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Book #4 – First Draft

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Sections 1 – 53 (iPhone Notes)

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07-31-18 book #4 (1)

You can't pre-plan life, the way you want it to turn out, best you can do is not be predictable when it comes to mood swings and negative opinions of you, your wellness, and your ability to succeed, be picked at, finagled, and made upset, as experiment by others, with your vulnerabilities in life, we are all not matches in life and thats okay. Some of us as extremely sensitive to the opinions of other me myself included. When you get mishandled in life, take a deep breath, and don't allow someone to control you or make you look or appear stupid in front of others, that is someone knowing you, who knows you, or does not, seeks to improve you, by getting you to understand their position in life, not help your position in life, thats not competition, thats simply someone being manipulative with your condition as unstable, and instead of stabilizing your condition, aggravates your condition, by trying to get to your core, your insides, and seeks to change what is going on inside of you, to test for illness or not. That's taking someone who is extremely open with everyone, and in front of everyone making them sick. Such poor experiments in life, are a matter of someone not knowing you well enough in life, as recognized not respectful of your condition, and seeks to worsen or make clear you are something you are not. If you ever feel someone in a trusted position is bringing out your vulnerabilities in life, leave, as such manipulation can cause upset, or cause you to feel ill, not in competition with someone, but aggravated light up either good or bad, as in response, to test for aggression toward or toward self, by putting something unwanted inside of you, to test for a victim or offender, what lights you up and makes your face look ugly. It is not the same for everyone. That's called an unwanted manipulation of a well condition, to see if thats how people respond to you, by your light within or by your light outside of you, always be yourself, its not necessary to change people for the better or for worse, hurt their condition to see what they are made up of, acceptance or non-acceptance, beauty or illness, thats not how someones face changes its by looks.

08-01-18 book #4 (2)

Life isn't perfect, if it were all together perfect we would be better off alone than around people. Sometimes you just have to let things go, harping on the negatives is no way out of a bind in life. Forgiveness comes first to none when it comes to moving forward in life. Not by connecting to well to we see or achieve better in life but by recognizing our gifts in life not worsen the conditions of ourselves or others. When nothing feels good that's time to stop and reflect on what has past and what you can do better in life. Some of us are better off alone than in talking to people made to feel better about ourselves or others. It all comes back to you karma in life a product of the choices you make and decisions you put forward to achieve your goals in life irrespective of what others think about you have thoughts of your own. When someone belittles any facet of your life don't allow anyone to get the best of you. I think they say that so that no one can affect you or frustrate you or your purpose in life get irritated. That's not a good feeling experiencing any fight within yourself is not a humbling experience and so are not voices especially soothing or intimacy during times of trouble. When you feel ill always share with someone what's causing you illness it can be cured. Always stay positive even if no one is positive toward you. The body repairs itself. If we were all made up of tiny humans then that would make sense how I lost 50 lbs and then gained it back. Focus is everything toward maintaining any well condition your mind has to be in the right place in order for things to go

well for you in life. That is my belief. No one is perfect and I may not always be right and poor judgment passes but that doesn't mean give up and stop trying. You can only be you. Don't worry about what other people think that can only cause chaos and emotional disturbance at any top in life try to seek acceptance from others when not well. Acceptance is given to those who are well and so on and so forth. These are lessons we learn along the way, life's not all about satisfaction in life or pleasing others, it's mostly about staying well and keeping well others around us not disturb the sense of peace others have in their lives. Life goes on, don't let your troubles get the best of you, you will always be you no matter what so it's best to start accepting yourself the way you are not wait until it's too late to change for the better. Life's about living for the here and the now not the past and thinking for the future not for ones self. Getting carried away here, but I think I've made my point. Illness is inevitable whenever we are focused on wrongs not rights in life, and life can only be made right when you live life a good decision maker solid or not, patient with yourselves and others.

08-02-18 book #4 (3)

All too often we let loose thinking that by freeing ourselves of our obligations to behave appropriately that we will be accepted the same. Always be appropriate. As you get older it becomes more and more important for you to behave well. Not just for acceptance but to help maintain your own self-confidence. Setting boundaries is a must when it comes to drinking and going out, it's when we let our walls down that we are most likely to get hurt. It's okay to talk to people but it's not okay to be talked to with expectation to get something from you. We all have lives to share and with those lives, while bettering ourselves everyday be able to best help others in their lives as we are, hopefully stronger as a result of our experiences past. No one can change you but yourself. You are always in control of your direction and focus in life. Don't let anyone change you. We all get left behind at certain points in our lives but that doesn't mean that people don't care for you or have purposefully abandoned you. You just have to always do your best to reconnect with others as you are now not for where you have been in life but as you accept yourself the more accepting of yourself you are the more accepting others will be as you are now.

07-02-18 book #4 (4)

Mental health issues are not a new phenomenon, everyone has problems. Does what people think really matter? If so ... why is it important to care. Everything you do either reflects positively or poorly of your good character. In order to do well in life one must like themselves while at the same time be able to put into perspective others and where they stand in relationship to others. We all wish we were successful or better than but that simply is not the case. For most of us feel inadequate in that regard, ie not good enough. When you have the attitude of not good enough it makes it difficult to stay put and be accepted by others, seeking instead to better yourself for the sake of a better acceptance of you. We all make mistakes in life and no life is ever great that's so lived perfectly, sometimes you have to take risks in life to achieve some successes in life. In order to be a success you must first recognize that you are well and then you can see yourself as successful until you figure that much out your more likely to be lost with the rest of then than found. -Never give up, its not over until it's over and your life is not over just because you've

made one mistake or two in life decision making wise, just do your best to correct yourself odd or not do your best.

Knowing that you matter is the first step to recovery. You can't determine your future when your present is not in order, or so I've realized. When you're able to make due with what you have not what you have not your life becomes that much easier to deal with. Love yourself enough to know when to stop and don't enable others to cause harm to you when you yourself are not doing well in life or as well as you'd like to be doing in life.

08-03-18 book #4 (5)

Sometimes you just have to do as your told, to correct any problem outside the scope of your ability to handle on your own, we listen to others. Life is not easy especially when connected to any pains in life. We may try to find comfort in that pain surrounded by others who are similarly situated but things still may not get better on your own. You have to stay productive. It's easy to create an image for yourself as though nothing is wrong with you but things may still go wrong in your life. You only have control over yourself in life no one else, and when your life is under control everything likewise tends to fall into place. Until we are well will we be surrounded by others who are well. Success comes to those who work hard not necessarily those with the best image in life. You have to do for you what makes you happy in life and when you are happy others will be seemingly happy around you. If it's drinking that's the problem then stop drinking. If it's attachments that are the problem then stop getting attached. And if it's fighting that's the problem then don't fight. Everything passes with time and likewise delusions pass too, especially when we are not sure of ourselves and others not sure what we are doing wrong often times it helps to talk to others in order to get well. You can't fake it in life you either are true to your good character or not, you just have to keep moving forward not allow others to get under your skin and likewise they will not be easily bothered by your awkwardness and fears about life. Life's all about fitting in and acceptance never be too hard on yourself to the point that you self-harm, people are forgiving and if you continue to allow the pain to fester your past will haunt you. Why it's important to do things daily for yourself that makes you feel good about yourself and others. Knowing how to behave well and be accepted is always one step in a positive direction toward changing your life for the better.

08-04-18 book #4 (6)

When you know your identity nothing else seems to matter not easily affected by others with a sense of direction in life commensurate with your education and work experience. That is your life and based upon your experiences in life make decisions. It's not all about who you know in life that can only take you so far there are plenty of people in the world who know and have grown up around famous people who do not get very far in life exploiting those interests or sides in life that's not how to grow as a professional and become well known. It's by your work ethic that you become you and likewise respect is derived from those vantage points based upon how well you are and are doing in life. Fame is a manifestation of wellness and by wellness I mean earning capacity not by sides or interests or by joining or fundraising for campaigns that's not how decisions are made benefiting from the hardships faced by others or by calling attention to

the weaknesses or negative possibilities highlight what's going wrong that's not what gathers attention but by respectfully acknowledging what's going wrong seek to share a perspective that benefits self and the reader to know the writer not by knowing who the writer knows. For many years now I have kept my Facebook private and friend lists sought by other means Twitter to showcase my writing skills and talents. I'm now just learning a new forum to write in Wordpress, everyone needs a job in life and eventually with enough skill shown can get a paid position one day not merely be an inter but by skills I have acquired get a job in a paying position, this takes time. -Current Business Model: Continue to work on myself and when ready to work get a job so that I can afford to build and pitch a website for funding for writers not just pay writers out of my own pocket for the expense to build a website then can consider the possibility of hosting writers on a website built by me. The whole purpose of building a website was to showcase my writing portfolio what becomes of my writing is based upon the choices I make for myself at the present and whether I am able to get a job will determine whether I'm able to create jobs or spaces for others to write in paid positions. Thinking out loud ... those are not present concerns of mine but by negative opinions of me thought it would be wise to share about my future interests, plans or dreams just in case that matters to anyone reading trying to identify me or my future or my present matters of concern plaguing me, it's by my own position in life I'm struggling and that's no one's business to know my current weaknesses in life or ailments everyone's entitled their right to privacy not be made vulnerable to the interests of others put down in life further than they can comprehend. It's not appropriate to pre-determine courses for people in life, it's in everyone's best interests to have a sense of agency on their own to make choices for themselves in life not needing guidance from others in order to do well achieve in life or run the risk of being misguided made to look stupid by others in front of others casted out as something they are not.

08-04-18 book #4 (7)

It's not necessary for people to know who you are in life in order to be treated well or respected new into your life or knowing you be interferes with or thought to be judged by. When in need of help we often to go those empowered or doing well in life in order to get better or achieve in life that's the direction of empowerment from sick to well is how the sickly achieve a better condition by relying upon those who are well or are doing well in life to achieve the same wellness or likewise achieve well in life maybe not the same acceptance wise but certainly not less than acceptance wise. Never play with the images of others, that's an unnecessary hardship to either not condone, put down, be in group non-acceptance of, or draw negative inference of or about someone without them knowing it's about them or their life or in reference to their life or lives publicized as negative or suggestive of an implied assumption about someone's good character that's called unnecessary referencing to individuals and making fun of the identity of someone who upon meeting overcast a general doubt as to their good character is called manifesting a hate toward a person or set of individuals who upon watching recognize something occurring without them knowing what's occurring to see how they respond if made to look stupid in the negative or positive toward themselves or others that's called an unwanted experiment with someone's good character. -Depending upon the size of a persons ego they are either affected or not by the negative judgments of others or hurt physically, emotionally, or spiritually that pain can be seen by others not caused by the person experiencing pain in life or embarrassment or

hardship. The main lesson here is that if you are experiencing an internal struggle, frustration, or aggravated by someone purposefully don't self-harm and seek assistance from a medical professional to help you recover from your ailments in life whatever they may be. No one deserves to get hurt by others and we would hope the same that no one becomes ill to the struggles faced by others in life that's called empathy. -PLEASE NOTE: I'm not doing well in life and by that example I am not responsible for the wellness of others or the reader can only by my own experiences share to the readers benefit not my own to stay ahead in life and not have to experience the same kinds of ailments I suffer from or disabilities or hardships I've had to overcome in life be put down.

08-16-18 book #4 (8)

Journal Entry 1

I finally stopped blogging. Going back to AA today not drink. I don't think that's the solution to my problems will only make things worse or so I've read. It's therefore important that I do positive things for myself so that I live a positive life have positive things going for me in life. I know now if I drink I lose everything I've earned back trust and good health it's therefore important for me to keep doing well in life and not drink or abuse meds take early in the daytime that's not how to do better in life give in to illness and get worse the whole point is to do better in life whether I'm empowered or not by others continue to do well be well adjusted not be judgmental as less than or better than others continue to thrive and do well in life. Forgiveness is everything it's important to do well and not be offended by the treatment or misdiagnosis of others of my condition it's important I be a good decision maker and not allow others moods to affect my own. Just because I'm not driving right now does not mean I need to be judged by others as bad it's because I choose not to drive right now until I start doing better in life whether if that's by getting a job or not not let my problems be the problems of others not worry others who care about me make worse stability and be appreciative of my life as it is right now not go into illness. It's important for me to stay well in life in order to do better in life it's hard for me to be around others when I'm not doing well in life don't feel smart or good enough. That's usually a product of low self esteem and bad decision making is how you give all your power away. You have to keep going in life and especially when things get heavy reach out for help in life not try to handle things on your own that's not how to make yourself better but it's important to be independent not allow your problems to be the problems of others. Everyone is not connected and so long as you think so you will have difficulty connecting well with others just do your best whether you're at some upper echelon of well or not you should not be phased by the wellness of others you should want to do well with others not ruin your own wellness to make well others that's negative thinking. In order to feel positive one must think positively of self and others not go into disallusionment and not encourage the disallusionment of others just be strong no matter where you end up in life just manage your care best and the care of others. What makes you feel better is doing the right thing, than do so until you feel better that's how to better your life and the lives of others by doing your best and when you achieve well able to help make others feel well too. When you don't feel well that's a product of you not doing well not a product of others not doing well around you. In order to stay well you cannot allow negative voices when not well over power your positive outlook in life and give in to negativity you just have to stay positive in order for things to start going well for you in life.

09-01-18 book #4 (9)

After acceptance not exhaust resources by tiring myself sharing in private I learned that sometimes as not doing well in life get treated or rejected as deserving of discrimination as confirmed belief as though deserved not from a good place or of relevant troubles not doing well in life. I dated in law school why I did not finish heart should have been invested only to studies then once as achieved well open myself up as a professional to others not date someone new it's during new relationships feelings get hurt or misread. Easily made better by negative validations to support or confirm deserving of negative consequences in life, as though one has it all if they appear to be well Wellness is achieved by discipline not by meds over many years of being good is confidence achieved not easily affected by others a good decision maker then wellness follows with confidence. Confidence is by wellness. 2009 drinking wrote a swallowed a bottle of pills and when I got into law school made it a point to do my best knowing fighting is not the correct response to turmoil outside of self or within. 2018 broke. I don't think I've ever been this broken in life fear of living life or of dying getting used to not being able to tell where my life is headed for better achieved or if social security disability know when well to pace myself get my sleep at night not ruin positive progress made to please those past who thought less of me then as deserved or by speech and behavior seemed done or gone in life not knowing the discipline put forth in private to achieve why not sociable Bc time invested on achievement in life not on worrying what others think or people pleasing only to make others happy is not how to earn acceptance and privileges in life by expectations or rejection or let wellness be interfered by losses in life personal not make ones personal problems at the advisement and privilege of others to manipulate before a bigger picture or clear picture can be seen as to what's at issue without assumption or review without consent of ones personal history interpreted as related to their condition now if well able to function read write be disciplined and get along well with others achieve - I told Aaron I could not date was not ready until months after the internship to hook up Bc I was not yet healed from a previous relationship fighting and subsequent hospitalization for assembling what was occurring or what occurred past misdirected under the influence of alcohol without a legal education to accept as not a big deal - it's not by exposure are problems solved usually in private I've kept a journal my whole life. I'm not abusive it's not doing well that makes me look desperate, look not able and before I achieve well not give up in a poor position in life as interpreted as known about me allow mistakes in life to be repeated or proved existing similar to 2009, that was before a legal education achieved so many well days earn trust back this I learned after college went to rehab credit cards taken away cash went missing and I've been on a tight budget ever since spend little, wore the same clothes for many years.

