



DEAL WITH
DEPRESSION

WRITTEN BY KAREN

SELF HELP
DEVELOPMENT
EBOOK

DEAL WITH DEPRESSION
BY KAREN

This book is dedicated to Telugu Nolan Followers.

- Karen

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INTRODUCTION

WHAT THIS BOOK CAN DO FOR YOU?

Ee book nalugu aidhu depression books chadivi raasindhi kaadu. Konni samvathsrulu depression lo undi, job leka money leka food leka society lo paruvu kolpoyi, preminchina ammayini duram cheskoni, nammina friends nundi mosapoyi, navvula paalu ayyi, asalu brathike waste anukoni chaala sarlu suicide attempt chedddham anukoni chivaraki nannu nenu maarchukoni oka business start chesi kontha peru sampadinchina tarvatha raasthunna book.

I am not a therapist not a psychologist. Kaani nenu depression ni daggara nundi chusa. Dhanitho fight chesa. Chivaraki dhaanini naa nundi dhuram chesa.

Naa life lo nenu telusukunnavi, nenu depression nundi bayatapadataniki chesinavi meeku help avvachu. Anduke ee book ni raasa.

Mee problems naaku ardam kaavu ani meeru anukovachu. Kaani nenu chaala problems ni face chesi vachina vaadine. Oka smoker ni smoke cheyaku ani non smoker chepthe smoker ki comedy gaane untundi. Adhe oka chain smoker quit chesi chepthe appudu athani paina chaala impact chupisthundi. Alane okaru depression lo unnappudu ela bayataki raavali ani anni happy ga unna athanu chepthe comedy ga untundi. Kaani nenu ala kaadu. Nenu depression lo chaala ellu undi vachina vaanni. Ee book nenu depression nundi ela bayatapadda ani chepthune. mimalni depression nundi bayataki teeskaravadaniki chaala use avthundi.

Ee book ni complete ga chadavandi. Ee book lo meeku self motivation tho paatu self realization ni prerepinche questions kuda unnai. vaatiki samadhaanalu genuine ga ivvandi.

Ee book ni meeku evaraina gift ga isthe vaallani mee paina unna premani grahinchandi. Vaallu mee maarpu kosam wait chesthunnaru ani telusukondi.

Ee book chadivesariki meero kottha anubuthi
pondhutharu ani nenu manaspurthiga baavisthunna.

- karen

UNDERSTANDING DEPRESSION

Depression manishini emaina cheyagaladhu. Mana nundi dhairyanni teeskogaladhu. Mana nundi anandhaanni teeskogaladhu. Manani chedu alavaatulaki baanisa cheyagaladhu. Manani prapanchaniki chulakanaga chupinchagaladhu. Chivaraki manani maname champukunela kuda cheyagaladhu.

Depression valla chaala mandhi suicide cheskuntunnaru. Chaala mandhi thama life ni spoil cheskuntunnaru. Dheenni evaritho share cheskunna oka problem lane treat cheyadam ledi. Adhi chaala mandhini chaala badhisthundi.

Depression ki chaala reasons undachu. Preminchina ammai leda abbai mosam chesaru ani kondaru. Kanna thandri physical ga torcher pedthunnaru ani kondaru. Exam lo fail ayya ani kondaru.

Intlo vaallu chanipoyaru ani kondaru.

Jeevitham lo em cheyalanna cheyalekapothunna ani kondaru.

Job raledu ani kondaru.

Business lo loss vachindhi ani kondaru.

Spouse tho eppudu godavalu jaruguthunnai ani kondaru.

Asalu enduku depression lo unnaro kuda thelini vaallu kondaru.

Reason emaina kavachu. Andarini badhisthundhi matram depression okate.

Depression kevalam mee mind ki sambandhinchindhi matrame kaadu. Melliga meelo meeku kanipinchani hormonal changes ki kuda dhaari teesthundhi.

Meeru athiga oka vishayam paina badhapadatam valla body lo dopamine release avvadam thaggipothundhi. Dhaani valla meeku ravalsina self motivation meeku raadhu.

Meeru overthink cheyadam valla Norepinephrine sarigga pani cheyadhu. Dhaani valla mee heartbeat

control lo undaka tworaga kopam ravadam, ekkuva stress feel avvadam jaruguthundhi.

Meeru padhe padhe oka vishayanni thaluchukuntu unte serotonin produce avvaka meeru eppudu sad gaane untaru.

Meeku entha peddha kastam ayina undachu. Meeku chanipovadam matrame margam anipinchachu. Kaani okkati gurthupettukondi. Meekanna chaala problems unna vaallu kuda avanni overcome chesi ippudu prapanchanike inspiration ga nilicharu. Vaallu sadinchinappudu meeru enduku saadinchaleru?

“Prathi okkadu ilane cheptharu. Naa problems meekem telusu.” Ani meeru anukovachu.

Naaku meeru ela feel avtharo telusu. Nenu depression lo unnappudu prapancham antha naaku vyathirekanga prayanisthundhi emo anipinchedhi. Naku ME vs UNIVERSE la anipinchedhi. Asalu nannu ardam cheskune vaallu prapancham antha

vethikina okkaraina dhorukuthara anipinchedhi. Depression nannu naa nundi dhuram chesindi. Nenu konnaalla paatu naala brathakadame maanesa. Edhaina innovative ga cheddham anna teliyani bhayam. Evaru emanukuntaro, okavela nenu malli fail avthe nannu looser la chustharu emo ani.

Em cheyakunda ilane undalanna bhayame. Nannu chaala mandhi thama pillalaki oka example ga cheppevaallu.

“Buddhiga chaduvuko lekapothe aa karen gaadila avthav” ani. Intha kanna dharunam inkem untundhi?

Nenu naala brathakadam thappa?

Nenu naaku nachina pani cheyadam thappa?

Asalu enduku naake ila avthundhi anipinchedhi.

Nenu depression lo okati rendu nelalu kaadu konnaalla paatu unna. Nenu edho okala bayataki ravadam, malli naaku edho okati jaragadam malli depression loki velladam. Naaku edho boomerang la anipinchedhi.

Bahusha nenu puttadame devudiki istam ledu emo, anduke naa anthata nenu chanipovaali ani aayana aaduthunna naatakam emo anukunna. Naa valla kaledu. Ela ayina nenu depression nundi bayataki raavali ani fix ayya.

Nenu evaritho poratam chesthunnano naaku telidu, Kaani nenu ee depression ki check pedadham ani decide ayyaanu.

Evaru em anukunna pattinchukokunda nenu anukunnadhi sadhinchalante em cheyali ani raaskunnanu. Entha mandhi nannu chusi navvina lekka cheyyakodadhu ani nirnayinchukunna. Nannu chusi entha mandhi aithe navvutharo anthaki rendinthala mandhi ni nenu inspire chesela edhagaali anukunnanu.

