

How to stop worrying and start living?

This is a question that I had confused about for more than 2 years since i came to beijing to make a living in the summer of 2015 .

But in December of 2017, I started to try to stop worrying and start living. My pains paid off, finally I conquered the worry and make my life more happy than ever.

Seeing my successful experience,

Do you want to know the secret of how to stop worrying and start living?

Thanks for your attention, of course, I will share my story to you, and tell you some tips about conquering worry.

At the beginning of my story, I want to ask you another question.

Why did you choose to live and struggle in Beijing?

My question is different. At first, I came to beijing, because of a Beijing girl. I want to give a happy life to her. But eventually, two years ago, we broken up, Which cause me to grow up and live in Beijing for myself and my own life.

So Here are my story.

Two years ago, in November, I was one of the unhappiest lads in Beijing. I just had experienced my career in Red Hat for half years for a living. I didn't know what made this open source company Red Hat success. That wasn't all: I didn't want to know. I despised my work tasks. I despised living in a cheap furnished room on west-south of beijing. I regreted my past, want to save the fading love. what's worse, I was not only very depressed in mind, but also suffering from constant pain in my body because of the spondylodynia. I despised having to eat in cheap, common restaurants or eat take-out that were probably infested with cockroaches(蟑螂).

I worked from home and lay in my lonely room everyday with a sick lumbar and disabled leg, a headache bred and fed by disappointment, worry, bitterness(痛苦), rebellion(逆反). I was rebelling because the dreams i had nourished back in my college days had turned into nightmares. Was this life? Was this the vital adventure to which i had looked forward to so eagerly? Was this all life would ever mean to me - working on the boring tasks, living in the room without window like a jail, eating vile food and with no hope for the future?

I longed for leisure to read, and to travel around the world i had dreamed in my colleges days.

I knew I had everything to gain and nothing to lose by give up my daily job, especially i was disabled three monthes, without this job, i can not take care of myself and live in beijing alone.

I wasn't interested in making a lot of money, but i was intersted in make a lot of living.

So I made my decision to change and that decision completely altered my future. It has made the last two years happy and rewarding beyond my most utopian aspirations.

My decision was this: I would hanlde my work tasks everyday with laying in my bed. And since i had spent 10 years engaged in cooking food, i would customize my fit food by myself. Then I would have my days to recover my healthy by some simply workout. When i can walk more than 100 meters, I would go to swimming to build up my muscle and lose extra weight.

I would focus on the thing i really want, and living in day-tight compartment, seize the moment, seize today.