I sang this song in front of the Waldorf I can sing when well. In chorus young assigned to a solo with another girl. December 2015 and ran at night in ny fit 123 lbs in the cold. Fearless. Not damaged. We stayed in the Marilyn Monroe suite with a balcony at the Waldorf. Went downstairs to sing.

At bag fund after 2 surgeries went right back to work in recovery. Took at most 100 mg of adderrall frozen. I learnt not to keep going to feel good continues to pursue running until I ran for 2.5 hrs on the beach on vyvanse. Abilify started 2015 after I left my job told there was no job for me after hooking up with a guest at the party who offered to drive me home we went back inside for a drink and I cried to him about loving my boss and he did me.

Text I didn't send the guy I met at the bar we didn't hook up just friends: I'll know Monday got my blood work done tested double check already stopped a couple night meds not ready yet to hang out still off beat. On heavy meds, just started vyvanse again took 2 weeks off add meds switched to provigil Bc I was not doing well appearance wise. If I don't look or sound well I get hospitalized now I used to take myself when I couldn't sleep, Good to see you. Why I seem not interested busy reporting the past need to move forward talking to an attorney reverend and got a new therapist. Hope you stay well. Not to worry you I stopped dating 2014, relapsed summer 2017 dated. I don't hook up anymore enjoy company though when I'm well. Have difficulty with attachments and breakups. I waited too long to go out as well waited for rings and never got one burnt out caretaking hard on me. Just so you know think you're wonderful deserve much better than me for dates. I'm not well enough for intimacy now. Not that you were thinking that at all but friendship. Appreciate you being there for me! You're a positive person lucky to have met you.

Going home now I left talking with two people at the bar who invited me to sit with them, the guy who I text with like the night we met invited to another bar arrived talking to another girl I don't interrupt and just leave but he came up to me in my smelly Chanel to talk to me. Texting you and the reverend ... tried to play pool but when I do poorly put the balls away

Jeanette still replies to me once helping her she throws the laundry out of the unit telling me to tell him I'm done she was his girlfriend. She was tough on me when we met I explained to her I have disability when Ron asked if to talk to her for me I stated that I would talk to her myself.

I would clean up after the parties last there and a Vietnamese type lady who walked in to talk to the guy who invited me to a yacht party I brought the food to the party asked to arrived at the end to a party I was told to send invites to never sent any invites an email list the other intern was to Bc I was not feeling well, when I started the job speaking to the present intern told me he has lavish parties in Palm Springs, I got a drink at the bar did not order a drink at the table paid for my own. She would ask me for help at work too. Eric from rodeo realty once sent him emails demanding pay he asked me for a cigarette once.

He offered a job in front of me to another woman but not me his paralegal at the office last to be invited to clippers parties told to sit on the couch upon the arrival of the intern I interviewed who stayed would smile at me passing by ask questions I responded helped her, he greeted her warmly with a cheek kiss as I sat on the couch wondering why I could not sit where I sat the seat saved for her.

I was let go after I waited for a locksmith the key hole jammed broken ... my parents texting me come home right now sitting in the Entry way to the building waiting I told them I was working I need to lock the door kept an audit file box under my desk records of all my work done and a copy of my pay stubs for housekeeping Airbnb was gonna be a hostess get paid a percentage took care of the 4 m dollar house on fashion cleaned all three floors on my own took over by a company bucklistbnb Bc I was not a company lost my job when paired with the guy who F me after reporting the incident to lapd, and my boss, I needed a ride home needed to cry and share I loved my boss, and then he did me. Then I didn't do him again.

I left keys to my apt at the office in a drawer. Then found an LAPD flashlight under the step stool. I was not told to submit finished work to the counter area why my desk was full of finished files.

I put on my 2013 Chanel I wore to bar food I think where Jay took me once I rejected him he popped up at the bar. It smells too strong now. They put cat poop all over my studio in Westwood couldn't keep up with laundry and lost a phone in the hallway called to ask the landlord told him my bikini photos, they kept smoking weed through the wind pipes needed Lysol air spray moved my bed to the other side everything changed. The big area was my office, my landlord used to unclog my toilet for me at my prime modeling renovated the bathroom, I used to Clorox bleach it until white and run at night.

I'mi threw away a bottle of Chanel perfume before 2009 when I was sick a party favors Bc the party favor attendant at Planet Hollywood Vegas told me you should probably go now, Bc I left the party with my best friend to snort adderrall after Dita Von Teese performed everyone watched standing except for me drinking alone at the bar. I refused to after party walked back to the room alone holding my heels crying.

I relapsed today after driving still lighting up, took an Uber to the bar. I'm used to living alone. Just started driving again maybe not fit for the stress of mishaps. Now I have the smells, had 1 beer 1 vodka cranberry took a Provigil then another Vyvanse. Not anywhere different in life better. Sometimes you realize trying to get to normal you've hurt yourself when you do not follow directions and feel worse to make others feel better as not attached. Now I know what a loser looks like someone who self harms and afterwards after hurt realizes why they're not well instead of being patient think things are worse than they are. Disabling self does not stop the need to explain oneself or make quiet or lessen voices it's by writing my quiet is achieved and if doing poorly or take too many meds like 6 hydroxyzine in the daytime that's a condition not frowned upon but my condition now awake is.

08-04-18 book #4 (10)

It's never easy making life changes but working from home is one of them. We make choices in life based upon our needs and what works best for us. This may not be understood well by most why people stay home work from home. We don't all have options in life to commute to work or be out and about some of us as best functioning from home. Everybody needs outlets for support and any people time is good time it's not always wise to be a recluse and stay home activities are always good for socialization. Social skills are much to do with being comfortable with yourself, well adjusted to self and accepting of others. Once you figure that much out you're likely to make friends easily be easy to talk to and approachable. This takes time, knowing who you are, setting limits, and boundaries with others in your life as you see best fit. Not all are welcoming to those with diss ease and mental health issues it tends to be a very competitive branch of acceptance to those who are not well off or doing well in life that's just a fact of life those not in suits with jobs with a daily schedule in and out of the home are automatically assumed or deemed useless to society or overcome with addiction and disease. That's not always true. Some stay home to get

well and when outside of the home do their best to get well too. When you don't know much about a person it's easy to judge someone based upon their outsides judge them as doing well or not on the inside. This is where beauty comes into play, those who are beautiful are judged as doing well inside and out, hence the struggle to look well and do well in life to be judged on the outside as well doing well in life. The times are not easy but with the advent of at home jobs once thought to be gimmicky ads online have become reassuringly possible via blogging and writing from home, now paid for positions in society. What was once seen as a waste of time "blogging" is now a career choice 2018. I've been a blogger online for years now without pay that's by choice and also a result of not doing the research well enough and applying for positions. ODesk at the time seemed insufficient to pay the bills by dollars and cents per word, how does that equal a paycheck? I've just signed up for BloggMutt, as a company with 3,000+ readers a month I could expand my business and pay for other writers to contribute to my website but think that making a paycheck is the first order of business next to expanding my brand and voice. Money will never cease to constrain our options in life, the sky's the limit online, but within reason. What it looks like seems to still bear the budge when it comes to best practices online and image. First things first get a job, trust is everything in business dealings online, and how you are perceived by others well that trust too is important making any moves forward in life. Until you are able to make money on your own will you be able to understand the value of the work by others. And until you value yourself will you be able to understand the value of getting paid for the work you produce, feel worthy during your time with others, and socialize with the ease of knowing that you are valued, of value, and an asset to society. All of those things encompass what it means to be considered a professional online, and as a writing professional writing for pay seems like the next big step toward self-respect and being of value online to my readers and being of value to myself, be proud of myself in doing so. Next goals: Finish writing my second book, continue to write online helpful posts as I go, live life knowing I matter to me, and finish law school earn the education merits of a job well done in life be proud of myself for a change and not care so much about what other people think, be myself for myself and be able to be accepting of the negative or positive opinions of others about myself or others without reacting or responding to them just the same be positive not easily changed or manipulated by others. That is my dream: be proud of myself, confident.

08-10-18 book #4 (11)

Chapters 108-114 for #SCOTUS

Chapter 108 081018

How to Stay Organized ch 108

Get motivated work on your motivations in life to complete projects get your rhythm back it's not being secretive it's having a system and sticking to that system of organization that matters most work on self talk not talking to others as you assemble your ideas that's how to manage your sense of privacy not everything needs to be in the moment shared with someone else most of all you should care about yourself only share the good with others don't enable others to test for whether you're good or not based on their assumptions of you not do well

Ch 108 - amazon

It's important not to pass judgment on others as reading through their lives add to the pain. Understand people but you don't have to empathize with everyone. That only leads to inner turmoil when looking from the outside pass judgment reading as to their insides or present state. That judgment can be felt by the writer who always does their best to communicate well their thoughts. Writing isn't easy, and it doesn't need to include fighting or cause discomfort. We are all educated as to our ideas of what life should be like however we all lead different lives.

Sometimes too much negative judgment hurts looking back it's better not to share then run the risk of negative judgment. It takes awhile to open up to people and share writers are not the most outgoing people everyone is different. Allow people to come forward and share their story when they're ready not force arrivals upon people who have not yet arrived still getting comfortable in their own skin. That's not the way to treat people on the inside of any big story, learn to be appreciative of what they do share and be mindful of their spaces in life. You cannot relate to what's broken or ill you just have to accept people the way they are not overexpose people to ideas about them or about others try to paint a different picture about them. It's not easy to achieve notoriety you have to be smart to be well received. Working on my smarts right now reading Fire and Fury, Read: Unbelievable, The Making of #donaldtrump, and You Are Here (June 2018). Goal: Read 4-5 Books this Month. #books #reading Stay positive!

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Having a meaningful life means not worrying what other people think about you and doing what needs to get done.

We don't always know what to do. We can do our best and still not be good enough but that doesn't mean quit doing what you're doing to get better at where you are or get to better places in life. Just always do your best. "You don't know what you've got til it's gone." Lyrics to an #erykahbadu song. Just stay in the present moment with whatever you have in life and find time to value where you are now. The hey days may be long gone but that doesn't mean the good times have yet to come. Just enjoy life whether or not it's a good time always find time to give thanks to others for where you are now, each day gets better when you appreciate and value you now.

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>>> (edit) Get motivated work on your motivations in life to complete projects get your rhythm back it's not being secretive it's having a system and sticking to that system of organization that matters most work on self talk not talking to others as you assemble your ideas that's how to manage your sense of privacy not everything needs to be in the moment shared with someone else most of all you should care about yourself only share the good with others don't enable others to test for whether you're good or not based on their assumptions of you not do well

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Always think for yourself. Its important to think positive thoughts when things are not going well for you in life that's how you stay on a positive tangent out of harms way. Sometimes putting negatives together can cause illness, don't get worked up over negative happenings in life. These are just symptoms of the present, nothings uncertain about life it's how you live life that matters most.

(Edit) You can't plan out life, not even your future by connections you just have to live life as best you can and when you meet others always do your best to #beprofessional. That requires an understanding of the risks and knowledge of the consequences of interaction. When you know right from wrong everything falls into place. We don't need to know everything to do well in life just #bestrong. No one is psychic enough to prevent things from occurring but we should all be well enough to be accepting of those who cross our paths in life. #michaelavenatti

Live life as perfectly as you can you'll thank yourself later for it. We all make mistakes in the process of making important decisions sometimes come off too strong in the process of explaining where we've been and where we're headed in life. Success doesn't come easy to those who are manipulative dependent on reactions from others in order to succeed. So keep your head down, stay focused, and don't let anyone take your power away. #bestrong

It's unusual to think that others are thinking of you and making decisions based upon how you live your life. That would be selfish to think that people are about you in life. Allow others to be independent of you. That's how trust is built not by co-dependency. Learn to forgive often and trust those who trust you. That's how to build trust. When it's needed relationships are severed. Let them come to you. That's how to build likeability. #Trust

Don't get worked up over the little things in life. We can only be made stronger by listening to others when we are weak and by learning to fall, learn from our mistakes, and be brighter moving forward about ourselves. Life is not simple but it doesn't need to be hard.

No loss is inevitable. In the stream of subconscious ideations it's what we think that matters most not what other people think. There's a range of guilty emotions you feel when you empathize with someone who's harmed you, don't give in to those feelings, know your best and stick to that. No one can make you do things you don't want to do in life to cause you embarrassment. You have to be yourself regardless what people think of you stick to what you know best about you and others.

Love comes from within. You cannot dictate the actions of others toward you you just have to accept people the way they are with or without you do well in life.

Where you are in life you matter. It's not all together self-evident when we are in the wrong just do your best to stay healthy and despite the opinions of others do well. Not all ideas take off, that's the argument, whether one is like the other and why. Just be strong. #12pullups2ndGrade

Know yourself well enough to know when to stop. You need to know your limits in life in order to do well for yourself and others. Be concerned about the health of others but not to the extent

that you feel a loss of control. That loss of control feeling is based upon your personal outlook in life needs to stay positive.

Chapter 109 081018

Ch 109

Don't let anyone bring you down in life. Often times people with problems try to make their problems our problem. Just allow the dust to settle and things to fall into place. Fighting is not the solution to your problems.

Forgiveness is key whenever we feel at a loss for words, when something's not right, or when we feel another is in error passing judgment upon us or others -the only way to reverse that opinion is to rise above. Don't allow others to get the best of you in life, always express sound judgment upon self and others when trying to put you yourself or others back together again. Blame is a one way street, once you get started it keeps going. Figure out what you know best and stick to that.

Know your limits in life don't test the limits of others and always be kind to those who love you back, be patient.

— blue square here

Look from within when in doubt. You never know what's on the other side of failure unless you try. No one can put together you without you knowing what's been put together without you. You are always in charge of your life don't allow others to get the best of you cause you illness in perspective. You have to do well to achieve well in life not get hurt by the commentary made by others about you to your face. Don't get nervous on your way up to anything in life always keep a clear conscious about yourself not allow others to hurt your sense of self or self esteem.

We don't know everything and that's okay. Life is a learning process, requiring continuous improvement in order to do better in life. Don't let anyone get the best of you. Just stay calm and everything should fall into place for you in your life.

Always trust you instincts - pink quote

Always be positive toward self and others you never know what anyone is going through in life. Be just as patient with others as you are yourself you cannot control the direction of people's lives you can only at best be a guide to others or shoulder to lean on. Be kind to yourself and others as you develop your careers in life nothing happens overnight.

Don't let anyone get the best of you. When hurt or afraid of what people think it's easy to get worked up over image and nonsense. Always do your best to not only share how you're feeling when you're not feeling good but also remember to listen when you're not feeling well. One can only get better with time, and the more positive you are the better off you'll be over time.

There will always be mistakes in life it's a matter of getting through those errors in life without regret. It's hard to live a perfect life. You just have to do the best that you can at living life. You can't be the best at everything, but keep going in life. New opportunities present themselves for you when you keep trying not by going backwards living in regret.

Never take anything in life too personally. It's not all about you unless you make it so. Always do your best to rise above. Think before you speak and react to circumstances outside of your control. You can't make change happen unless you're willing to change first.

You can't go backwards to fix your past you just have to move forwards, forgive yourself for your mistakes in life and forgive others for theirs. Having a good head on your shoulders means not allowing people to get under your skin voices or not affect your best decision making always know right from wrong -don't get led astray by negativity or the thoughts of others toward you, or against you. You know best, life is short of long depending on how you spend your time, be wise, be smart, let go more often.