Avnu, idi antha suluvuga jarige pani kaadu. Maatalu cheppadam suluvu kaani adhi Chethallo chupinchadam kastam. Adi meekukuda telusu.

Oka pakka naa mind nannu bhayapeduthune undi. “Vaddhu nv em cheyaku nv oka loser vi adi marchipoku, nee valla em jaragadhu, nv em cheyali anukunna kuda adi reverse avthundhi, Shani nee paina vilaya thandam aaduthundhi. Nv silent ga kurcho, adhe nv chese peddha pani.” Ivanni naa mind naatho chepthunna maatalu.

Kaani nenu naa mind maatalu kuda vinaledu. Nenu mondiga maarali ani fix ayyanu. Chaala failures ni edhurukovalsi vasthundhi. Chaala mandhi nannu helana cheyachu. Chaala mandhi naa venaka nannu chusi egathaali cheyachu. Chaala mandhi nannu oka asamardhudiga treat cheyachu, kaani veellevaru nenu depression lo unte raaledu. Veellevaru nannu naa problems nundi bayata padeyaledhu. Veellevaru nannu naa goals reach avvadaniki help cheyaledhu. Mari veella gurinchi nenu enduku alochinchali? Veellu edho anukuntaru ani nenu enduku bhayapadaali.

Anduke nenu evaru nannu em anukunna pattinchukokodadhu ani nirnayinchukunna

Nenu photography pettinappudu “atu thippi itu thippi chivaraki pellila photographer ayyada?” ani chaala navvaaru. Maa bandhuvulu antha nannu helana chesthu maa amma tho matladithe, maa amma naaku call chesi rendu gantalu aapakunda edichina rojulu naaku inka gurthunnai.

“Nv em cheyakapoyina manchidhe kaani ilanti panulu chesi maa paruvu pogottaku” ani edichindi Avi thana nundi vachina maatalu kaadu. Thanalo balam ga andharu kalisi neno panikimaalina pani chesthunna anattu ga naatina maatalu.

Oka moment lo naaku nijam ga ivanni odilesi ekkadikaina dhuram ga vellipovali anipinchindhi. Nijam ga cheppalante himalayala lanti place ki vellipoyi akkada oka sadhuvuga aina brathakali anipinchindhi. Leda vere rastraniki vellipoyi edo hotel lo pani chesthu brathakaali anipinchindi. Ivanni face cheyalekapoyanu nenu.

Kaani ekkadiki vellalanna money kuda levu. Alanti situations ni face chesi vachina vaadini nenu. Meeru

anukunattu naa life cake walk kaadu. Nenu kuda prathi roju prathi nimisham narakam anubavincha. Ayina nenu give up avvaledhu. Naaloni chedu alochanalani samadhi chesa. Depression nundi bayata padi okka kottha life ni start chesa.

So nannu nammandi. Depression vaalla meeru entha badhapaduthunnaro nenu anthe baadha anubavinchi vacha. Nannu nammandi depression permanent kaadu. Temporary matrame. Meeru anukunattu mana jeevitham aagipoledu. Mana prayanam mugisipoledu. Manam sadinchagalam. Depression ni meeru ardam cheskovadam important.

Mana paina manaki nammakam lenantha varake manam depression lo untam.

Bayata vaallu emanukuntaro anna bhayam lo unnantha varake manam depression lo untam.

Manam jarigina ledi jaruguthunna parinamaala gurinchi alochisthu badhapadinantha varake manam depression lo untam.

Okka sari manam edhuru thirigi mundhuku velthe depression mana onti daaka kaadu, inti daaka ravalanna bhayapaduthundi.

Nenu depression lo unnantha varaki kuda asalu naa jeevitham lo nenu edhi sadhinchalenu ane bramalone unna. Kaani bayata paddaaka ardam aiendi. oka manishi nijam ga taluchukunte emaina sadhinchagaladu. Depression ne kaadu, dhaani thatha ni kuda beat cheyagaladu.

Meeru nenu cheppina maatalu nammakapothe okkasari kindha unna questions ki answer cheyandi. Meere nammutharu. Prathi question ki at least 30secs aina alochinchu genuine ga answer cheyandi.

- 1.Meeku unna problem ee prapancham lo inthaka mundhu evariki raleda?
- 2.Meelanti problem vachina andaru suicide cheskunnara? leka edhirinchi mundhuki velli ippudu manchi life lead chesthunnara?

- 3.Meeru ippudu face chesthunna problem shashwatham ani meeru nammuthunnara? Dhaniki elanti parishkaram leda?
- 4.Meeru mee jeevithantham lo chathakaani oka asamardhudiga undalanukuntunnara? leka oka manchi jeevithaanni korukuntunnara?
- 5.Meeru enthakastam aina barinchi mee jeevitham lo paiki edhagadaniki siddham ga unnara?
- 6.Meeru mee jeevitham lo maarpuni aswadinchadaniki siddham ga unnara?

Ee prashnalaki meeru genuine ga iche samadhanaale chepthai meeru mee jeevitham lo ela undalanukuntunnaro ani.

Anandham evari sotthu kaadu. Kakapothe kondariki adi suluvuga dorukuthundhi. Kondariki yuddhaalu cheyaalsi vasthundhi. Edhemaina prathi manishi santhoshanga brathakadam oka right.

Modhatlo nenu devudu naaku nenu gaa chachipodanike ivanni chesthunnadu anukunna.

Kaani okkasari devudu nannu oka maha shakthi la ready cheyadaniki ivanni tests peduthunnadu emo anukunna.

Aa alochana naaku goosebumps ni thechindhi. Nijamenemo bahusha mimalni oka shakthi laaga cheyadaniki ivanni devudu pette parikshalemo.

Okkasari cool ga alochinchandi. Meeku parikshalu pettadu ante vaatiki answer cheyagala sthayi lo meeru unnaru ani ardam.

Poratam manaki kottha kaadu. Prathi naluguri lo okariki pregnancy miscarriage avthundhi. Akkade manam mana modhati poratam modhalu pedatham. Mana puttuke oka yuddham tho modhalavuthundhi. Alanti manam edhuguthunnappudu enduku problems ni chusi bayapadaali?

English lo oka quote undi, “every single person who fights depression and gets out of it is a BAD ASS.” Ani.

Manam okkasari depression nundi bayataki vasthe Manalo maarpuni maname chusi nammalemu. Manam inthavaraki mana jeevitham lo lenantha strong ga untam. Intha varaki mana jeevitham lo lenantha brave ga untam. Inthavaraki manam face chesina kastalanni manani chusi venakadugu vesthai. Inthavaraki manatho em avvadhu ani cheppina brain, depression nundi raagane manatho kaanidhi ledi ani chepthundi.

