depths of your consciousness, and will speak about how we perceive the world. People stopped to explore the world around and are only consumers of information. Nobody even thinks about the veracity of this information, but just mindlessly follow the tales heard from the TV screen or PC. 95% of people superficially perceive the world, so their lives can be level with the movement of the waves of information. The water is cold and unpleasant, no one loves her.

Your actions have consequences

Like the old adage, but for many people, it means nothing. They continue to do stupid things: spend money on unnecessary things, kill time watching TV series and other products of advertising our business. Today you're wasting my time, but tomorrow you may realize that your life is empty and you could not do anything great over such a long period of time.

There is always a choice

If you're in a deep depression and don't know what to do, remember that everyone has a choice. You chose to be depressed, no one forced you to think negatively and complain about his life. So forget that you are weak and start to act consciously and you will not be able to stop any rules.

The wealth around you, you're just blind

The world gave you many opportunities. Now you're free to choose what to do and what to study. You can get a lot of things: books, videos, lectures, recordings and so on. But, you make a conscious choice in the direction of entertainment and degradation. Are you sure you're okay?