Don't let anyone get the best of you. You won't always hear what you want to hear. That doesn't mean they don't care if what they say upsets you it just means that you need to validate your own emotions not expect validation from others.

You can convince yourself of anything if you try. It's all a matter of staying positive not allowing people to hurt your sense of self or self-esteem.

Chapter 110 080918

Ch 110

You can only be yourself. You cannot worry about people trying to be you for political purposes or not. When in a relationship that causes loss of self-esteem to be lied to or put down just learn to let things go. If everything you say gets spoken then worry first about what you say not allow others to get inside your head worry you or others about you. They will always say things to discomfort you don't allow others to cause harm to your psyche and sense of well being. Don't allow the past to hear as stated now taunting you. Just stay positive and learn to let things go not get tired looking back. You can't change the past best you can do is move forward presently.

Stay focused on your goals in life don't go backwards trying to fix your past you only get hurt moving forward. Always do your best to be kind to others, not lead people astray in life, in your natural language do your best to communicate always not misuse your gifts in life.

Learn to let go of your misgivings in life and play by the rules for accolade. You cannot get fat in life self-harming you only do yourself and others a disservice when you succumb to the weaknesses of others in place of your own values in life know your best and stick to that.

When you know your best all else falls into place don't play up to the weaknesses of others as for your own good not to be forsaken. When you do not get the approval of others that simply means to try harder in life for acceptance you can't reverse the consequences of non-acceptance

Once you're done you're done. At that point you have to focus on you're health people like healthy people that's how to do and know best, not basing decisions making your best decision making skills off the actions of words of others as toward you, for you, or against you.

When you feel better about where you're going and where your headed in life all else tends to fall into place. Having a clear picture of who you are is key to getting what you want in life whether that's love, success, or both. Nothing comes easy in life.

By the time you wake up you have to start living life. No one can live life for you. You just have to keep moving forward.

It's by what you connect to that affects your sense of being. Whether it be by a wanted or unwanted connection you just have to be in acceptance of all. Life is beautiful, it only gets ugly if you allow the negatives to fester and wound you. Don't let up hope, always pray for better days ahead, how to make now worthwhile not side stepping or going backwards into harms way.

Across the stormy waters the billowing sails of deceit we know few who with sound might transcend to the doubtful few what becomes of matters few. #davidspade #advocacy #mymollydoll #victims #stopsuicide

Life is not perfect. At times it will feel like nothing's coming together for us. Always have patience that there are good things ahead.

You can't go backwards in life once you make a mistake you have to live with those mistakes. You can't go on trying to fine tune yourself through reliving those mistakes in life you have to build better habits for yourself moving forward that help you live life positively not driven toward ends in life, by sides, or for clarity of purpose, you know you best. Life is much too short to worry what others think they are mostly concerned with themselves.

You can't go through life going backwards through your problems. Eventually you get tired. Life's much too short to worry what people think, in acceptance of you or not. Moving forward, think what is it that I can do better in life. How could I have lived life differently. Just be appreciative of who you are and where you're going in life. Be comfortable with yourself.

Discomfort is not an easy feeling to handle, affecting our decision making at times. Just pace yourself -rushing into anything is never a good idea when moving forward from an otherwise painful position in life. Sometimes you just have to make due with where you're at in life whether or not your happy with where you are in life, for better or worse.

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You are your canvas in life, paint your life as you see best fit for you, always be in control of your emotions no one can control you only if you allow others to affect you will they have an effect on you. Know you best and stick to that. You cannot be well until you achieve well in life. Nothing gets better without you in life, once you start seeing better everything will pan out

whether or not in your favor in alignment with your values and choices in life is how your life will be looked at by others, in spite of your mistakes, in spite of your pitfalls, well or not a quiet acceptance of you will take place, blend in.

We are all mentally challenged in our own way, sensitive to our own needs as well as the needs of others. When we feel like ourselves we do best, and when we don't feel well left to our own devices the strong either make it or are broken by the loneliness that that time brings in despair. Always do your best to exercise sound decision making skills and do your best, what is asked of you may not always bring you happiness but it is through the pleasing of others we find acceptance with or without people in our lives. Be at peace with yourself and the window of opportunity for change for the better this becomes limitless.

You should never trash yourself. The only person you hurt is yourself. Know when to stop. Whenever you receive love and acceptance from others is time to step back see what you can do better, and with a kind ear always listen.

Never let a thought pass you by without acknowledging that thought. In other words as a writer when you have a thought write it down. It's when thoughts are lost, we go blank, trying to back track but one thought less. Thoughts build upon each other. Knowing that, like a conversation with yourself, speak, then your thoughts will figure themselves out for you. You don't have to think of others to understand them just always be yourself, not allow others to affect your thoughts about you.

It's not helpful when you are not doing well to hear about others doing well in spite of your misfortunes in life. You just have to keep going in life. Whether others work off your material or not is not your responsibility to judge. Always focus on yourself, and from that place all other good will follow. When you are in your place in life, judgment will not follow, when you are out of place in life judgment follows. That's how life works by judgments passed. Is how you get judged moving forward as put together or not, or good enough for follow. Otherwise no credit is given to not well and proven otherwise an unlikely fit. Knowing this always do your best to fit in when working well with others, stand out when you can, but never more or less than you deserve, receive attentions from others.

Chapter 111 080918

Ch 111

You can't get far in life ruminating about the past you just have to keep moving forward. There will be times you will feel thrown off center but you just have to keep moving forward. Don't make everything about you that only leads to stress. Always do your best to be there for others but never at your own expense.

Never allow yourself to be easily disturbed by the troubles of others. Often times people just need help, usually relying upon those who are well in order to stay well. Life is short but it certainly doesn't need to be boring. How we wish we could just fit in not be easily bothered by others. Everyone has problems that's the bottom line you just have to be accepting of all.

Whenever things run afoul think what can you do to help make this world a better place. It's very troubling to watch the news sometimes you just have to be strong. Whenever there are a fighting of interests listen, and whenever someone is wrong tune out. That's how to maintain your sense of person throughout the pains as experienced by others not by tuning in and feeding into negative feelings and emotions especially within yourself as toward others or yourself. No setback is the end all be all you just have to be strong, know yourself, and tune out whoever you experience discomfort not enable others to cause harm to you.

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Whenever things run afoul think what can you do to help make this world a better place. It's very troubling to watch the news sometimes you just have to be strong. Whenever there are a fighting of interests listen, and whenever someone is wrong tune out. That's how to maintain your sense of person throughout the pains as experienced by others not by tuning in and feeding into negative feelings and emotions especially within yourself as toward others or yourself. No setback is the end all be all you just have to be strong, know yourself, and tune out whenever you experience discomfort not enable others to cause harm to you.

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It's not easy to change. Often times when led astray we need change, change in the right direction in life. By being task oriented one moves forward in life, and by making good choices one succeeds in life, not always at the direction of others or by advisement can we live life. Some of life is lived in solitude, therefore what you do in your alone time matters. Being productive not only makes you feel good, but leaves everything else that doesn't make you feel good secondary. It's by what we focus on we become, unless you like yourself, makes it difficult to achieve. When your house is in order things tend to fall into place.

When people don't like you you can't undo their feelings toward you you just have to be accepting of others and their emotions. Everyone is going through a tough time in life and living is not easy if lived in the negative, so always stay positive. The more simple you see life the easier it becomes to live life. When focused on the wrong things in life sometimes it's difficult to achieve well. We all wish we lived life differently and are more successful than we are, knowing that just do your best, compete with your best not the best of others.

When you value others including yourself your life gets that much brighter. You are who you surround yourself by, well or not, always do your best to fit in and likewise others will be accepting of you just the same. Seeing is believing in yourself not necessarily others, empower yourself first then others will be made to feel good around you. Going backwards is never helpful relationship wise, it just sets you back in life, keeps you from achieving a present your proud of. With every blessing, comes reality, and for every honor respect, and for acceptance achieve the same with those qualities in tact, by focusing on yourself your achievements not the achievements of others by comparison.

No one has you all figured out. Everyone has a life of their own. And no one knowing you knows everything about you that's next to impossible. You cannot change and at the same time stay the same, everyday is a new day and with each day better decisions can be made. When you are living life right you may not always be in the right, conflicts are inevitable whenever anyone is in competition with you or deems you problematic or disconcerting. You just have to stay positive, never make things about others unless you are trying to have problems with them, this usually causes discomfort in close quarters by common sense one should not talk about someone they both know to others about them. That just empowers the person talked about and empowers the listener not the speaker who is talking about others. Anyone trying to keep up with you who does not want you in their life is not your responsibility to care for their opinions speak to them, or to them through others. Learn to let go and move forward. The difficulties faced by writers is unimaginable in a highly judgmental world.

It's important not to make your problems the problems of others, this can turn you into a drag. Just learn to deal with the consequences of your mood swings and reactions and always take responsibility from there when it comes to recovery. No one is perfect. We all do our best to be loved and to help take care of self and others but we may still not be perfect. Learn to let go of your past and let present positives happen for you in life.

To put things in perspective, always speak from your point of view not the view of others and by your words and actions you and you only will be judged as deserving or not to benefit from your hard work and efforts, that's called life, sometimes just being you others either feel good, better, or poor by comparison, that's not competition or jealousy it's just a fact of life. To see the best version of yourself do not be condescending of the wrongs portrayed by others as directed toward you, that is not your responsibility to assemble purposes for hate toward you, always be yourself and let the best shine. To Whom the benefit of wellness runs is to the receiver of words can see best, simply best, and thru and thru your tone only are you seen in a positive light in spite of any setbacks in life you may face or chance encounter in life, as wrongfully interfered with your direction in life is always your choice, not the choice of others as through their words toward you. Your unique ID is what makes up your personal history not your associations but by your experiences in life offset your demeanor, predispositions in life, or disposition itself. Energy is energy and not everyone has the energy for empathy or compassion for your position in life as so situated often times a team is required in communion for adherence to loyalties that's unfortunate, so are broken relationships, with acceptance furthers forgiveness required past to present the current terms of rationale based for determining outlook and longevity of and predeterminate set of confines that set the bounds for relationships in life, some are better off separate not unify a set of norms, standards or conduct befitting to any one particular set of interests that is my belief of acceptance, embracing what is different and accepting those separate as just the same: human.

You can't make your life better by ruminating on the past. If you have goals in life stick to them. In order to be successful you have to be disciplined not enable others to affect you by their words or actions. Always do your best to be yourself while at the same time be accepting of others.

Monitoring your health is one step in the right direction. Always consult your trusted systems of support to handle issues misread by others for better decision making. Always be appropriately dressed and always be professional that's how to make people comfortable with themselves.

You simply can't get the best of anyone you deem not worthy of insight. You can't fine tune yourself by manipulating others, their emotions, demeanor, or outlook. That's not how to better someone you think is not smart. Always be accepting of others whether or not you believe in them think their honest, dishonest, whatever it may be, manipulating the emotions and words of others is not how to better strengthen someone in your life, treat them as though they are hiding something from you.

You can't go on through life as lived by others, you'll only run yourself wild with jealousy upset and anger, best you can do is value who you are and appreciate where you come from in life. That's not how to be apart of the lives of others, by trying to get through to others. Allow people their spaces in life not try to interfere with their sense of self worth and learn to value yourself. Until you learn your own ticks and pet peeves in life will you be better able to understand others.

We may do our best and still not be good enough. Have you ever had one of those days when nothing seems to go right? Know that you are always in control of your moods and interpretations and don't let anyone try to control you otherwise hurt your sense of self-esteem and well being.

Always do your best to preserve your freedoms in life not abuse your privileges and always do your best to better yourself. If you only have one life to live live it and do your best to live it well. You cannot go backwards in life you can only be yourself. Don't allow others to cause room for aggravation to see what makes you tick in life by insult respond to you purposefully as provocative or egotistical if offended by your commentary is called being passive aggressive toward you just love all people just the way they are not try to fix or respond to the egos or confidences of others.

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You won't always be the best at everything but that doesn't mean don't try. Life's all about learning, the more lessons you learn the quicker you'll mature, grow, and with experience make better decisions for yourself moving forward.

Knowing that you matter is the first step to recovery. You can't determine your future when your present is not in order, or so I've realized. When you're able to make due with what you have not what you have not your life becomes that much easier to deal with. Love yourself enough to know when to stop and don't enable others to cause harm to you when you yourself are not doing well in life or as well as you'd like to be doing in life.

In spite of whatever obstacles get thrown your way never give up. You may get judged but that does not mean live up to the false expectations of you. Always do your best in spite of whatever failures you may encounter in life always do your best to better yourself everyday and self-repair. You are your own worst enemy. -I think they say this to describe the inner struggle with

trying to be perfect and when we are less than perfect get upset with ourselves. Life is not perfect and no one wants to not fit in with the rest. We all have our particulars in life as to what is considered acceptable or good enough. Never enable any pain to fester for so long as to wound your soul and your ability to see positive and with positive insight achieve positive results in life. You can't go backwards in life trying to fix your past but you can always move forward.

We can't always be perfect at everything we do, if life were that easy then it wouldn't be hard you just have to stay positive.

Chapter 112 080918

Ch 112 (sent/continue 08/04/18)

Success doesn't happen over night. It comes to those who work hard make good decisions for themselves and others. That's how to see best fit by your own wellness make decisions that suit your needs not at your own expense help others. This is learned over time not to be a burden to others and to stay fit well enough to work, get paid, and help others. You learn these skills through experience how best to behave and fit into society.

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(I) Wordpress Posts 2018

(1)

You can't pre-plan life, the way you want it to turn out, best you can do is not be predictable when it comes to mood swings and negative opinions of you, your wellness, and your ability to succeed, be picked at, finagled, and made upset, as experiment by others, with your vulnerabilities in life, we are all not matches in life and thats okay. Some of us as extremely sensitive to the opinions of other me myself included. When you get mishandled in life, take a deep breath, and don't allow someone to control you or make you look or appear stupid in front of others, that is someone knowing you, who knows you, or does not, seeks to improve you, by getting you to understand their position in life, not help your position in life, thats not competition, thats simply someone being manipulative with your condition as unstable, and instead of stabilizing your condition, aggravates your condition, by trying to get to your core, your insides, and seeks to change what is going on inside of you, to test for illness or not. That's taking someone who is extremely open with everyone, and in front of everyone making them sick. Such poor experiments in life, are a matter of someone not knowing you well enough in life, as recognized not respectful of your condition, and seeks to worsen or make clear you are something you are not. If you ever feel someone in a trusted position is bringing out your vulnerabilities in life, leave, as such manipulation can cause upset, or cause you to feel ill, not in competition with someone, but aggravated light up either good or bad, as in response, to test for aggression toward or toward self, by putting something unwanted inside of you, to test for a victim or offender, what lights you up and makes your face look ugly. It is not the same for everyone. That's called an unwanted manipulation of a well condition, to see if thats how people respond to you, by your light within or by your light outside of you, always be yourself, its not necessary to change people for the better or for worse, hurt their condition to see what they are

made up of, acceptance or non-acceptance, beauty or illness, that's not how someone's face changes its by looks.