Naaku telusu konni gaayalu shariram paina kanapadavu, aa gaayala tho antina rakthapu marakalani manam chudalemu. Kaani avi mana manasulo chaala balam ga thagili manasuni mukkulu chesthayi.

Alanti sandharballone manam depression loki vellipothuntam. Kaani ivemi shashvatham kaadu.

Idi antha nenu urke cheppadam ledi chaala ellu depression lo undi bayataki vachi chepthunna.

Gurthupettukondi. Jeevitham eppudu okela undadhu. kindha padina prathi saari meeru

thaluchukunte evariki andhanantha paiki kuda egaragalaru.

Prathi manishiki anandham ga brathakadam oka hakku. Evaru kuda depression valla aa anandhaanni pogottukokodadhu ane poratam. Depression Manalo enni hormonal changes chesina, manani entha disturb chesina, manani entha badhapettina mana dhairyame dhanini mana nundi dhuram cheyagaladhu.

Depression valla meeru em sadinchaleru. Kaani meelo sadinchalane pattudhala, krama shikshana unte thappakunda ee depression ki check petti oka kottha life ni lead cheyagalaru.

Meeru mee life oke konam lo chusthunantha varaku meeku mee problems anni peddhaga kanipisthayi. Kaani okkasaari top angle nundi chudandi. Mimalni meeru prathi problem ki samadhanam unna vyakthi la treat chesukondi. Mimalni meeru chaala intelligent la uhinchukondi. Evariki samasya vachina mimalni adigenta nerpari ani assume chesukondi. Ippudu kaallu muusukoni okka nimisham alochinchandi. Meeru marchipokandi.

meeru ee prapancham lone anni questions ki answer cheyagala vyakthi. Ippudu kallu muusukondi, okka nimisham paatu mee samasyalaki parishkaaram enti ani alochinchandi.

Meeku samadhanam dorikindhi kada. Okavela dorakakapothe meeru comfort zone lo chaala munigipoyaru ani ardam. Andulo nundi ela bayataki ravaalo kuda ee book lo untundhi. Okavela meeku samadhaanam dorikithe congratulations. Meeru depression nundi bayatapadabothunnaru.

MY EXPERIENCE WITH DEPRESSION

Nenu naa life lo chaala sarlu depression ni face chesa. ‘LOSER’ anna maata naaku kottha kaadu. Chinappudu naaku alphabets kuda vachevi kaadu. 4th class dhaaka at least naaku naa spelling kuda sur name tho saha rayadam raadhu.

School lo teachers naaku nerpinchadam pakkana pedthe “veedo duller gaadu” ani nannu human la kuda chusevaaru kaadu. Antha chinna vayasulo naakem telusu. Nijam gaane neno waste fellow emo anukune vaanni. Elago nenu duller kabatti chadivina raadhu ani edhi chadavakapoyevaadini.

Class lo nenu unna lenatte. Evaru naatho maatladevaallu kaadu. Okavela evaraina naatho maatladina kuda teachers vaallatho “vaaditho matladithe nv kuda duller avthav” ane vaallu.

Loser, duller, waste fellow ivanni na nick names. Appati nundi depression nannu ventaduthune undhi. Naaku teliyakundane nenu psychological

problems ni face chesevadini. Kadupu nosthundhi ani abaddham cheppi intlo undi naaku nene aadukunevaanni. Bayataki kuda velle vaanni kaadu. Naaku asalu balyam lo snehithule leru. Appati nundi nenu em anukunna kuda adi jaragaka loser avthune unna.

Love lo fail ayyi malli loser ayya. Inter lo fail ayyi 1 year kaaliga undi malli loser ayya. Engineering ante istam lekapoyina join ayyi malli loser ayya. Andarini odilesi cinema field ki velli akkada kuda loser ayya. Photography pettina kuda 6 months daaka okka client raaka malli loser ayya.

Naaku nijam ga ardam ayyedhi kaadu. Enduku devudu nannu at least nenu unna ani kuda gurthinchatledu. Suicidal thoughts perigipoyevi. Chanipodham anukunna. Chaala sarlu knife teeskoni cut cheskundham anukunna. Okkati rendu sarlu attempt kuda chesa Kaani adi kuda naa valla avvaka akkada kuda loser ayya.

Naa chethi paina unna katthi marakalu nannu loser ani malli malli gurthu chesevi.

Ee process lone chedu alavaatlu ekkuvaipoyayi. Intlo vaallu naa meedha chaala hopes pettukunnaru. Chivaraki nenu emi cheyaleni asamardhudila migilipoya.

Edupu vachedhi. Evaritho matladaali anipinchedhi kaadu. Friends ni andarini dhuram petta. Veeparithamaina kopam vachedhi. Kaani evari paina kopamo telisedhi kaadu. Psychological ga chaala upset aipoya. Pichekkuthundhi emo anukunna. Nidra pattakapoyedhi. Evaritho undatam istam leka hyd lo ontariga undevanni. Aa ontari thanam nannu inka pichi vaanni chesadhi.

Ivvaninti nundi bayatapadataniki nenu try cheyaledu. Paaripovadaniki try chesa. Anduke veepareethanga chedu alavaatlani daggaraki cheskunna.

Weed, mandhu, cigarettes appudu ivi naaku devudu ichina varam la anipinchindhi. Naa asamardhathani kappipucchadaniki veetiki baanisa ayya. Modhatlo naaku nidra pattakapothe mandhu thaagevaanni

raanu raanu mandhu kottakapothe nidra pattanantha addict ayya.

Asalu naa chuttu em jaruguthundho kuda naaku peddhaga telisedhi kaadu. Room lo okkadine weed kotti enduku navvuthunnano teliyaka navvevaanni. Enduku edusthunnano kuda teliyakundane ediche vaanni. Evaro nannu room lo oka corner nundi chusthunnattu hallucinate cheskunevaanni. Eppudu nenu Nisha lone undevaanni. Eppudu naa kallu erraga raktham kakkuthu undevi.

Cinema industry lo chance lekapovadam, preminchina ammai odhili velladam, intlo vaallu naa valla bayata thala ethukolekapovadam, btech discontinue cheyadam, em cheyalanna cheyalekapovadam ivanni naa okkappati problems.

Kaani ippudu weed dorakakapovadam, wine shop ki time ki vellakapovadam, cigarettes aipovadam, mandhu aipovadam naa biggest problems.

Naa jeevitham gurinchi alochinchadaniki kuda naaku time undedhi kaadu, enduku ante nenu eppudu trance lone brathike vaanni. Aa trance nundi bayataki vaddham ani kuda nenu eppudu anukoledhu. Alane chachipothe baagundu anukune vaanni.

Nenu enthala addict ayya ante okaroju rathri naa daggara weed aipoyindi. Mandhu kuda ledi. cigarettes kuda aipoyayi. Naaku pichi lesipoyindi. Asalu em cheyalo kuda ardam kaledu. Vipareethamaina kopam vachindi. Entha control cheskunna naa valla avvatledu. Juttu peekuntunnu, godalani kodthunnu, thala noppi peruguthundi. Pichekkipothundi emo ani bhayamesindi.

Ventane apartment kindhaki velli akkada thaagi padesina cigarette peekalu thecchukoni smoke chesa. Melliga control loki vacha.

Enduko telidu chaala edupu vachindi. Chaala edichaanu kuda. Asalu nenu enti ila avvadam enti ani.

Modhati saari chaala rojula tarvatha naa paristhithi naaku ardam aiendi. nenu entha cheap position lo

unnano naaku telisindi. Asalu em avdham anukoni vachi em ayyaanu. Nannu nenu chuskuntene naaku edupu aagaledhu. Naa ollantha weed smell ey vasthundhi. Illu antha weed smell ey vasthundhi. Idha naa jeevitham ani nenu thattukolekapoyanu.

Devudu kanipisthe champeddham anukunevaanni. Asalu nenu chesina thappu enti? Andaru happy ga unnaru. Andari jeevithaalu chaala baaga unnai. kaani naa jeevitham enduku ila aiendi? Nenu ee alavaatla valla chaala chikkipoya 68kgs nundi 41kgs ki vacha. Sannaga naa bones naake kanipinchevi. Nadavadaniki kuda naaku opika undedhi kaadu. Sarigga thinakapoyevaanni. Kevalam matthulone brathikevaanni. Intha kanna cheap life inkokati untundha? Oka manishi entha cheap ga thayaravvalo nenu antha cheap ga ayyaanu.

Nijam ga naaku em ardam kaaledu. Appatike nenu maa amma nana tho matlaadi nalugu nelalu avthundhi. Nenu help chesina evaru naa phone ethithe ekkada mandhuki dabbulu aduguthano ani etthevaallu kaadu. Naa jeevitham paina naake

asahyam vesindi. Chiraaku perigindi. Kopam perigindi.

Weed kottadam, mandhu kottadam idhena naa life anipinchindhi. Ela aina nenu maraali anukunna. Depression nundi bayataki raavali anukunna. Aagipoyina naa jeevithanni malli prarambinchali anukunna. Navvula paalu aina nannu chusi garvanga maa parents naa koduku ani cheppukovali anukunna. Nenu maaredhe kaaka naa jeevitham la unna kondari jeevithaalani maarchali anukunna.

Naaku telusu. Idi nenu kopam lo teeskunna niryanam. Naa paina naaku perigina kopam lo teeskunnadhi. Ee nirnayaniki nenu kattupadi undalante mundhu nenu conscious ga undali. Ippudu nenu unna paristhithi lo adi impossible ani kuda naaku telusu. Aina nenu maraali anukunna, chaala balam ga anukunna.

Appude nenu weed kottakodadhu ani nirnayinchukunna. Endukante nenu maaralante mundhu naa jeevitham lo em jaruguthundho nenu

alochinchali. Nenu alochinchalante nenu conscious ga undali.

Ika jeevitham lo malli kottakodadhu ani decide ayya. Modhatlo naaku narakam kanipinchindi. Nannu nenu control cheskolekapoya. Nannu nenu hurt cheskunevaadini. Godalani guddhevadini. Thala pattukoni ediche vaadini. Gattiga ariche vaadini. Thinalanipinchedhi kaadu. Nidra pattedhi kaadu. Evarinaina champaali anipinchedhi, leka nenu chachipovali anipinchedhi.

Kaani edhi emaina weed matram kottakodadhu ani fix ayya. Nenu maaradam lo idi naa modhati success avvali ani nirnayinchukunna.

Nenu entha narakam anubavinchano maatallo cheppalenu. Chivaraki vijayam naadhe aiendi. melliga cravings thaggi weed paina interest kuda thaggindhi. Yes, naa jeevitham lo idi modhati gelupu. Nenu maarabothunna anadaniki idi oka example. Melliga nenu naa career paina concentrate chesa.

Mundhu naaku pani kavaali. ye pani aina parledu. Kaani naaku pani kavaali. Mundhu naaku kontha money vasthe chaalu entha kastamaina chedddham anukunna. Naaku telisina cinema field lone chaala try chesa. Ekkada pani dorakaledu. Chivaraki light man laaga okaru kavali ani chepparu. Nenu Camera work complete ga nerchukovadam kosam light man laaga vellevaanni.

Rojuki rendu vandhala jeetham. Food okka puuta vaalle pettevaallu. 50rs naa travelling ki poyina inko 150 daily vachedhi. Akkada vaalle beedilu kuda ichevaallu. Complete ga oka mass kurrodila ayya. Notlo beedi, chethilo oka peddha stand ki light. Aithenem nenu conscious ga unna. Naaku naa chuttu em jaruguthundho ardam avthundhi. Ala ala lighting techniques nerchukuntune melliga camera assistant la vella. Akkada daily 500 vachedhi. Nidra kuda pokunda kastapadevanni. Okkoroju day antha camera assistant laaga velli night antha light man laaga vellevaanni.

Nenu ika aa jeevithanni marchukovali anukunna. naakunna chedu alavaatulu anni odhilipettadam

start chesa. Nannu nenu eppudu busy ga unchukune vaanni. Roju snanam chesi neat ga undataniki try chesevanni. Battalu kuda rooju utthukune vaanni. Melliga edho theliyani positive vibes start ayyayi.

Naa pakkana evaraina thaaguthunna, leda weed kodthunna appudappudu paatha gnapakaalu gurthachevi, na mind “ee okka saari thaagu” antu excuses cheppedhi. Kaani nenu vinevaanni kaadu. Chaala balam ga undevaanni.

Akkada nundi focus puller, akkada nundi editing chief, akkada nundi editor, akkada nundi wedding photography assistant, akkada nundi wedding photographer, akkada nundi The Karen’s Photography owner. Akkada nundi photography region lone no 1 cheyadam. Akkada nundi Telugu Nolan, aa taravaatha meeku telusu.

Ippudu cheppandi. Depression gurinchi matlade hakku naaku ledhantaara?

Naaku kastam telusu kanneeru telusu, baadha baruvu telusu.

Meeru nenu oke padavalo prayanincham. Kaani meeru gamaninchalsindhi okate meeru prayaninche padava samudhrapu madhyalo undhi anukoni andulone kurchundipoyaru.

Okkasari dhigi chudandi. Koncham kastam aina edhureedhandi. Appudu meeru mee gamyanni cherukogalaru. Ledhante jeevithantham meeru aa depression ane padavalone undipotharu. Okkasari bayataki vaachi chudandi. Meeku prapancham chaala andhamga kanipisthundi.