(2)

Life isn't perfect, if it were all together perfect we would be better off alone than around people. Sometimes you just have to let things go, harping on the negatives is no way out of a bind in life. Forgiveness comes first to none when it comes to moving forward in life. Not by connecting to well to we see or achieve better in life but by recognizing our gifts in life not worsen the conditions of ourselves or others. When nothing feels good that's time to stop and reflect on what has past and what you can do better in life. Some of us are better off alone than in talking to people made to feel better about ourselves or others. It all comes back to you karma in life a product of the choices you make and decisions you put forward to achieve your goals in life irrespective of what others think about you have thoughts of your own. When someone belittles any facet of your life don't allow anyone to get the best of you. I think they say that so that no one can affect you or frustrate you or your purpose in life get irritated. That's not a good feeling experiencing any fight within yourself is not a humbling experience and so are not voices especially soothing or intimacy during times of trouble. When you feel ill always share with someone what's causing you illness it can be cured. Always stay positive even if no one is positive toward you. The body repairs itself. If we were all made up of tiny humans then that would make sense how I lost 50 lbs and then gained it back. Focus is everything toward maintaining any well condition your mind has to be in the right place in order for things to go well for you in life. That is my belief. No one is perfect and I may not always be right and poor judgment passes but that doesn't mean give up and stop trying. You can only be you. Don't worry about what other people think that can only cause chaos and emotional disturbance at any top in life try to seek acceptance from others when not well. Acceptance is given to those who are well and so on and so forth. These are lessons we learn along the way, life's not all about satisfaction in life or pleasing others, it's mostly about staying well and keeping well others around us not disturb the sense of peace others have in their lives. Life goes on, don't let your troubles get the best of you, you will always be you no matter what so it's best to start accepting yourself the way you are not wait until it's too late to change for the better. Life's about living for the here and the now not the past and thinking for the future not for ones self. Getting carried away here, but I think I've made my point. Illness is inevitable whenever we are focused on wrongs not rights in life, and life can only be made right when you live life a good decision maker solid or not, patient with yourselves and others.

(3)

Whenever we experience any loss in life it's always discomfoting to see the happinesses of others as projected to the world as if nothing bad has happened. You have to just let people be happy if in that case, your troubles and perceptions in the world are not always right minded and sometimes negativity gets the best of us, you just have to keep moving forward. If what you say you believe then believe that not what others think, do, or say should not affect you. Everyone has a different life philosophy and what work they produce in life is a product of themselves not a by product of the work of others. Appreciate and value yourself to the extent it takes to be proud of yourself, once you are proud of yourself all else tends to fall into place not feed into the disappointments of others or their negative opinions of you. People can only help you for so long as to benefit you and themselves not all interactions end up in lasting relationships but that

doesn't mean that poor opinion of either side to an interaction is necessary to justify or explain separation of interests to parties to an interaction. In other words, just stay positive -less is more. Not all things work out in life and that's okay it's when you're feeling good or feeling well you are able to share that wellness with others that's a basic understanding of wellness. Your thoughts need to be well in order for you to be able to help others if your thoughts are made to be not well it makes it difficult for you to be there for others. -Don't waste time in life trying to build others esteems up in life to feel better about themselves that's a waste of time and energy always with a good heart help others never give your power away to anyone in need of power in order to feel well or better than. That's called an experiment with your wellness it's hard to stay well when focused on anyone but yourself your mind wanders as to the best interests of those to whom you keep in mind. Knowing that don't forget to keep yourself in mind when trying to do well in life.

(4)

All too often we let loose thinking that by freeing ourselves of our obligations to behave appropriately that we will be accepted the same. Always be appropriate. As you get older it becomes more and more important for you to behave well. Not just for acceptance but to help maintain your own self-confidence. Setting boundaries is a must when it comes to drinking and going out, it's when we let our walls down that we are most likely to get hurt. It's okay to talk to people but it's not okay to be talked to with expectation to get something from you. We all have lives to share and with those lives, while bettering ourselves everyday be able to best help others in their lives as we are, hopefully stronger as a result of our experiences past. No one can change you but yourself. You are always in control of your direction and focus in life. Don't let anyone change you. We all get left behind at certain points in our lives but that doesn't mean that people don't care for you or have purposefully abandoned you. You just have to always do your best to reconnect with others as you are now not for where you have been in life but as you accept yourself the more accepting of yourself you are the more accepting others will be as you are now.

(5)

Mental health issues are not a new phenomenon, everyone has problems. Does what people think really matter? If so ... why is it important to care. Everything you do either reflects positively or poorly of your good character. In order to do well in life one must like themselves while at the same time be able to put into perspective others and where they stand in relationship to others. We all wish we were successful or better than but that simply is not the case. For most of us feel inadequate in that regard, ie not good enough. When you have the attitude of not good enough it makes it difficult to stay put and be accepted by others, seeking instead to better yourself for the sake of a better acceptance of you. We all make mistakes in life and no life is ever great that's so lived perfectly, sometimes you have to take risks in life to achieve some successes in life. In order to be a success you must first recognize that you are well and then you can see yourself as successful until you figure that much out your more likely to be lost with the rest of then than found. -Never give up, its not over until it's over and your life is not over just because you've made one mistake or two in life decision making wise, just do your best to correct yourself odd or not do your best.

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Duplicate

Knowing that you matter is the first step to recovery. You can't determine your future when your present is not in order, or so I've realized. When you're able to make due with what you have not what you have not your life becomes that much easier to deal with. Love yourself enough to know when to stop and don't enable others to cause harm to you when you yourself are not doing well in life or as well as you'd like to be doing in life.

(6)

Sometimes you just have to do as your told, to correct any problem outside the scope of your ability to handle on your own, we listen to others. Life is not easy especially when connected to any pains in life. We may try to find comfort in that pain surrounded by others who are similarly situated but things still may not get better on your own. You have to stay productive. It's easy to create an image for yourself as though nothing is wrong with you but things may still go wrong in your life. You only have control over yourself in life no one else, and when your life is under control everything likewise tends to fall into place. Until we are well will we be surrounded by others who are well. Success comes to those who work hard not necessarily those with the best image in life. You have to do for you what makes you happy in life and when you are happy others will be seemingly happy around you. If it's drinking that's the problem then stop drinking. If it's attachments that are the problem then stop getting attached. And if it's fighting that's the problem then don't fight. Everything passes with time and likewise delusions pass too, especially when we are not sure of ourselves and others not sure what we are doing wrong often times it helps to talk to others in order to get well. You can't fake it in life you either are true to your good character or not, you just have to keep moving forward not allow others to get under your skin and likewise they will not be easily bothered by your awkwardness and fears about life. Life's all about fitting in and acceptance never be too hard on yourself to the point that you self-harm, people are forgiving and if you continue to allow the pain to fester your past will haunt you. Why it's important to do things daily for yourself that makes you feel good about yourself and others. Knowing how to behave well and be accepted is always one step in a positive direction toward changing your life for the better.

(7)

It should not matter to you as a writer, worrying what people think of you, then you're in it for the wrong reasons. The whole purpose for writing is self expression and to benefit the reader. A lot of people blog and to that you should feel no different. As someone with bipolar I'm constantly having to remind myself of my own affirmations in life, that's how I regroup. If you constantly worry what other people think of you then you wind up running yourself rampant with self defective thoughts and wind up setting yourself up for failure emotionally. Always do your best but not to the extent that you sacrifice your good wits about you. I used to think that I was capable of reading others but later found out that that is just delusion reading the thoughts of others. It's best to read your own thoughts not worry what other people think you'll be better off in that way. Thought disorders is not something I thought I would encounter in life as a writer getting As in law school. But it is a condition you just have to monitor your thoughts so that everything doesn't go into disarray. I call this keeping your marbles together. As a college student I struggled with addiction and drinking my senior year went from Deans List to near Academic Probation, these are small failures in life you can overcome if you just listen well and

go through the motions. They say that once the light switch gets turned on it's always on and you just have to monitor yourself and stay well.

(8)

It's never easy making life changes but working from home is one of them. We make choices in life based upon our needs and what works best for us. This may not be understood well by most why people stay home work from home. We don't all have options in life to commute to work or be out and about some of us as best functioning from home. Everybody needs outlets for support and any people time is good time it's not always wise to be a recluse and stay home activities are always good for socialization. Social skills are much to do with being comfortable with yourself, well adjusted to self and accepting of others. Once you figure that much out your likely to make friends easily be easy to talk to and approachable. This takes time, knowing who you are, setting limits, and boundaries with others in your life as you see best fit. Not all are welcoming to those with diss ease and mental health issues it tends to be a very competitive branch of acceptance to those who are not well off or doing well in life that's just a fact of life those not in suits with jobs with a daily schedule in and out of the home are automatically assumed or deemed useless to society or overcome with addiction and disease. That's not always true. Some stay home to get well and when outside of the home do their best to get well too. When you don't know much about a person it's easy to judge someone based upon their outsides judge them as doing well or not on the inside. This is where beauty comes into play, those who are beautiful are judged as doing well inside and out, hence the struggle to look well and do well in life to be judged on the outside as well doing well in life. The times are not easy but with the advent of at home jobs once thought to be gimmicky ads online have become reassuringly possible via blogging and writing from home, now paid for positions in society. What was once seen as a waste of time "blogging" is now a career choice 2018. Ive been a blogger online for years now without pay that's by choice and also a result of not doing the research well enough and applying for positions. ODesk at the time seemed insufficient to pay the bills by dollars and cents per word, how does that equal a paycheck? I've just signed up for BloggMutt, as a company with 3,000+ readers a month I could expand my business and pay for other writers to contribute to my website but think that making a paycheck is the first order of business next to expanding my brand and voice. Money will never cease to constrain our options in life, the sky's the limit online, but within reason. What it looks like seems to still bear the budge when it comes to best practices online and image. First things first get a job, trust is everything in business dealings online, and how you are perceived by others well that trust too is important making any moves forward in life. Until you are able to make money on your own will you be able to understand the value of the work by others. And until you value yourself will you be able to understand the value of getting paid for the work you produce, feel worthy during your time with others, and socialize with the ease of knowing that you are valued, of value, and an asset to society. All of those things encompass what it means to be considered a professional online, and as a writing professional writing for pay seems like the next big step toward self-respect and being of value online to my readers and being of value to myself, be proud of myself in doing so. Next goals: Finish writing my second book, continue to write online helpful posts as I go, live life knowing I matter to me, and finish law school earn the education merits of a job well done in life be proud of myself for a change and not care so much about what other people think, be myself for myself and be able to be accepting of the negative or positive opinions of others about myself or others

without reacting or responding to them just the same be positive not easily changed or manipulated by others. That is my dream: be proud of myself, confident.

(9)

When you know your identity nothing else seems to matter not easily affected by others with a sense of direction in life commensurate with your education and work experience. That is your life and based upon your experiences in life make decisions. It's not all about who you know in life that can only take you so far there are plenty of people in the world who know and have grown up around famous people who do not get very far in life exploiting those interests or sides in life that's not how to grow as a professional and become well known. It's by your work ethic that you become you and likewise respect is derived from those vantage points based upon how well you are and are doing in life. Fame is a manifestation of wellness and by wellness I mean earning capacity not by sides or interests or by joining or fundraising for campaigns that's not how decisions are made benefiting from the hardships faced by others or by calling attention to the weaknesses or negative possibilities highlight what's going wrong that's not what gathers attention but by respectfully acknowledging what's going wrong seek to share a perspective that benefits self and the reader to know the writer not by knowing who the writer knows. For many years now I have kept my Facebook private and friend lists sought by other means Twitter to showcase my writing skills and talents. I'm now just learning a new forum to write in Wordpress, everyone needs a job in life and eventually with enough skill shown can get a paid position one day not merely be an inter but by skills I have acquired get a job in a paying position, this takes time. -Current Business Model: Continue to work on myself and when ready to work get a job so that I can afford to build and pitch a website for funding for writers not just pay writers out of my own pocket for the expense to build a website then can consider the possibility of hosting writers on a website built by me. The whole purpose of building a website was to showcase my writing portfolio what becomes of my writing is based upon the choices I make for myself at the present and whether I am able to get a job will determine whether I'm able to create jobs or spaces for others to write in paid positions. Thinking out loud ... those are not present concerns of mine but by negative opinions of me thought it would be wise to share about my future interests, plans or dreams just in case that matters to anyone reading trying to identify me or my future or my present matters of concern plaguing me, it's by my own position in life I'm struggling and that's no one's business to know my current weaknesses in life or ailments everyone's entitled their right to privacy not be made vulnerable to the interests of others put down in life further than they can comprehend. It's not appropriate to pre-determine courses for people in life, it's in everyone's best interests to have a sense of agency on their own to make choices for themselves in life not needing guidance from others in order to do well achieve in life or run the risk of being misguided made to look stupid by others in front of others casted out as something they are not.

(10)

It's not necessary for people to know who you are in life in order to be treated well or respected new into your life or knowing you be interferes with or thought to be judged by. When in need of help we often to go those empowered or doing well in life in order to get better or achieve in life that's the direction of empowerment from sick to well is how the sickly achieve a better condition by relying upon those who are well or are doing well in life to achieve the same wellness or likewise achieve well in life maybe not the same acceptance wise but certainly not

less than acceptance wise. Never play with the images of others, that's an unnecessary hardship to either not condone, put down, be in group non-acceptance of, or draw negative inference of or about someone without them knowing it's about them or their life or in reference to their life or lives publicized as negative or suggestive of an implied assumption about someone's good character that's called unnecessary referencing to individuals and making fun of the identity of someone who upon meeting overcast a general doubt as to their good character is called manifesting a hate toward a person or set of individuals who upon watching recognize something occurring without them knowing what's occurring to see how they respond if made to look stupid in the negative or positive toward themselves or others that's called an unwanted experiment with someone's good character. -Depending upon the size of a persons ego they are either affected or not by the negative judgments of others or hurt physically, emotionally, or spiritually that pain can be seen by others not caused by the person experiencing pain in life or embarrassment or hardship. The main lesson here is that if you are experiencing an internal struggle, frustration, or aggravated by someone purposefully don't self-harm and seek assistance from a medical professional to help you recover from your ailments in life whatever they may be. No one deserves to get hurt by others and we would hope the same that no one becomes ill to the struggles faced by others in life that's called empathy. -PLEASE NOTE: I'm not doing well in life and by that example I am not responsible for the wellness of others or the reader can only by my own experiences share to the readers benefit not my own to stay ahead in life and not have to experience the same kinds of ailments I suffer from or disabilities or hardships I've had to overcome in life be put down.

Chapter 113 080918

(II) iPhone notes billiards 🍷 08/05/2018

iPhone notes post 1:

When life's too difficult don't make things harder than necessary in order to do well in life. That's not how to make better yourself. It's easy talking through your problems with others harder to talk through your problems on your own. What is performance anxiety? Is it the thought of living life or is it living life with no afterthought. I think we live life and then think about life as lived. What we do with our thought unwanted or not occurs when tired how we handle ourselves in public. Psychosis to me is not being able to handle public perception and when drinking thinking people are thinking things about you they are not. Decision making skills at best need to be strong in order to have any conversations about or with others. I feel like if you say things out loud they happen again to you when someone knows your pattern and you complain you are less likely to feel good about complaining about your care that's why we have hipaa. What's going wrong are usually decisions or choices you make that are wrong is why you end up not feeling well not necessarily your fault in life when you don't feel well always rise above people are only human and until you recognize your own self worth will you feel better about yourself.

iPhone notes post 2:

I think when you understand your own self worth you're less likely to engage in risky behaviors. It's not that you have low tolerance and patience for others but that you are not patient enough with self well or accepting of self enough to have the confidence to withstand public perception. Everyone gets performance anxiety and worries what other people think of them it's all about maintaining your comfort zone and at the same time be patient with yourself and others. Upon reintegration to society I was closed off get the giggles in private but closed off emotionally and upon opening up to others cried. I think that you go through a lot individually but you don't have to be alone dramatic about it everyone has problems with acceptance you just have to accept that you are human and that no one can change you you will always be you regardless of what happens to you in life be resilient to life stressors not embarrass yourself in public and open up in spaces start public speaking in an unusual way. That's not appropriate. How to behave appropriately in public without taking offense to anything that anyone says means not reacting or responding to others negativity as directed to you and just stay patient with yourself not respond to hate or negativity as aggravated that's only letting negative people win as recognized appear delusional in response to others as recognized instead always rise above hate and discrimination not allow people who may or may not recognize you from the Internet put you down in real life to see how you respond positively or not. You just have to stay positive if you are not sure what you are doing wrong in life it's always helpful to get a second opinion not allow people to mess with your head be experimental toward you to see what you have to say in response try to determine whether your combative or not a fighter, sensitive, or hear and see things as about you. That's called delusion when you hear something out loud and think it's directed toward you that's assuming things are about you when they are not. It's important not to listen defensively but with an open heart and an open mind that's the lesson not even 911 can solve, what happens when you respond poorly as aggravated who does that help and why who benefits from that reaction and why and why does it matter what you have to say in response to who's side does that benefit and what predetermines respect and insight as to teams in life are these positions handed down in life or are they preset or created based upon the times. I cried and chatted to myself outside I didn't know how to respond to negative commentary just assumed it was directed at me and called 911 to double check if that was a fight.

Iphone notes post #3:

When you don't have money there's a lot of room for error in life when left to our whims about us judged as naive or downplayed as not good enough out in our places in life. We can only be human, with or without our egos in life, figure out best how to be and behave well in response to others. We may not always get the respect we deserve based upon how we dress, react, or behave when in public get treated poorly or the same. Whenever we run into troubles in life it's easy to blame others for our misfortunes respect wise. It's not easy to be human when we feel entitled to respect in life or when we feel a lack of respect is shown toward us that's one point in life when you recognize your own self worth and sense of humanity whether we stay in uncomfortable situations or not is not always our decision in life. When we leave situations that make us uncomfortable is when we become the bigger person. Know when to stop it's not always advantageous for us to be defiant or defensive at best we can be accepting of others and their own sense of humanity too, after all we are all only human we all react and respond differently poorly or in good taste either earn respect from others or get treated with a lack of respect or treated poorly, based upon how we appear and based upon how we respond to others in the

positive or not or in direct response to their words chosen we are always in control of how we respond and adapt to our surroundings be the bigger person. From afar it's easy to see who is right and who is wrong and by our reactions to others we are judged in the positive or not. I don't think that being made to talk loud or over others to and from is the correct response to any discriminatory behavior toward or choice words. At best we can only be human.

Chapter 114 080918

(III) iPhone notes (4-6)

iPhone notes 4:

Applying for jobs now. I'm not sure what to make of my life. It's difficult but never impossible to fix your life after it's been broken you just have to keep moving forward. As a writer it's sometimes difficult to accept working without pay, its more like an investment of your time and energy. Always do what makes you feel good never harp on the negatives. Life may not be perfect but it certainly does not need to be difficult you just have to keep moving forward in life.

iPhone notes 5:

Handling loss is not easy you just have to keep moving forward in life. I've learnt that you can't control what people think best you can do is be in control of your own thoughts. -I've heard once before that difficult roads lead to beautiful destinations, there I am not yet and that's okay, I just have to accept where I am in life not where I am not. You cannot make change happen overnight you have to be accepting of your present in order to move forward and enjoy your future, until you are able to do that you'll keep revisiting what's not working for you. You can't always be right in life sometimes we are not always put together and that's the hardest part. Accepting where you are now. It's easy to get delusional putting together your past or when trying to understand your present for the most part people do not think of you in that way they're mostly trying to become successful themselves and have a life.

iPhone notes 6:

I've helped people through difficult times but never thought that I would be one of them in need of help one day. You can only do so much to help a person before they have to learn how to start taking good care of themselves. We can do our best to keep strong but sometimes our weaknesses may get the best of us. Always do your best to shine it's not required for you to be the best in order for you to do well in life sometimes simply being there is good enough to help anyone currently struggling. Everyone stops caring for those who are not doing well in life that's a given they usually wind up separated from them in life. That's not the same as taking care of others who are not doing well and not responsible for their present condition or life circumstances. You just have to stay positive. Not everyone is good at taking care of themselves and others. For those currently struggling that may not come across as second nature -to help. Always listen to your voice of reason and never blame those who are harmed not by their own fault but by the faults of others get hurt. It's they who need help especially those who do not recognize they've been harmed when they are not feeling well.

iPhone notes 7

I think when staying well not let your illness affect others poor judgment of you past or not just be understanding of others. I think life is too short to go backwards and correct what we've don't wrong best to move forward peacefully be sound.

Being in a much better place in life doesn't necessarily mean that you're where you want to be in life just that you've overcome one set of obstacles sometimes in place of new ones. You just have to accept where you are in life and move forward from there. Every life is a good life we all make mistakes you just have to keep moving forward in life not let bad news get the best of you that's no solution toward achieving inner peace or soundness of good judgment in life. In order to do well in life you have to exercise good judgment and have rational thinking skills to make good decisions.

Everyone has a certain glow about them that makes them special light up around those around them. You just have to be patient when you lose your glow in life just stay positive. Life's too short to worry about your influence in life, ability to adapt, or ability to change in life make the necessary changes in life required for you to glow. What matters at the end of the day? What brings you happiness at the end of the day?

Everyone wants to be considered poised, confident, and collected however we cannot always be perfect -much to do about life is coping with our anxieties and discomforts. Eventually you realize you must have a life in order to live a life. What you think you deserve in life is not always what you get in life, it's all a matter of getting started doing what you need to do in order to survive. We all have to make adjustments in life we are not all perfect.

Today I'm wondering where have the good days gone. If life is not good enough the way things are then how are we supposed to live life the way they are -it's exactly that having a defeative attitude is making me tired again. You just have to keep going in life everybody has a life you can't just stop at okay you have to consistently make progress everyday in order to be heard, heard well, not judged poorly as not well, that's not how to do better in life when you're not doing well. I just forgot what I was saying my mind has left me again. I wish I was a stronger person. Being an overachiever is not easy to keep achieving with the same caliber of performance especially when things are not going right for you in life.

You just have to keep moving forward in life no one can live life for you and no one can make things happen for you in life unless you're willing to make things happen for you in life, that's how to best achieve in life not just think for yourself. When you show a concern for others in your surroundings considerate you'll feel better about yourself moving forward.

You can't undo the pain of regret after you've done something wrong or made a bad decision best you can do is correct your behavior not go on spontaneously trying to fix or better a situation you return to with the same unpleasant reminders past means that's not a good situation for you to be in given your own weaknesses in life. I think once you know yourself it makes it

easier to recover from mistakes in life when you don't know yourself well it becomes harder to correct past mistakes and recover from your own mishaps in life.

If someone treats you poor in life and you go back to that situation you are only then hurting yourself -when you are doing well in life and let others into your life then you're well on your way to acceptance and happiness. When you're feeling lost think what is it that makes you feel grounded in life and what is it that makes you happy. Life's much about maintaining happiness as it is about maintaining wellness the two often times go hand in hand you just have to keep trying in life and never give up. I was just thinking today if he can do this that and iron man then I too should be capable of recovery if I stay sober that's the main point what rules you create for yourself and what rules you abide by affect your decision making skills and how you live your life well or not. That's not how to live a good life by not doing what your told and not following rules and terms set for yourself that only results in self-harm not betterment of self, if you want to better yourself than it's best to keep going on positive tangents in life not experiment with yourself or others unsure of yourself.

If you can't tell whether you're being bad or good you're only kidding yourself messing up a good life for a better life. When you start somewhere positive all thoughts that follow end up positive too how to stay good know your good. When you allow negative thinking to ruin your day not only do you let yourself down and others counting on your wellness around them but disappoint your prospects and future goals set back in life not present knowing your good self allowing your past to dictate your present and future why it's important to be good undo old patterns of negativity behavior or substance abuse wise over intake in life to feel well.

08-05-18 book #4 (12)

I just left social media for good. Although for the most part I was in positive spirits ive had my fair share of ups and downs. You just have to stay positive when it comes to image no one can do that for you. You have to be strong enough not to allow yourself to be easily affected by others.

08-04-18 book #4 (13)

It should not matter to you as a writer, worrying what people think of you, then you're in it for the wrong reasons. The whole purpose for writing is self expression and to benefit the reader. A lot of people blog and to that you should feel no different. As someone with bipolar I'm constantly having to remind myself of my own affirmations in life, that's how I regroup. If you constantly worry what other people think of you then you wind up running yourself rampant with self defective thoughts and wind up setting yourself up for failure emotionally. Always do your best but not to the extent that you sacrifice your good wits about you. I used to think that I was capable of reading others but later found out that that is just delusion reading the thoughts of others. It's best to read your own thoughts not worry what other people think you'll be better off in that way. Thought disorders is not something I thought I would encounter in life as a writer getting As in law school. But it is a condition you just have to monitor your thoughts so that everything doesn't go into disarray. I call this keeping your marbles together. As a college student I struggled with addiction and drinking my senior year went from Deans List to near

Academic Probation, these are small failures in life you can overcome if you just listen well and go through the motions. They say that once the light switch gets turned on it's always on and you just have to monitor yourself and stay well.

08-01-18 book #4 (14)

Whenever we experience any loss in life it's always discomfoting to see the happinesses of others as projected to the world as if nothing bad has happened. You have to just let people be happy if in that case, your troubles and perceptions in the world are not always right minded and sometimes negativity gets the best of us, you just have to keep moving forward. If what you say you believe then believe that not what others think, do, or say should not affect you. Everyone has a different life philosophy and what work they produce in life is a product of themselves not a by product of the work of others. Appreciate and value yourself to the extent it takes to be proud of yourself, once you are proud of yourself all else tends to fall into place not feed into the disappointments of others or their negative opinions of you. People can only help you for so long as to benefit you and themselves not all interactions end up in lasting relationships but that doesn't mean that poor opinion of either side to an interaction is necessary to justify or explain separation of interests to parties to an interaction. In other words, just stay positive -less is more. Not all things work out in life and that's okay it's when you're feeling good or feeling well you are able to share that wellness with others that's a basic understanding of wellness. Your thoughts need to be well in order for you to be able to help others if your thoughts are made to be not well it makes it difficult for you to be there for others. -Don't waste time in life trying to build others esteems up in life to feel better about themselves that's a waste of time and energy always with a good heart help others never give your power away to anyone in need of power in order to feel well or better than. That's called an experiment with your wellness it's hard to stay well when focused on anyone but yourself your mind wanders as to the best interests of those to whom you keep in mind. Knowing that don't forget to keep yourself in mind when trying to do well in life.

07-30-18 book #4 (15)

My audience likes to read. They're very open hearted and patient. They value and appreciate my feedback and they're not into attachments but very caring. Most of my audience is male however I'm a career oriented woman who seeks to help empower others through the sharing of my experiences in life, setbacks, and by sharing how I've been able to overcome hardships in life.

07-06-18 book #4 (16)

#aaronorkin hits the nail on the head when it comes to bipolar, delusions, and bisexuality. Understands the difference between looks and reality. We commend those who try to paint with light, but not all roads end varied to pauses we deem pertinent to the discovery of what lies within. That cannot always be predicted outcomes at best we can be strong be there for one another and through acceptance and positive virtue thrive. There's something about the top not radically different from present times, but equally as cautious about story outcomes, that when not in the positive shifts to a turn upon what's not right about others or their stories good enough for mass distribution, it's a tall tale not a tell all I would reply, something that can be felt but not spoken is called emotion, we all have feelings. This is a great tribute to the female identity that

it's best served in action not in non-action and all the pitfalls that come into play as a woman in a mans world. Thank you for creating a show that highlights this aspect to the workforce, competitive but not all together impossible. Sincerely, #mymollydoll
<http://time.com/4566175/aaron-sorkin-daughter-letter-trump/>

07-03-18 book #4 (17)

It's clear that confidence matters. Who's representing who is often a concern when it comes to good lawyering. Nevermind the showbiz stuff, it's important that issues are clear for suit before anything is brought before the court, all interviews aside. Make sure to know your stuff before you present, and to whom you empower when bringing suit against I think was the issue. This video is a great example of tone allowing for the issues to present themselves, not replace the esteems of others in the community online. <https://youtu.be/MUVvST85VII>

06-26-18 book #4 (18)

In talking with #michaelavenatti he assured me that they're doing the best they can. I on the other hand was not as reassuring. After biking to therapy and running for 45mins I woke up at 10am the next day. Calmer but now with a better understanding of how to behave professionally. I just read his bio. Interesting I thought. You can't make this stuff up, you're either a match or not. Driving in circles 2012 around their building they set me up with their Boss 4/200 applications. I applied to #sunamerica but didn't get the job. Just let people be themselves. I got invited to a #westhollywood meeting, my friend got a cake 🍰 then went to a meeting last week and this week found a new home group. Always be patient with others and explain things well professionally so that they can make better decisions for themselves and others. Love him! He's so cute! A sweetheart

Still chatting ... everyone has their max threshold when it comes to sharing new information you just have to be patient communications wise be independent not dependent on feedback from others to make good decisions for yourself but just enjoy their company nice enough to talk to you through your problems. Seems like he cares. Always be gracious not mess up relationships from the start get off on the wrong footing, less is more. You can't take back words that hurt you can only move forwards do your best to be informative and allow others to grow on their own, skip delusions more, accept the world as it is and be less controlling without merits to resolve current conflicts stick to what you're good at, building positive rapport is key to happiness not overwhelming the client or future boss with your worries but be assuring that everything's okay taken care of not to beat up a dead horse case, but move forward that's not the solution to our problems questioning the good character of those we disagree with or do not trust their good decision making skills moving forward together or apart on issues is natural. The work has been done now it's up to those who are well to shine to help lift the spirits of all those who need it now, certainty not delusion, class not trash, poise and confidence. Why are these characteristics important because they make us feel put together capable and help us to feel like we can achieve in life and that though everything may not be possible for us moving forward, the possibilities we see are not ones that harm the psyche or our sense of individuality during our time here on earth all get along well, even with our doubts, and even if we think we are at the center of any

jokes not play into that negativity be sound judges of character enabling others to be themselves, achieve for human sake find their normal is a sea of weird deductions about life, creatively we can express ourselves creatively we can be ourselves however creatively we should not channel the life of others within ourselves to appear differently but be most ourselves alone and achieve as well as in groups achieve normal. Thanks for chiming in! #michaelavenatti

06-23-18 book #4 (19)

I'm not sure what's scarier reading a #katytur book while they're filming a movie next door or reading 200 pages of guns germs and steel by David Cay Johnston. You just have to stay positive not let what people think bother you but stay true to your good character. It's what is felt is seen. Re: communications, maintain privacy at all costs that's not how to behave in public thinking things are happening that are not. What is about you is what you make about you that's the lesson to be learned. It's by what you say others will think of you judge you. Don't assume the worst think before you speak and don't allow others to harm you in private spaces expose you to things you don't want to know about them or judge their character by who they surround themselves with. Walking through set today I was thinking 🤔 about my character #rogueberg and what she would do in the event of an emergency probably stay in school and write a book. I did just that, not assuming anyone was trying to harm me but not allowing at the same time my story to be told any differently than it has been as a law student worrying about the judgments of others by not finishing law school and the poor decision making that followed while drinking alcohol. We looked for a car today, practicing not self-harming it's a hard story to tell neighbor-to-neighbor communications but I think they made the right decision. I look forward to being the neighbor to a #movie thank you for including mini #yorbalinda in the history books for us. Life is short but it doesn't need to be made shorter rolling backwards in life, everyone should be moving forwards appreciating where we are now, not connecting the negative but by connecting the positives in life we move forward. Sincerely, mymollydoll.