Sadhguru edo interview lo oka maata antaru. “life eppudu ME vs UNIVERSE la avvakodadhu. Endhukante manishi eppudu universe tho compete cheyaledu. Life eppudu ME and the UNIVERSE la undali”. Ani.

Maaralsindhi maname. Janam kaadu. Maname mana anandhanni vethukkovali. Maname mana

gamyani ki cherukovaali. Manam maari mana problems ki solutions alochinchali. Manam mana asamardhathani pogottali. Manam manani vedhithunna samasyala paina poradaali. Manam maari mana jeevithanni maarchukovali.

Juliette Lewis oka maata antaru, “the bravest thing I have ever done was continuing to live when I wanted to die.” Ani.

Depression manaki matrame kaadu. Chaala mandhi face chesthunnaru. Kaani andulo nundi bayataki ravadam mukhyam. Dhanitho poradatam mukhyam.

Evare kosamo meeru maaralsina pani ledu. meekosam meeru maarandi. Oka balamaina vyakthi la maarandi. Oka shakthi la maarandi. Dhenni aina edhurukovadaniki siddham ga undela maarandi. Meeru anukunna jeevithanni neraverchukunela maarandi.

Ika odhileyandi. Evaro emo anukuntaru anna bhayanni odhileyandi. Fail aithe evarevaro navvutharu ane alochanalani odhileyandi. Inka badhupaduthune kaalam gadupudham ane mindset ni odhileyandi. Meekosam meeru brathakandi. Mimalni meeru oka goppa sthayi lo uhinchukondi. Aa uuha nijam kavalante em cheyalo alochinchandi. Kastapadandi. Mee jeevithanni meeru anukunattuga theerchi dhiddhadam lo unna kastanni istapadandi.

Meeru depression ni odhili petti mundhuki nadavaali. Mee kastalani mee kopalani mee kanneellani mee badhani mee balahinathalani meeru odhili petti mundhuki nadavaali.

Rowan Atkinson ki sarigga matladatame raadhu ani andaru helana chesevaaru. Athaniki friends kuda sarigga undakapoyevaaru. Athani face ni chusi chaala mandhi producers athaniki chance kuda ivvaledu. Kaani aayana aagipoledhu. MR BEAN ane series tho asalu oka manishiki vijayam sadhinchali ante maatalu raavalsina pani kuda ledi ani nirupinchaadu. Thanani reject chesina

producers ey aayana dates kosam konni nelalu wait chesaru. Adhi okka rathri lo vachina vijayam kaadu. Adhi oka cake walk kaadu. Dhaani venaka chaala kastam undi. Dhaani venaka oka balamaina pattudhala undi. Dhaani venaka aayana konni ellu face chesina depression undi. Chivaraki aayana ippudu prapancha praktyatha pondhina actor. Prapancham lone highest paid comedian. Konni vandhala awards aayana sontham. Bahusha Rowan depression lone undipothe may be manam eeroju oka manchi baalyaanni miss ayyevaallam.

YOUR BIGGEST ENEMY IS YOU

Manam depression nundi bayataki ravaali anukuntam, kaani ala ralekapovadaniki kaaranam maname ani chepthe meeru nammagalara? mee biggest enemy meere ante meeru nammagalara?

Nenu chepthundhi nijame. Manam depression nundi bayataki ralekapovadaniki kaaranam maname.

Bahusha mana depression ki kaaranam vere vaallu aithe vaallatho poraadi aina manam aa depression nundi bayatapadatham. Bahusha depression ki kaaranam manaki teliyani vaallu aithe manam vaallani avoid chesi aina depression nundi bayataki vastham.

Kaani enduku ala jaragadam ledu? Enduku manam depression lone migilipothunnam?

Eppudu aina mimmalni meeru question cheskunnara? Manam badhapaduthu oka chota

aagipothunnam thappa nijam ga mana life ni enhance cheskovadam kosam prayathnisthunnama?

Okkasari kindha questions ki genuine ga answer cheyandi. Prathi question ki at least oka 30secs aina alochinchu answer cheyandi. Meeku meeru answer cheskondi. Evari kosamo kaadu.

- 1.Meeru depression nundi enduku bayataki ralekapothunnaru? Meeru nijam ga mee 100% try chesthunnara?
- 2.Meere mee depression ki kaaranam ante meeru nammagalara?
- 3.Meeru mee samasyala gurinchi kaakunda vaati solutions gurinchi eppudaina alochinchara?
- 4.Meeru enduku depression lo unnaru? Dhaniki kaaranam evaru? Meeru depression nundi bayataki ravadaniki em cheyali?

- 5.Meeru jeevithantham oka asamardhudila depression lone undali anukuntunnara? Leka maraali anukuntunnara?
- 6.Okavela meeru maraali anukunte inka entha time paduthundhi mee maarpuki?
- 7.Meeru mee jeevitham lo santhoshanga andariki adharshanga undali ani eppudaina anukunnara?
- 8.Meeru entha try chesina kuda depression lone undipothunnaru ani meeru anukuntunnara?

Meeku meeru raase samadhanaale solution gurinchi meeru alochisthunnara leda ani chepthundhi.

Nenu depression lo unnantha kaalam eppudu kuda ela bayataki ravaali ani alochinchaledu. At least okkasari kuda!! Naaku nenu chaala amayakudila imagine cheskunevaadini. Naaku nenu chaala badhapaduthunattu anukunevaadini. Prapancham lo nene ekkuva baadhalu anubavisthunattu uhinchukunevaadini. Bahusha nenu matrame ila

lenu emo, prathi okkaru kuda ilane alochisthundachu.

Kaani okkasaariga depression nundi bayataki raavali anukunappudu naaku ardam aiendi. Naa biggest enemy nene ani.

Naa biggest enemy matrame kaadu, depression lo unna prathi okkari biggest enemy vaalle.

Nenu nijam ga naa 100% try cheyaledu. Okkamaatalo cheppalante depression anedhi oka mind game. Mana mind manani eppudu kastapadanivvadhu. Mana mind manani comfort zone lo unchadanike prayathnisthundhi. Anduke depression nundi evaru antha tworaga bayataki raaleru.

Manam depression nundi bayataki ravalante chaala kastam avthundhi. Adhi mana mind ki istam undadhu. Manam mana alavaatulu maarchukovalsi vasthundhi. Manam mana body paina health paina concentrate cheyaalsi vasthundhi. Manam mana life

lo settle avvadaniki nidra leni rathrulu gadapaalsi vasthundhi. Manam ante enti ani prove cheskodaniki chaala thyagaalu cheyalsi vasthundhi.

Ee prayanam lo chaala edhuru dhebbalu thagilina manam malli nilabadalsi vasthundhi. Ivanni cheyadaniki manam maraalsi vasthundhi.