06-22-18 book #4 (20)

According to #carolsdweck: "everyone can change and grow through application and experience" citing to #gilbertgottlieb who argues that "as we develop ... [our] genes require [environmental] input ... to work properly." Reading #mindset recommended by #billgates #gatesnotes

06-21-18 book #4 (21)

It's connection while connecting to another source then reconnecting to the original source then connecting back to the source you started from the exterior connection is extra extra drags down your initial connections why best to have fewer connections.

08-20-18 book #4 (22)

When you're nervous every first impression gets self sabotaged you're not prepared for feedback. That's the problem with a lost sense of confidence if you're a writer you need confidence in order to write.

06-20-18 book #4 (23)

I just heard #TimCook speak. Love my newsfeed you guys put together I almost gave up on #socialmedia and started reading books. Goal to read 5 books this month and published my #book this month for an ISBN. Still having camera phobia but I'm sure that will pass get used to feeling like I'm being watched and not cause negative voices toward me combined is nerve wracking. How to stay positive! I just re-read and judged myself, it's fine need to remind myself to feel apart of and keep writing whether by notes or by computer learn how to trust again the system of writing by computer typing information into my computers 🖨️. Thank you #billgates for challenging me to write on #quotescreator, finally started writing a book, now editing with writersdigest, Ms. Torah Bontrager, Amazon Book Writing Inc., and Penguin at The Writers Academy. Writing is a lot of work not to be taken lightly how we connect by words and letters, how that makes us feel when we connect better or worse off. It's by who and what we connect to we feel well or better, just went shopping at Old Navy and Gap, #fashion first. I'm a new size but need to keep trying working on first impressions are still important no matter what phase in life you are. Never live with regret, it's by self-sabotage we make errors in life moving forward, step on our own two feet. So it's important to keep a positive perspective and outlook in life in order to live life in the positive and make fewer errors moving forward. My computers in the shop need to pick up my #Apple and learn how to video chat, I'm still behind, just like I arrived late to #Facebook it's hard to keep up with the times.

<https://www.facebook.com/FortuneMagazine/videos/10156112557547949/>

06-18-18 book #4 (24)

I just received an automated text from #shine. I'm still learning of the importance of communications and it's by how we communicate we are judged. Still reading ... I'm learning to be more descriptive in writing 🖋️ and that that helps others to paint a picture of where I'm headed in life. I'm not sure whether destinations matter when judging whether someone has arrived or not at their deductions. I think we should just accept people the way they are not judge them by how they appear or speak as like others or not and if like others or not then the same. We cannot judge others based upon their appearances we should judge instead based upon niceties, manners, and behaviors that's how others will see us who are judging us, behave as comfortable or uncomfortable in any given situation then speak? At the dinner table yesterday, I was wondering the same, it was better when not publicly known than to face the chances of being publicly known, recognized, and judged that's something I'm not prepared to deal with the laugh upon judgment of me as stupid for attending #lawschool. I think it was a good decision to stay in school but think on the outside I was judged as being something that I'm not, arrived. You have to let people see things for themselves. In passing or not be judged and based upon our present experiences be judged as worth it or not. Acceptance wise it's by who accepts us we feel loved and based upon that acceptance of us we get along well with others and able to feel accepted by new people. Until we can be comfortable with ourselves will we achieve acceptance overall not blame others for our discomforts in life but by our own decision making skills feel acceptance from those around us then achieve inner peace among those we are speaking to, that's the problem with #fame, overall acceptance of others and then overall acceptance of ourselves. That inner struggle for acceptance is real, being well known and well liked. I'm not sure what I got myself into, but I know now to just be myself not try to fit in with others #fashionblogger or

not, just accept things the way they are now and do my best to find my place in reality be accepted by others as I am now not be unhappy with my circumstances in life but make the most of my life as it is now.

06-17-18 (?) book #4 (26)

Creative differences are not real differences. You can't write for reaction or to get a reaction write to help the overall big picture or create your own picture of how you see the world 🌍 take in your environment or see things differently. Accept people the way they are with or without secrets try to read the insides of others as vulnerable. Like yourself well enough to know when to quit and when to say no, not allow others to take advantage of you be so open as to be easily read by others that's how others connect to you based on what is known about you. Doing the right thing requires you not be sheltered by others, or play stupid to the concerns of others. Know when people are doing well when they are not doing well and be respectful of others that's how to get a good reading on a situation not by reading specifics about others then trying to paint another picture as how things are. You can't think you are other people in life and always be yourself that's how to best see others through acceptance of who they are see best. It's not to any top we try to achieve acceptance but by our own hard work achieve acceptance in life, get treated as worth it or not. There is no top to achieve the same in life, but by our own skill set get placed in life, paid, unpaid, appreciated or depreciated. There is no inner circle to how to live life. You just have to appreciate people for who they are even before meeting them, if you know them, don't judge them before meeting them or create another pre-judgment of them in line with others poor judgment of them, life is too short, to further ruin the lives of others acceptance wise.

06-17-18 book #4 (27)

(Right now having lunch with my Mom just finished browsing cars at the shop) While Reading (Thoughts): #freereading Creative differences are not real differences. You can't write for reaction or to get a reaction write to help the overall big picture or create your own picture of how you see the world 🌍 take in your environment or see things differently. Accept people the way they are with or without secrets try to read the insides of others as vulnerable. Like yourself well enough to know when to quit and when to say no, not allow others to take advantage of you be so open as to be easily read by others that's how others connect to you based on what is known about you. Doing the right thing requires you not be sheltered by others, or play stupid to the concerns of others. Know when people are doing well when they are not doing well and be respectful of others that's how to get a good reading on a situation not by reading specifics about others then trying to paint another picture as how things are. You can't think you are other people in life and always be yourself that's how to best see others through acceptance of who they are see best. It's not to any top we try to achieve acceptance but by our own hard work achieve acceptance in life, get treated as worth it or not. There is no top to achieve the same in life, but by our own skill set get placed in life, paid, unpaid, appreciated or depreciated. There is no inner circle to how to live life. You just have to appreciate people for who they are even before meeting them, if you know them, don't judge them before meeting them or create another pre-judgment of them in line with others poor judgment of them, life is too short, to further ruin the lives of others acceptance wise.

05-18-18 book #4 (28)

I'm devastated because I've invested \$3000 a course in law school to help others and make a positive difference and because of the restraining order can't work. I have no where to go and as a result got suicidal why I hit my head into the wall. Unless you can think of a solution to my problem now getting a job don't criticize me. I'm not mentally ill I hear my own voice just fine it's the voice of others in opinion to my current condition and placement in life hurting me purposefully to cause continued aggravation for reaction from me and to Whom.

06-17-18 book #4 (29)

WSJ Article Response:

Sergio Ramos, the World Cup and the Benefits of Bad Sportsmanship - The Wall Street Journal (Response): What you see repeats itself in your everyday activity how you behave reflects who you are on the inside happy or not it's important not to share your displeasures in life with others as they may judge you differently as not well. In a perfect world we would all be well and think well some more controlling than others. Everything we do reflects either poor judgment of us or positive judgment of us and based upon those judgments we react and respond. Always be in control of your emotions and be the best version of yourself how you do or do not represent yourself well enough reflects either positively or negatively upon others as you are grouped in. We can not control the behavior of others nervous or not make determinations as to their innocence as connected or not to us or to whom their spiritually connected to and how humans connect. How people connect is by their choices in life to whom they connect to and why on what basis they are able to connect. Not based upon how things look on the outside but based upon how they're feeling on the inside is how people should connect and the basis for decision making when connecting to well. We choose our connections in life. That's how people connect based upon their likes and dislikes that will never change, acceptance of others as human is key they respond based upon how we present ourselves as well or not able to communicate within how we are feeling to either match or not match how we're feeling on the outside to reflect positively upon how we're feeling on the inside. You can't go backwards in life pin pointing your errors in connections only by moving forwards can we connect ourselves well enough to look backwards positively once we arrive at well do our best to stay well.

<https://apple.news/A9M3Do59rQfyYkG8DH2rchA>

06-17-18 book #4 (30)

Unwanted communications are causing discomfort. For example in my home moving things around and planting things is causing illness. Don't go through the private spaces of others and cause illness. That's unwanted waste of energy unwanted causes suicide illness. Don't make people talk about things they don't want to talk about causes illness.

06-16-18 book #4 (31)

Different perspective joke - public opinion

Watching the low speed chase on TV stop remixing the 90s let people #enjoylife not be obsessed with the past ruin the lives of others that's not the solution ingrouping people to feel well then affecting the judgments of well to point out the illnesses of others to adjust well to the present see the same as we can by discussion be guided by ourselves not guided by the words of others leave an impression upon them positive or negative there's no going backwards in life making amends where non are due overzealously accusing people presently as well as not deserving to be well or achieve well then blame the shared perspectives of those who are doing well as based upon illness of others or poor judgment appear better than what cannot be fixed can be bought you are your influences in life not a product of illness but by being well achieve by not focusing on negativity past to fix the present you cannot change people or their opinions of you you cannot change the thoughts of others to match your own be read to get a reading on now to feel present on the same page as anyone you deem not well be reliant upon the opinions of those who are not doing well in life to then appear better than or superior to, if you are not liked by all don't try to change what is broken fix what can be done to help others achieve well not look for colliding foul interests in common but look upon the best interests of others not make people disappear to let people stay well or point sources of problems as because of those who are doing well or not make worse. When you establish a connection and that connection is broken subsequent alienation caused by cross talk about someone to whom respect is given causes others to detach from them that's a sign of the times seeking connections to build positive connections in life wellness and illness is not a matter of education or luck but of decision making not give precedence to those not well for those who are well make a name for themselves as coming up from by connections or by story and relationship to those are not real life connections but fabricated trust who you are connected to in life not who you are not connected to in life be affected by and when illness strikes do your best to stay well that's all that's required of anyone trying to achieve well in life not focus on what's making them ill or who's making them ill or by what guilt as related to whom they don't feel well by connection just do your best always to appreciate now live for the moment it's not necessary to be the center of attention that's earned by trust over 5 years of building trust to be accepted by all professionals not be put down as connected to interests not their own your best interests if not in the best interests of all should not be argued as coming from ill toward those who are well take personally the wellness of others as compared to your own be deemed not well alike as to illness kinship among disapproved if there is no kinship to wellness it's who makes you feel well that matters most not by how they make you feel be controlled by the impressions others leave upon you for future reference to them as well misuse you to be represented as of influence positive or negative. #livelife #stopsuicide

06-16-18 book #4 (32)

Facebook Post: Watching the low speed chase on TV stop remixing the 90s let people #enjoylife not be obsessed with the past ruin the lives of others that's not the solution ingrouping people to feel well then affecting the judgments of well to point out the illnesses of others to adjust well to the present see the same as we can by discussion be guided by ourselves not guided by the words of others leave an impression upon them positive or negative there's no going backwards in life making amends where non are due overzealously accusing people presently as well as not deserving to be well or achieve well then blame the shared perspectives of those who are doing well as based upon illness of others or poor judgment appear better than what cannot be fixed

can be bought you are your influences in life not a product of illness but by being well achieve by not focusing on negativity past to fix the present you cannot change people or their opinions of you you cannot change the thoughts of others to match your own be read to get a reading on now to feel present on the same page as anyone you deem not well be reliant upon the opinions of those who are not doing well in life to then appear better than or superior to, if you are not liked by all don't try to change what is broken fix what can be done to help others achieve well not look for colliding foul interests in common but look upon the best interests of others not make people disappear to let people stay well or point sources of problems as because of those who are doing well or not make worse. When you establish a connection and that connection is broken subsequent alienation caused by cross talk about someone to whom respect is given causes others to detach from them that's a sign of the times seeking connections to build positive connections in life wellness and illness is not a matter of education or luck but of decision making not give precedence to those not well for those who are well make a name for themselves as coming up from by connections or by story and relationship to those are not real life connections but fabricated trust who you are connected to in life not who you are not connected to in life be affected by and when illness strikes do your best to stay well that's all that's required of anyone trying to achieve well in life not focus on what's making them ill or who's making them ill or by what guilt as related to whom they don't feel well by connection just do your best always to appreciate now live for the moment it's not necessary to be the center of attention that's earned by trust over 5 years of building trust to be accepted by all professionals not be put down as connected to interests not their own your best interests if not in the best interests of all should not be argued as coming from ill toward those who are well take personally the wellness of others as compared to your own be deemed not well alike as to illness kinship among disapproved if there is no kinship to wellness it's who makes you feel well that matters most not by how they make you feel be controlled by the impressions others leave upon you for future reference to them as well misuse you to be represented as of influence positive or negative.
#livelife #stopsuicide

06-11-18 book #4 (33)

Don't put your voice in people's heads literally to make them feel ill to empathize with your illness try to control others. Had my first scream today in #therapy, vented. Read more think less. #Hurt is empathizing with something or someone who doesn't make you feel good don't hurt people's wellness w/illness. Allow people to be #happy.  #wellness

Write to #thepresident your fears.  Don't assume people see bad to say they are bad. #letgo #letlive

06-10-18 book #4 (34)

Let people be people be themselves stop reading people attaching to people to be read by others.

Fighting causes (1) aggravation (2) head burn (3) disconnect (4) pain and suffering (5) #stopsuicide. When people get let into your #life don't let them hurt your image or your lives or ability to report the issues out loud because of their fears #exploiting my identity.

Disconnecting well from others is considered trying to control the issues paint a different picture.
#VWAP

When everyone feels well don't shake people up disturb them in private to see what they're like in public well or not then play stupid don't injure people's intelligence to feel better than smart or think you know #life better than them hurt people's esteems if connecting well.

Similarly don't cause head burn to test for #wellness we just solved that in private these are not #public discussions the illnesses of others. #HIPAA what goes on in private about others can be felt in public by them don't hurt people's image by abstracting issues from them.

Don't cause psychosis don't connect to well make sick to test for illness when one is set let them prove themselves on their own not take credit for #wellness everyone deserves an opportunity to #staywell. Don't push people's limits in life misread them as #weak. That's #mean.

I can rework my #book never stop bettering yourself. Be of #value.

“No one wants to be #danbrown” my first free reading book. 📖

06-10-18 book #4 (35)

You can't control the past or what's left with you at the present moment you just have to move forward naturally respond to present conditions without attachments to those you feel were in the wrong or who have wronged you. That's no way forward blaming others as responsible for our own inabilities in life to comprehend failures and discord be brought down by others trying to catch up to us or control us in life through study of us. You know best which direction to take in life it's by your choices in life you matter not by the voices put in us by others seeking to change us our opinions of others including ourselves need not be offended by those who try to help and to no avail problems still occurring that cause one to question others if they mean well or not or just trying to illustrate political ideologies best suited to themselves. Don't hurt the reputations of others seeking to paint a picture of them to be better than their best or to illustrate one knows better than one who has experienced life for themselves. You cannot predict the behavior of others by studying them in public and by studying them in private eventually you create spiritual defects in their ability to be themselves. The consequences of violence are unfathomable to the human psyche some with more or less tolerance maladjusted to others in spite of their differences to them to provoke weakness in character of others is wrong that's not the key to empowerment to draw upon weaknesses to force partnerships or belittling others to lead in life that's putting someone down thought deserved of being put down because not in control of their emotions provoked by someone who doesn't understand the issues with voices. Hearing voices is a product of an unwanted voice being put within to trigger arguments within a person to then be expressed by them to an ordinary person that's not a big deal to someone trained as a paralegal who supports others that is a big deal to disorganize their sense of direction in life to appease your sense of direction in life be read 🕯️. We are but a product of our environments and a product of who we come into contact with and by those limitations respond to others as aggravated or not. Those are the voices to us, put in us, some wanted some unwanted eventually you have to be accepting of others whether or not you want to hear from them accept all busy or

not make time for people who matter to you not ignore people who care as connections lost do not reoccur later in life and those failed connections reproduce themselves later in our lives like patterns of discord. Allow people to connect when ready not force connections to feel good or better than but allow people to connect when ready, willing, and able to connect well with others. There's a certain point when you have to accept people as they are when you do not blame others for your perspectives in life good or bad you will see a better future for yourself when you blame others for your illnesses you project fights outside of those watching to those within trying to figure out what's the matter. People can see for themselves, you can't manipulate the times you have to disconnect sometimes to connect well with others and that requires patience on all our parts not acceptance. Acceptance is love for all, it's hard to love everyone unconditionally we all have a right to refuse care and there's good reason for that to not absorb the illnesses of others and become sick ourselves or continue to fall ill to the sickness of others or by connection feel ill as connected to something or someone who does not have the same shared perspective as us that's unwanted. Know your limits and your spaces in life not be misread by others as something your not be judged and treated poorly so that they don't feel alone self-esteem wise so they can feel like you and you wind up feeling like them. Sometimes no emotional exchanges by experience are best not shared out loud so as not to manipulate or enable others to feel like us take our places in life that causes illness. #identity #purpose #direction #mentalhealth #deductions #assumptions #wellness #bepositive #roles #connections #socialmedia #theinternet #einstein #positivity #negativity #relativity #mymollydoll

06-08-18 book #4 (36)

... not much of a story teller as it hurts image to tell stories about your experiences with others. Secrets hurt especially those that hit close to home to that which you can relate let go it's not necessary to be connected with others in spaces then take on your day as though connected with someone you feel is close by you who can leave you in life there will be people by your side in life and those who will leave your life for whatever reasons always do your best whether you shine or not it's not important to be the lead role when you hit the stage stand out in front of others or stand out in a crowd just be yourself whether you light up a room or not. Sometimes we need to work on ourselves to get better in life not relate to the experiences of others or have others relate to us. Turn hate into envy and greed into charm and leave the rest up to God to decipher who is good or bad well or not and mind your spaces not interfere with the lives of others or how they lead their lives be judged or pass judgment upon how people live life.

06-08-18 book #4 (37)

Response to Dalai Lama

Learn to appreciate now for now. We each have the responsibility for acceptance of one another's differences in life. We cannot all think the same that's impossible. Each with our own upbringing in life. Value who you are for who you are not for who you are not. By education we are gifted privileges in life to help others and benefit from doing good in the world, by helping others. Education is extremely valuable for our self-esteem and self-worth. Don't lose track of where you come from in life trying to please others and find happiness. We are all not perfect but that doesn't mean get spoiled in your own emotions trying to figure out others trash yourself

online, know your assets in life and don't abuse the privilege of sharing online at your own expense devalue yourself in the process of sharing your insights and gifts with the world. That to me is having a positive perspective not over marketing yourself to the world face unnecessary pressures in life to respond to others take on roles you are not fit for public expression.

06-07-18 book #4 (38)

This history of social media and life as we know it has certainly changed since 2014, as suggested by this article by #digitaltrends. It's what you think that matters most and if what you think matters then what you put together matters too. Life is composed of memories we have experienced post them on #Facebook and #Twitter and share our experiences with one another, is through the sharing of our experiences considered an experience to the reader. That reaction we should always seek to be in control of how we feel based on how others may feel if we share what we have to share online as offensive or not. PTSD therefore is a matter of memory what helps you stay present not relive the past, there's our dilemma with augmented reality if based on shared experiences, something to work on having a sense of individuality online and diversify experiences online tactically professionally and by displays differentiate ourselves among so we don't all get stuck in one place, which is now the present with lack of appreciation for solid growth in the past, what we see now is our destination what we do from here is up to us and by which memories we choose to define us. #nevergiveup

06-06-18 book #4 (39)

The internet may be a gift from God but it's not an end all be all to our problems sometimes things are best left unsaid not expressed in moments of hardship or turmoil impulsively respond to the times and others. I was thinking about this today who we are online and who we are in real life how best to keep up with appearances and image concerns. When we know our places in life we are less likely to step on the toes of others, what is our mission in life and how does what others say affect how we are. I just started reading books again after reading on #socialmedia for five years, whether led astray or not I believe in us, so much has changed and unless we change the environment online won't change for the better that's best how to make change happen. Faith requires us to behave the same online as we do in real life not interrupt that focus in life, by being something we are not online and in exchange feeling less fulfilled in real life, that's addiction chasing some place in life that doesn't exist not appreciating now and valuing where we are and who we are, have respect for others. If this is a place of worship he argues, then reading more books must be the solution to written forms of communication online and how we digest what's said and heard in a more formal manner during times that call for peace and less fighting and commotion. When we are organized online so is the mind and when the mind is organized people are at peace with themselves and others. That is my best opinion on what's at issue regarding naming networks online places of worship or gifts from God. #valuenow #bebest

06-05-18 book #4 (40)

Don't connect the bottom to the top for decision making and best practices leave people separate. It's not your responsibility to shed light on issues non-existing always discuss things as you go. It's a tremendous loss #katespade. When you interfere with ones ability to connect with people

explain how connections are made with permissions these things occur. Don't misuse the identities of others to promote self-interest as to the image of individuals attach causes or purposes for misdirecting the opinions of others for or towards people that's not a good reason to make important others make them see the world as you do you can't change people you just have to accept things the way they are you can't make undocumented workers out of those who work unpaid or don't get hired and paid then mistreated later as not deserving of pay or like others not able to pay, whether one deserves to get paid or not and whether one has a job or not is not dependent upon circumstances or acceptance but by being in good health one works. The top is not just by being wealthy but by being strong you cannot put weak decision makers at the top who are not well enough to make decisions for others that's how people get hurt tied to issues they do not want to be apart of. Editing a book with #Amazon, a google.com image used to create a profile standard in good taste. That's not the function of representation, to use one to represent self unless help is needed to represent oneself not necessarily names or ones ideas help connect big ideas, if any big idea is to be made it's to serve the best interests of others not denominate people based upon need for others to be lower than to achiever greater than in life not when someone is associated to wealth that affects everyone wealthy to whom one can relate always be respectful of the belief systems of others whether or not they achieve fame or good fortune in life is based upon whether they are considered good decision makers or not the timing of everything counts, nothing shocking is ever provoked unless purposefully provoked to shed light on issues #wellness. You should not hurt others to feel well or in order to make political the wellness of others or criticize their esteem and management of themselves or their wealth that does not make better things, to summarize issues to incidents or to put together ideas by action that just makes worse circumstances trying to control what people think by trying to control who gets blamed for the illnesses of others if not popular nor provoked not able to help make change occur nor be a key influence to making change happen can only help best as I am able be myself irrespective of the business and financial interests of others toward me or against me in life not be defensive when people fall ill as though I have the power to change that by influence I'm on meds just the same struggle too with my health the best possible response is to curb illnesses by seeing the positive in others seeing the good and by not trying to predict the worse to stop bad from happening but be positive about life how far we evolved as a society not go backwards and relive the past during times of turmoil revisit voices or create a stir and voices around us to be heard that's called causing harms whether purposeful or not occurs it's in the best interests of all not to debate the wellness of others when well but allow people to get well stay well not #equinox compare ourselves who's more well or not based upon fitness judge the character of others. (RIP) Hope everyone can process better events to prevent recidivism #stopsuicide.

06-04-18 book #4 (41)

Only you have the power to change you. Stay steady on even ground. When you try to hard to please all it usually turns out that you're left empty handed in life. Don't wind up at a loss trying to get places in life. Always appreciate where you are now, success comes to those who wait not to those who enable others to harm them let opportunities pass them by and complain about it later. That's why they say to be proactive, things don't get done in waiting for acceptances from others, but by the work we do for ourselves we will be judged not by the connections we have in life.

06-02-18 book #4 (42) *

(1) Endviolence argument (neutral)

Not everything is for agreement, learn to accept people the way they are not for the sake of argument trigger others to behave in ways befitting to you allow people to grow without blame placed on either side learn to let go not everything is about interaction and based upon those interactions reaction some of us are the way we are because of who we are not to be changed by others to serve some purpose greater than ourselves made to feel less than able or capable of achieving in life you cannot make sick others to make yourselves feel better than trigger consequences to then take personal issues read as directed toward your own interests then respond in ways that cure your ill attitudes toward others that's not an agreement that's not proper in fact improper to use people to make oneself look or appear better than or put down others to look or appear better than or add issues to people to read or misread them or make them unreadable or unable to discern what their causes are for action or inaction look like an innocent bystander to consequences. When there are problems it's everyone's responsibility to cure themselves not make problems out of people or make them realize how they see in order to feel better about themselves that's taking someone's voice and misusing it to have a voice of their own as more important or paramount to the voices of those least spoken, the ones not a party to interactions focused on themselves.

06-02-18 book #4 (43)

(2) When you don't get out much what few exposures we have affect us, the voices in our head, and where we see ourselves. Ideas for comfort are best when not directed toward you use our gifts in life to attract positive attentions not negative attention toward ourselves that's not how to behave in public as something different than you are lead astray to generate responses from others as to your well being, likeability, and your ability to help others not trigger emotions in others as you see fit to get people to like you more or less when people like you you don't have to try so hard to get people to like you that's not how you respond to the pressures of today by trying to attract attention to yourself that's not how to appear pretty, smart, or to fit in. The best advice is advice that does not insult our well being but helps us to see better clear the interests of others as well as our own best interests met but not served through the advisements by others but upon our own decision making credit for our own choices in life not because others tell us to do things, do what makes us happy not to please anyone but for our own happinesses in life.

06-02-18 book #4 (44)

(3) I don't think connections matter. It's how well you are doing that matters most. Not content. It takes awhile to put yourself together and present yourself to the world not all of us are well enough to trust others some of us are still trying to assemble ourselves get jobs. It's hard to stay well when others are competing with you for resources. It's not easy getting jobs and keeping jobs to get paid positions. Eventually you stop trying to flip and internship into a job and just take on volunteer jobs and continue working on yourself get strong. It's a difficult lifestyle to lead a public life online for everyone to track your progress but it's a life worth living free of the negative judgments of others allow people to be themselves not get misdirected by the negative opinions of others or be pushed in the wrong direction. It's readers who always benefit and the

writer who gets drained. Never take advantage of the best interests of others who's interests are always to maintain their wellness is more important than maintaining image or wealth. We cannot focus on ourselves when we don't appreciate now. When we appreciate now we can value ourselves add value to our lives not be over consumed by negatives and let the hurt sit. Being strong means caring for others as much as it means to care for ourselves no matter what we are exposed to not be easily affected by others and always able to communicate our best interests moving forward, influenced by others easily or not. Sincerely, #lesliefischman

05-30-18 book #4 (45)

Know your self worth and be a valuable asset to any new team you join. When you are of value you see value around you. Always see the good in others. What may or may not make sense to you at the time will later make sense to you in the future if you don't allow yourself to be brought down by others.

05-22-18 book #4 (46)

Theres a stopping point, when you stop going backwards and you start living life. Whether you think life is short or long, depends on how you live it fruitfully, to the fullest, or stuck in the moment, we all fog out sometimes and thats okay. We get interrupted, disturbed, and fall off center, and thats okay. Its how you maintain yourself, through the storm that matters most. What can you do today to make tomorrow better, and how can tomorrow, be a day you look forward to waking up to with things to do. If you can't get a job you make a job for yourself, why I made a website portfolio to get jobs. It would defeat the purpose of getting a job if I were to misuse my displays of my best work, for momentary displays of defenses to my good character in response to any one person or set of interests. My writing is best to be used for purposes of self-help, not to raise controversy, or tie people up to issues, or tie people down to issues, or set things so far apart that people feel torn or attach to the extent that they feel withdrawal. Never obsess over the thoughts of any one person, that will not set you free, but only brings you down to their level, and leaves you behind in life, once expressed, you get looked at like you have problems, and personal issues, and that you are the reason why you do not have any significant others, or are the cause for your own misfortunes or breakups in life. Always do you best to stay well and be there for others, you cannot do everything well if you yourself are not well, living life requires a lot of balance, in order to have it all you have to be happy with where your at in life, and think about what can you do to make yourself have a better life, different from places that have brought you unhappiness in the past, so that you do not have to revisit those issue again in the future, become a better person. Life is about bettering yourself everyday. It should not matter how others see you well now and that comparison to you past, being different or not, determine be used to determine how well you are doing now, compared to when you were not well and those interactions occurring when you were not well be used to judged you when you are well. Don't worry about possibilities, just worry most about doing what is right and in your best interests, not worry about how others live their lives and how they may or may not have the ability to affect you in your life and how you live your life.

05-20-18 book #4 (47)

Stable + controlling is experimental
Humanize women
Victim blaming
Parallels and turning on people
Over casting doubts on people
Overcasting interests of people
Misusing the pedestles of others
Misusing the input of others
Causing interference with interests
Playing stupid after the fact
Noticed in advance
Purposeful conduct to irritate or cause likeness or obsession of causes/interest
Knowing the issue - by direct contact
Don't shrink people in trauma that weakens their abilities functionality
People trying to get on the inside
People on the outside watching over us

05-20-18 book #4 (48)

Right to Privacy (Re: Writing) by #lesliefischman aka #mymollydoll 🌸 Sincerely,
mymollydoll.com

Everything takes time to be assembled, careful time and attention to detail not to be misused or abused. There is a certain respect inherent to viewing the work of anyone. It's wrong to assume anything made is with bad purpose by judgment, feels wrong, if that judgment feels wrong it's a poor judgment made regarding the purpose of someone good that causes pain to everyone. It's draining and it hurts. That's not a good judgment. By professions to misjudge the professional output of others, or lead astray to make similarly tired. That's a misuse and abuse of power. Where ones skills by profession are sound, be judged wrongfully by the professions of others. It's takes time to learn new skills. It's now that's different. Not due to a lack of respect but because some thought it okay to turn well people sick by their judgments, and poor review. It's no ones job to review the work of others, but finished products. It's no ones job to predict the energy or lives of others, based upon past or present circumstances. It's no ones job to cause pain, and blame, to make better ones self. That's not how to live life by pointing out problems, when people are positive not solutions. And take away abilities from those who are disabled from being able to maintain their well earned positive condition and disposition in life. It's everyone's job to be professional. It's not self explanatory it's a learned characteristic or trait of those who are successful not by imitation but by their own merits, not by stating risks or solutions, no heroic endeavor is every self-lifting or obsessively contemplated, much of responding to social pressures requires focus on self not others, and especially not the problems of others, including their illnesses or mistakes in life, that's no way to treat people you don't understand by studying weaknesses to highlight or bring about weaknesses or to cause weakness in another, as thought just, given abstract considerations, given personal circumstances whatever that may be, thought of more importance or paramount to the best interests of few, of precedent importance, considered of no value no recognized anguish considered when deciding to provoke or make ill someone of good candor and standing, mislead or lead astray, to cause hardship, unreasonable

hardship to lead to substance of creation not based upon fundamental values exhibited through ones presented work -there's no error on the part of those who seek help, it's never their fault. It's only ones job to best represent themselves not nor never others, in all their affairs.