Kaani mana mind ki adhi istam undadhu. endhukante adhi manani comfort zone lo unchadanike istapaduthundhi. Mana mind entha theliviga deal chesthundhi ante. Ee comfort zone nundi manam ravadam istam leka “Manam inthe, manam oka loser, mana grahacharam baaledu, mana time baledu” ani manaki chepthu untundhi.

Nenu depression nundi bayataki ravalante chaala cheyali. Adhe nenu depression lone undalante happy ga weed koduthu, mandhu thaaguthu, cigarettes kalusthu padukunte saripothundhi.

Ee mind game ni manam ardam cheskolemu kuda. Because mana drustilo manam mana mind em

chepthe adhe cheyali ani anukuntam. Kaani mind lone rendu parts untai. okati manaki edhi perfect ani chepthundhi. Okati edhi emaina manam comfort zone lo unte chaalu antundhi

Mana mind alavaatu aiendi vyasanaalaki kaadu. Baddhakaaniki. Manam depression lone undipoyedhi solution leka kaadu. Depression nundi bayataki vachi manani nirupinchukovadaniki kastam avthundhi kabatti.

Comfort zone idhe mana pathananiki kaaranam. Comfort zone mana nashananiki kaaranam.

Exam lo fail ayya ani depression loki vellipothe aipothundhi ane comfort zone mana mind lo create avthundhi. Kastapadi chadivi eesari cent marks techukovalanna alochanani idi champesthundhi. kastapadi chadavalante manam mana comfort zone nundi bayataki ravaali kada!!

Job ledu ani manam depression ki vellipotham. Kaani English inka fluent ga nerchukoni, inka

kottha technologies kottha languages nerchunte chinna job ayina vasthundhi. Adhi chesthune manani manam inka develop cheskoni maro peddha job techukovachu. Kaani dheeniki meeru mee comfort zone nundi bayataki ravaalsi untundhi.

Love lo fail ayya ani meeru depression ki veltharu. Love matrame jeevitham kaadu ani meeku kuda telusu. Thana gnapakalani, thanatho gadipina skhenalani marchipoyi meeru unnatha sthayi ki raavalante meeru mee comfort zone ni odhalalsi vasthundhi. Adhi mee mind ki istam ledi. anduke meetho inka break up songs vinipisthundhi. Thanatho gadipina rojulane gurthu chesthundhi. Thanatho chusina movies, thanatho matladina calls, thanatho chesina allari anni gurthu chesi mimalni thana maaya lone undipoyela chesthundhi. Endukante appudu meeru mee comfort zone nundi bayataki ravaalsina pani ledi.

Online lo evaaro mee photos ni morphing chesi internet lo peddha ante meeru depression loki vellipotharu. Kaani mee intlo vaallatho leda police station lo complaint ivvadam lantivi chesthe jarige

parinamaalani edhurukovadam meeku istam undadhu. because appudu meeru mee comfort zone nundi bayataki raavalsi untundhi.

Comfort zone nundi mimalni mee brain bayataki ranivvadhu kabatte meeru deep ga depression lo munigipothu untaru. Comfort zone nundi evaru bayataki ravadaniki istapadaru kabatte chaala mandhi online black mailing chesthu untaru.

Mari ee comfort zone nundi manam bayataki raalema? Ante ravachu. Kaani comfort zone nundi growth zone ki raavalante meeru konni phases dhaatalsi untundhi.

Meeru comfort zone nundi bayataki ravadaniki prayathninchagaane mee mind mimalni fear zone loki padesthundhi.

Ee fear zone lo meeru evaru em cheppina nammuthu untaru. Excuses kosam vethukuthu untaru.

For example eeroju thaagakodadhu ani decide aithe, “ee okka roju thaagi repati nundi maneddham.” Anukuntaru.

Ee fear zone lone most of the people fail ayyi malli comfort zone loki vellipotharu. Enduku ante ee fear zone lo self confidence chaala thakkuvaga untundhi.

Okkasari meeru ee fear zone cross chesi excuses ni lekka cheyakunda, self motivated ga undi chudandi. Meeru appudu Learning zone loki enter avtharu.

Ee learning zone lo meeru kottha vishayaalu nerchukuntaru. Mee mind aade aatalanni meeku ardam avthu untundhi. Meeru challenges ni problems ni face cheyadaniki peddhaga venakaadaru. Meeru em cheyali ani fix aina kuda cheyagalugutharu. Excuses anevi meeku nachavu.

Ee zone nundi meeru chaala fast ga growth zone ki veltharu. Ee zone lo meeru mee life ni ela lead cheyalo telusukuntaru. Mee dreams ni fulfill

cheyadam kosam enthakaina venakaadaru. Meeru goals ni set chestharu. vaatini reach avtharu. Manam chuse billionaires andaru ee growth zone lo unna vaalle.

Okkasari meeru mee comfort zone nundi bayataki vachi chudandi. Kastam vachindhi ani badhapadakunda dhaanni edhirinchi chudandi. Mimalni meeru dhenni ayina edhurukune vyakthi la maarchukondi. Excuses ki NO cheppandi. Mimalni meeru oka shakthi la maarchukondi. Okkasari meeru comfort zone nundi bayataki vachi growth zone loki velthe meeloni maarpulu meere nammaleru. Prapancham antha mee maata vintunattu meeku anipisthundhi.

Mee jeevitham meeku nachinattu maaralante mundhu meeru meeku nachinattu maarali. Manam roju Instagram lo facebook lo news lo chusthune untam. Kondaru thama knowledgetho prapanchanni enthala impact chesthunnaro ani.

Bill gates, Elon musk, Ambani ila entho mandhi unnaru. Mimalni nenu vaallala avvamani cheppadam ledu. mimalni meeru at least meeku nachinattu maarchukondi ani matrame chepthunna.

Elon musk oka interview lo antaru. Athaniki intiki velladaniki kuda time undadhu ani, weekly twice matrame snanam cheyadaniki time ketayistha ani. Athanu thama team antha baaga ela mundhuku velthundhi ani adigina prashnaki

“Naa team tho nenu ye samasya vachina raathri rendu gantalaki kuda naaku call cheyandi ani cheppaanu. Vaallu chinna samasya vachina kuda naaku call chestharu adi 2am aina 3am aina. Anduke vaallu ekkuva mistakes cheyaru”.

Ani antaadu. Dheenne comfort zone nundi bayataki ravadam antaru.

Adhe Elon musk poddhune padhi gantalaki office velli rathri aaru gantalaki intiki velthe bahusha aayana prapanchanni intha prabavitham cheyakapoyi undachu.

Aayana thana comfort zone nundi bayataki vacharu.
Aayana thana alochanalatho prapanchaanni inspire
chesthunnaru.

Nannu nammandi. Maname mana biggest enemy.
Manam manatho poratam cheyali kabatte
depression lone undipothunnam. Okkasari meeru
anukunnadhi chesi chudandi. Chaala chinnaga
modhalu pettandi. Udhayam aidhu gantalaki nidra
levaali ante levandi. Malli padukokandi. Meeru em
cheyali anukunnaro adhi cheyandi. Mee brain
cheppe maatalu vinakandi. Okka vaaram rojulu mee
comfort zone ni odhilesi purthi vyathirekanga
prayaninchandi. Appudu mee brain maata meeru
vinadam maanesi mee maata mee brain vinadam
modhalavuthundhi.

Appudu jarige parinamaalu meeru uhinchaleru
kuda. Meeke kotthaga untundhi. Meelo oka teliyani
positive vibes vasthai. Meeru edhaina cheyagalaru
ane nammakam balapaduthundhi.

Meeru poradaalsindhi prapancham tho kaadu. Meetho. Meeru poradaalsindhi mee comfort zone tho. Mee life ni meeru meeku nachinattu maarchukovalante meeru mee comfort zone nundi bayataki randi. Appudu meere nammuthaaru. Nenu cheppina okka maata kuda abbadham kaadu ani.

Meeru mee comfort zone nundi ravadam chinnaga modhalu pettandi. Mundhu udhayam levandi. “Inkasepu paduko” ani mee mind chepthundhi. Adhe fear zone. Meeru mee mind maata vinakandi. Comfort zone nundi fear zone ki promote ainanduku congratulate cheskondi. Walk ki vellandi. “Intha poddhunna walk enti velli paduko” ani mind antundhi. Aina vellandi. Meeru walk nundi raagane snanam cheyandi. Mee mind oppukodhu. “Ippude snanam enti?” antundhi aina vinakandi. Ilanti chinna chinna panulathone meeru mee comfort zone nundi melli melliga bayataki ragalugutharu.

Okkasari meeru bayataki vasthe inka prapancham mee maata vinadaniki ready ga untundhi. Meeru edhagadaniki em cheyalo okkoti anni cheyandi.

Entha kastam vachina kuda comfort zone ki vellipokandi. Appudu vijayam kosam meeru thapana padalsina pani ledi. vijayame mee daggaraki vasthundhi.

Mee andariki telise untundhi ga. “life begins at the end of comfort zone.” Ani

Prapancha vyapthanga konni lakshala mandhi abhimaanulu unna author, business man T Harv Eker oka interview lo comfort zone gurinchi matladuthu oka maata antaru.

“To move to a new level in your life, you must break through your comfort zone and do things that are not comfortable.” Ani

Albert Einstein maatalu guthupettukondi. prathi padava theeram paina safe ga untundhi. Kaani dhaaniki viluva dhaani comfort zone odhilesi samudram lo prayaninchinappude ani.

Meeru mee comfort zone lo unnantha kaalam chaala safe ga feel avtharu. Peddhaga life gurinchi alochincharu. Kaani life ante adhi kaadu. Life ante making things possible which are impossible.

nenu comfort zone nundi bayataki ravadaniki chesina konni hobbies next chapters lo detailed ga chepthanu.

NOTE IT DOWN

Comfort zone nundi meeru bayataki ravadaniki use ayye idea idi. Ee okka alavaatu meeru life ni enhance cheyadam lo use avthundhi. Adhento telsa? Dairy raayadam.

Aagandi. Idi old fashion ani kottipadeyakandi. 2000's movies lo heroine la bed paina padukoni chinnaga navvuthu dairy lo hero gurinchi raayadam gurinchi nenu cheppatledu. Dheenni koncham serious ga teeskondi. Oka book aina parledu. Leda dairy aina parledu. Meeru meetho undanivvandi.

Meeru prathi roju em chesthunnaru ani andulo note down cheskondi. Meeru cheppukodhagga goppa pani em cheyakapoyina parledu. Andulo note cheyandi. I swear Idi naa jeevithanni maarchadaniki chaala help aiendi.

Nenu modhatlo dairy rayalantene naaku chiraaku vachedhi. Enduko telusa? Meeranukunattu naaku dairy rayadam istam leka kaadu. Nenu em pani cheyanu kabatti.

Dairy lo em rayali? Thinnanu, padukunna, lecha, mandhu thaaga, cigarette kotta ive rasthu undevaanni. Inthakanna naa life lo rayadaniki kuda peddhaga emi undevi kaadu.

Oka 1 week tarvatha aa week antha raasindi chadivinappudu naa paina naake asahyam vesindhi. Nenu em chesthunna ani appati daaka eppudu venakki tirigi chuskoledu. Kaani dairy valla naaku naa life etupothundhi ani ardam aiendi.

Prathi roju nenu depression lo unna ane alochanalu, naaku edho aiendi, nenu asamardhudini ane feeling thappa eppudu nijam ga naa life etu velthundhi ani nenu alochinchaledu.

Dairy rayadam valla naaku telikundane naa manasulo oka alochana naatukupoyindhi. Nenu 10% aina naa jeevithaanni marchadaniki prayathninchatledu ani appudu naaku ardam aiendi.

Appude nenu okati fix ayya. Dairy lo roju naa jeevithanni enhance chese okka pani aina undali ani.

Melliga nenu dairy ni konni manchi panulatho nimpadam modhalupetta. Eeroju tworaga lecha ani. Leda eeroju light man ga vella ani. Eeroju ekkuva smoke cheyaledu ani, leda eeroju mandhu kottaledu ani.

Ilanti manchi vishayaalatho diary ni nimpadam start chesaka day antha avi cheyadaniki kastam ga unna diary rasetappudu matram edo sadincha ane chinna feeling undedhi.

Bahusha nenu comfort zone nundi melliga learning zone vaipu ravadaniki diary kuda oka kaaranam ayyundachu.

Ento telidu. Melliga naalo naaku vipareethamaina confidence levels perigipoyayi. Nenu dairy rayadaniki enthala addict ayya ante aaroju nenu em manchi pani cheyakapothe edo oka article leda book 3 pages chadivi eeroju nenu book chadiva ani

andulo raase vaanni. Vaaram tarvatha aa week antha raasina dairy chaduvuthunte naalo naake changes kanipinchevi. Happy ayyevaanni. Wow anipinchedhi. Confidence boost ayyedhi.

Naa maata nammandi meeru kuda dairy rayadam modhalu pettandi. Meeru uhinchani parinamaalu jaruguthayi. Aa dairy lo entho kontha manchi tho nimpadaniki try cheyandi. Dairy raasaka padukune mundhu okkasaari aina aaroju antha meeru em chesaru, okavela em chesthe aaroju inka happy ga gadichedhi ani note cheskondi. Next day adi cheyadaniki try cheyandi.

Idi oka chinna salaha ne kavachu kaani meeru dairy rayadam start chesaka meeke ardam avthundhi dheeni impact entha peddhaga untundhi ani.