#righttoprivacy

05-20-18 book #4 (49)

Women's Issue Argument by #lesliefischman mymollydoll.com

(I) It's sometimes difficult to understand the disposition of women. It's not our place sometimes to correct others but that doesn't mean we don't feel or empathize, often times choosing not to get involved in controversial matters, keep self separate from problems. That's a gift to be diplomatic emotionally, with self and others, not to be abused. That's not a short fuse when responded to that's a tired fuse when you see a change occur. When you see a change that means there is a fragile condition not being addressed it's then at the choice of those suffering to empower themselves when ready to face their difficulties in life or what's hurting them not the job of others to point out of belittle them, chastise them as ill for unimportant reasons. Always give people the benefit of the doubt. Patience is required, not respect, when it comes to self-care and maintaining positivity.

(II) You can't just give up when it comes to love there's some give and take. There will be expectations but you just have to stay steady not get too wrapped up in emotions. You never know your self-worth until you lose your self-esteem that's when you know you've messed up in life and cannot go backwards. Always keep a good head on your shoulders and always react in a non-selfish way that's the mark of maturity that when bothered we don't react and only react to positive cues not respond to negativity and feed into it or give negative attention away, draining ourselves of positive energy. Do as your told, do unto others as you expect done to you, and don't do anything you'll regret later on in life, that is what keeps you either moving forward or backward in life.

(III) You have to be patient with yourself. Nothing comes easy in life. Life's not about respect but about being in good health. When you're in good health others fear less. People generally don't waste time caring too much for the problems of others but focused on their own problems. It takes a lot to become invested personally in the problems of others. Most people are focused on what they're doing in life, their thoughts, and their feelings. Peoples feelings are never mostly affected by one person or any one person's commentary but a culmination of a series of emotions or memories past that currently affect their present processing of information as influenced primarily by their interpretations and in connection to what interests or deductions saught or made about any individual who is not doing well or not doing as well as others. That's a lot to process, no blames are rarely if ever accepted as personal as to the conduct of those affected by. It's for no one to judge to whom affects our well being and best interests, or rarely if ever takes blame for their own feelings and emotions. The best remedy sometimes is to focus on other issues not relate issues to one another to make sense of the world, that's not a positive product to apply one methodology to a new way of thinking about things in an unrelated way, not by forced comparisons or attachments, that's what's insulting, rationalizing relationships by insulting

deductions that cause harm to the well being of those who've moved on, by those who've just arrived at issues.

(IV) It's not my job to critique blame post fear that's outside of my control I can only do my best to stay calm be there for others as best I can it's not my job to perform for others. If I'm well I write if tired I rest if scared I say why if I think it can help.

Now I can't help anyone. If I'm not doing well I need time to rest it's not my job to talk constantly I'm not on crack on heavy meds I did my best do my best I'm tired.

I'm not taking calls in public right now not to look important or snooty or look rude.

I was asked my computer password in a cab for what purpose does that serve to empower whom and why drain me?

Now I know if it's not urgent not to share personal information in public that makes me look bad or look like I don't care about my privacy or trusting of everyone well. Now that I'm not doing well it's hard to trust. That's the problem why I stay home. It's not personal it's not fighting I'm just tired. Sometimes you need to be alone.

I don't think that inner circling relaying is a good idea or good source of empowerment because it attaches people by non solid things not stable things I don't think it's a good idea to connect abstractly on a big scale for misinterpretation it's only good to be abstract if to let others feel good safe. Think for themselves what's right for them you cannot make people take sides that hurts it's not a good feeling not neutral.

A non shared interest is a good interest of value on its own not needing support from others to be of value or read misread. Stop is hard to say, for me when I'm hurt, I am in a position that I get treated as an addict or being bad or not valuing myself rejected I'm not sure why when well I get drained.

I was strong in law school dumped drained then hospitalized then it's hard to get back together anyways in a worse off position.

I'm trying to figure out how to be to have.

I realize no matter how much pain never to drink or do drugs or give in to pain or hurt and to do my best to be of value not devalue myself looking for love or accepting a label as less than or trash.

(V) Its not appropriate to be experimental with people. Especially in groups. Thats wrong. Its wrong to interfere with the ability of others, in groups. #benice

I think for the wrong reasons people drain you, because they think you dont deserve to be well or do well in life. Create circumstances to interfere with your ability to do well in life. Thats not nice. Thats wrong. Hurts. (Age 32).

(VI) Facebook Posts 03/2018
Archived 040618 (2-2)

03-04-18

What holds you down in life are your own shortcomings you have to stay motivated in life to do well feel better that's how you feel sick when reminded of things that cause you pain always center yourself on ideas that matter and that will help you get well feel safe otherwise you hurt trying to get well, you have to let go of the past in order to move forward, how to do better in life, when we fix ourselves we fix our problems and from that point on able are able to move forward, how to think well of yourself in spite of your past, grow. #mymollydollblog

What you like and what you love are two separate things. You have to be well to know what's helping or hurting you in life that's how you get better. You cannot get better do well if you yourself are hurting you have to get well so that you don't hurt in the future make good decisions for yourself now so that you don't face future hardships and find success and happiness, that's how to do well be well. It's about what you do now at the present that gets you to where you want to be in the future that's how to get well be well. #mymollydollblog

When people are busy that does not mean they do not care or because they cannot respond to you are upset with you but some people need space to handle their lives cannot go out of their way to help you or dont have time in the middle of something else cannot respond right away always keep yourself busy you must be positive to be positive around others how you stay positive and adjust to people not feel bad about yourself. #moveon #mymollydollblog

Love your sense of being to win in life appreciate what's around you you should not need more than what's in your life to have a life that's asking for too much if you can't rise above your own wrongs you cannot expect acceptance in return from those who do not see you as well but sick -if you are not well you will not be heard how you get put down in life by your own errors in life and set backs get teamed up on and when that festers you hurt its your responsibility to control your emotions and deal with pain constructively not make worse or amplify your condition well or not need not be known publicly always present the best version of yourself to have it all you have to be happy with yourself to receive happiness in your life, why think well. And listen to those who care for you when you're down how to repair yourself when broken not give in to self-hate or blame. #mymollydollblog

Stopped reviewing 03-02-18

On 04-05-18

(VII) #mymollydollabout

Everything you say gets repeated as against you by those who are experimental with you and in the wrong testing for your intelligence and your ability to comprehend and utilize what's been written. As a writer I'm unique in that I write something new everyday and do no review of my

writing. I'm a forward thinker. So to be sent backwards for explanation is a waste of time and effort and only for the purposes of argument which is a draining procedure. One should always be accepted as is not needing direction or be told what is or how to think about ones self is wrong to correct someone at age 32 be labeled for behavior in their 20s, and wrongfully provoked to see if events turn out the same to prove existence of occurrences non-existing nor existent past is wrong.

(VIII) If you can't accept now means you wish you lived life differently and that's okay. It's hard to be strong when people are not at their best. Love is given.

(IX) Chapter 91 by lesliereichman 🌸

What you see is for your own best judgment. You cannot judge those who do not look well simply because you think they're ill. Similarly you cannot judge those who are not well in writing and treat them as not well. Sometimes we go through things in life and it takes us time to get better at using our skills to better ones self.

When you feel like you know something always check. It's easy to get sick led astray when we allow our thoughts about to tie up to what we know, and from where. Why it's important to always read professional sources to better understand ones thought to connect to more good ideas in life or to build a better understanding of ones self.

When you feel out of sorts, and in a chaos, don't allow negative voices to keep you from maintaining your sense of peace. There are moments of quiet and moments when those moments of quiet and peace are disturbed. Those who annoy you seek to distract you from your purpose in life and interfere with your focus are needy types, those who are co-dependent and unstable. In order to be successful you have to be independent of others, and work independently from others. You cannot allow the interests of others to interfere with your own. Your ideas don't matter, what matters most is how you see yourself moving forward with or without people in your life, with or without strength and compassion for your best interests, and with or without success just be, happy with yourself, preserve your sense of peace.

You can't predict the future, or how you'll become, worrying about now or people in your life. That's not how to do better in life get better. When you don't feel whole do what makes you feel better, engage in positive endeavors that suit your interests in life whatever they may be.

Once you start living life it's hard to go backwards. If living life hurts that means there is something from your past interfering with your ability to move forward. Don't be driven by thoughts of the past, that rarely if ever makes a difference unless it is recommended to you to go backwards.

Look to others when you're feeling depressed, that usually improves your mood, to relate what's left of good feelings to those who are doing well. Life's all about staying balanced. Sometimes the well know best. If you can't change the way you feel change the way you look at your emotions and react differently, in the positive instead of the negative. When you're feeling

negative that can be a product of depressed thoughts, not seeing the present well, focused too much on the past or future abilities.

Know your strengths what you do now affects your future potential. You are only limited as to your thoughts about yourself. If you do or do not see yourself some place in the future, that's a product of your ability to see now for yourself what needs to get done. When you are happy with now more windows of opportunity open up for you moving forward, whether predictable or not. It's all about how you see yourself, and what your connected to past, present, and future.

Things won't feel well around you when you yourself are not feeling well or fixated on the past. Your points of reference matter, as to the thoughts you have. Your thoughts are derived from your experiences in life, for better or worse tied to you. You decide what experiences ring true to your good character. We all have moments of despair and hardship, it's what you make of yourself moving forward that matters most. How you recover from those errors in life, to be the best version of yourself. The moments others hold you to in life, if your worst, can only control you and your thoughts of self if you enable others to cause harm to your psyche and sense of being by assuming what people think or will think. If you are certain about yourself let no other certainties about you consume you, become only what you envision for yourself, don't let past weaknesses rule you or your efforts to repair yourself.

There are no reassurances in life. Sometimes you have to be strong on your own. You cannot depend on others to help give you strength in times of need unless you ask for help. Whether or not you get help is by your willingness to change, your willingness to heal, your willingness to do what is right, not just what's in your best interests. That's how to make fair decisions for yourself moving forward whether or not you are being judged in the negative and for what reasons. Always prove them wrong.

You have to be patient with yourself. Nothing comes easy in life. Life's not about respect but about being in good health. When you're in good health others fear less. People generally don't waste time caring too much for the problems of others but focused on their own problems. It takes a lot to become invested personally in the problems of others. Most people are focused on what they're doing in life, their thoughts, and their feelings. Peoples feelings are never mostly affected by one person or any one person's commentary but a culmination of a series of emotions or memories past that currently affect their present processing of information as influenced primarily by their interpretations and in connection to what interests or deductions sought or made about any individual who is not doing well or not doing as well as others. That's a lot to process, no blames are rarely if ever accepted as personal as to the conduct of those affected by. It's for no one to judge to whom affects our well being and best interests, or rarely if ever takes blame for their own feelings and emotions. The best remedy sometimes is to focus on other issues not relate issues to one another to make sense of the world, that's not a positive product to apply one methodology to a new way of thinking about things in an unrelated way, not by forced comparisons or attachments, that's what's insulting, rationalizing relationships by insulting deductions that cause harm to the well being of those who've moved on, by those who've just arrived at issues. #foxnewsam (04/04/18)

It's sometimes difficult to understand the disposition of women. It's not our place sometimes to correct others but that doesn't mean we don't feel or empathize, often times choosing not to get involved in controversial matters, keep self separate from problems. That's a gift to be diplomatic emotionally, with self and others, not to be abused. That's not a short fuse when responded to that's a tired fuse when you see a change occur. When you see a change that means there is a fragile condition not being addressed it's then at the choice of those suffering to empower themselves when ready to face their difficulties in life or what's hurting them not the job of others to point out or belittle them, chastise them as ill for unimportant reasons. Always give people the benefit of the doubt. Patience is required, not respect, when it comes to self-care and maintaining positivity.

Stress for expectation, after disappointment, causes heartache. Why people put people down, as perceived threats to their own unhappinesses or happiness in life. You cannot expect the same drive from someone who has been hurt. You cannot expect the same focus by someone who's been hurt. You cannot understand others as related to your own experiences in life judge them as the same or just as strong, assume what they're thinking of where they're going in life. You cannot analyze people. You cannot judge people for the purposes of obtaining information for analysis then rule them out at the problem if a benefit was received from that interaction whether it ends up positive or not, they are not to blame for discomfort, the disabled. Patience is only required for those who are good to themselves and others. You cannot make bad examples of people for the purposes of arguing individual interests best served. You cannot pick on someone who is open, and criticize them as someone withholding information, or criticize them as not helpful, whether or not you benefit from the experience of having met any one person. People as individuals are not all that powerful on their own, it's wrong to treat someone as powerful who is not powerful because a perceived threat to their journey to empowerment is taken personally as ill suited or not deserved or earned, on their best merits. You can't turn someone into something they are not and manipulate their identity to convey a different message about them then expect the same from them or better. That's assuming their strength was not well earned or their happiness not deserved, when a wrong occurs nothing is made right afterward in that individuals life as related to that harm suffered and everything that gets related to that harm suffered causes suffering to not only that individual affected but also to those to whom upon interaction with an individual do not share the same or similar sentiments toward them. That means that someone nice was treated as though their best interests and best interest of others was based upon ill good interests made ill, to highlight a just rational for exclusion of interests until that problem manifested itself, to rule out not only that individuals good character but purposeful to remove from care all together their interests or just bases for speaking - interfering with their ability to be understood diplomatically and judged as lesser than or inferior to the best interests of all, rendered ill suited, causing an ill suit, to them justify previous conditions as existing presently to rationalize judgments passed when someone has arrived, to interfere with their ability to arrive, as justified as not having yet arrived. That's called being condescending to cause individual opinions to shine the reverse of a quieted shared interest in the preservation of peace.

05-15-18 book #4 (50)

Stay with the light in your life. What makes you feel better about yourself. You can't always win in life. Don't be so controlling over others. We best grow when we learn to let go not attach and require attachments in order to thrive. It's called being independent.

05-11-18 book #4 (51)

You can't stop people from trying to make a positive difference. Some throw their lives away chasing nightmares and dreams -why it's important not to focus on those who are ill but focus instead on those who are well -how to get well. Once illness spreads its up to the professionals to remedy a situation an epidemic that is #gunviolence. Our prayers are with you always #endgunviolence.

05-10-18 book #4 (52)

Giving love and showing love are two different things. Self-love is about knowing yourself and valuing yourself. You can't go running around looking for love. Love is given to you when earned. You have to be a good person to give love. When you don't love yourself you're more likely to #selfharm. Don't be so hard on yourself. It's all a matter of time, spent working on yourself and by setting goals for yourself improve. Don't let anyone bring you down in life. #dontdodugs.

05-20-18 (53)

What is widely popular is not reason based, for myself. 🌸 I understand the precautions not to instigate violence based upon clubs. I'm not with offenders, I'm an advocate I just got nervous and got help. It happens from here. I'm not an Attorney, I only represent myself. Sincerely, mymollydoll.com by #lesliefischman "That's where the buck stops."