Meeru nidra levagaane edhaina oka manchi habit tho day ni modhalu pettandi. Like walk ki velladam, leda yoga cheyadam laantivi.

And padukune mundhu aa roju meeru chesina manchi panini diary lo raasi happy ga padukondi.

Dheeni valla mee day starting and ending happy ga untundhi.

Anduke antaru ga “happy life is waking up with determination and sleeping with satisfaction” ani.

Douglas Pagels ane author raasina book lo oka line untundhi.

“Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.” Ani.

Mee jeevitham ane diary lo meeru prathi page ni anandham ga raayadaniki try cheyandi. Meeru mee jeevithapu diary ni entha andham ga raasaro mee daggara unna diary lo raayandi. Konni rojula tarvata meeru depression nundi bayataki vachaka meeru chesina prayathnaalu, raasina maatalu, meelo self confidence ni marintha penchi, jeevitham lo eppudu kastam vachina kuda edhurukune laa maarusthundhi.

Ala ani mimalni meeru fake cheyakandi. Genuine ga unnadhi unattu raayandi. Kondariki diary evaraina chadivithe ela ane bayam undachu.

Alanti vaallu mobile lo rayandi. Ippudu chaala apps unnai vaatilo meeru raayachu. Vaatiki meeru password kuda pettachu. Appudu meeru raasindi evaru chudaleru. Meeru matrame chudagalaru.

Meeru mee dairy lo evarino impress cheyadaniki raasthunnattu raayakandi. Meeru meeku nachinattu undandi. Evariko nachinattu kaadu.

Meeru gatham lo chesina thappulani gurthu cheskuntu regret feel avvakandi. Endukante ey thappuni aina manam maarchagalam leda marchipogalam. Aa thappulanni okka lesson anukoni meeru move on avvandi.

Dairy lo meeru mee maarpuni raayadam valla oka great day ni adi isthundhi. great days ani kalisi oka

great week avthundhi. Great weeks anni kalisi oka
great month avthundhi. Great months anni kalisi
great year avthundhi chivaraga oka great life
avthundhi. Meeru ee book chadivina ventane mee
mobile lo edo oka dairy app install cheskondi.
Meeru nammaru ee idea mee jeevitham lo chaala
impact create chesthundhi.

MAKE UP YOUR MIND SHAPE UP YOUR BODY

Meelo chaala mandhi Surya s/o Krishnan movie chusuntaaru. Andulo oka dialogue untundhi. “mee body ni ready cheyandi anni baadhalu pothai.” Ani

Ee okka dialogue naa jeevitham paina entha impact create chesindho nenu maatallo cheppalenu.

Nenu depression nundi bayataki ravaali anukunnappudu naa weight 42kgs. Let me be honest with you naaku 2litr water bottle kuda sarigga lechedhi kaadu. Nenu comedy cheyadam ledu. I swear naa chethulu 6th class pillodi hands kanna sannaga undevi.

Nenu depression nundi bayataki vasthune naa physical attire complete ga change cheskovali anukunna. Because neno kottha vyakthi laa maarali anukunna. Mental ga and also physical ga. Dhaaniki gym cheyali ani naaku telusu. Naa daggara unna

money tho amazon lo dumbbells order cheskunna. Because naaku gym ki vellantha money levu.

Modhati roju naaku inka gurthundhi. 5kgs dumbbell lepadaniki nenu padda kastam antha intha kaadu. 5 pushups cheyadam naa valla kaaledu. Idhantha nenu naa comfort zone nundi bayataki raavadaniki chesthunna prayathnaalu.

Modhati roju 15mins kindha meedha padi gym cheyagane aarojantha naaku ollu pattesindhi. Morning lechesariki naaku full body pains. Cheyi kuda levadam ledi.

Oka pakka naa mind nannu thidthu undhi. “Happy ga mandhu thaagi padukunedhaniki neeku enduku ivanni, idhantha rich people cheyalsina panulu, manalanti losers kaadu.” antu.

Google chesa. Prathi roju gym chesthe konni days ki aa muscles noppiga undavu ani undhi. Second day kuda dumbbell mundhu pettukunna. Oka pakka naa fear zone naaku excuses chepthune undi.

“Ippudu body antha pain ga undi kada repu cheddham le” antundhi. Nenu kallu muusukoni nannu nenu congratulate cheskunna.

“idi antha naa mind game. Nenu successful ga comfort zone nundi fear zone ki promote ayya” ani naaku nenu cheppukunna.

Aaroju kuda kindha meedha padi gym chesa. Joke enti ante gym cheyagaane instant gaa naa body pains 50% thaggipoyayi. Adhi naaku chaala self motivation ni ichindhi.

Comfort zone nundi nenu growth zone ki ravadaniki ee gym naaku chaala help chesindi. Melliga naa body and naa mind rendu oka shape ki ravadam start aiendi. okkasari nenu fit avvagaane nenu nadiche vidhanam, ninchune vidhanam anni maaripoyayi. Self confidence build aiendi. Surya cheppindhi nijame “mee body ni ready cheyandi, anni baadhalu pothai.”

Mee gender edhaina parledu. Meeru okkasari mee body paina concentration pettagaane meelo meeke theliyani confidence vasthundhi. You can do anything anipisthundhi.

I always believes in a quote : “when your body is on construction, your mind will be on mission.”
Ani.

Results koncham melliga ravachu but never give up. Believe me oka vyakthi oka panini consistency tho chesthunnadu ante athaniki chivaraga dhakke reward success matrame.

DON'T JUST THINK, DO IT

Nenu cheppindi antha meeru ee book aipogaane marchipothe meeru anukunnadhi saadinchaleru. Anduke just alochinchhi odhileyakandi. Amaluparchandi. Manandariki chaala plans untai. Life inkoncham better avvadaniki depression nundi bayataki raavadaniki Manalo manam chaala alochanalu chesi untam. Kaani chaala varaki mana alochanalu anni alochanalugaane migilipothuntai.

Kevalam alochanalu matrame mana jeevithanni maarchalevu. Aalochanalani amalu chesthene mana jeevitham maaruthundhi.

“Nenu IT job techukunta, monthly 30k salary sampadistha” anukunte edhi jaragadhu. ‘Life is not a fairy tale’. Anukogaane jaragadaniki.

Dhaniki meeru prepare avvaali. English lo baa matladagalagaali. Technology nerchukovali. Different computer languages paina pattu undali. Appude meeru job techukogalaru.

Alaane meeru edhi cheyali anukunna kuda dhaanikantu meeru kontha kastapadalsi untundhi. Kevalam alochisthene panulu jaragavu. Alochinchagaane jarigipothe evaru pedhavaallu undaru. Alochinchagaane jarigipothe evaru depression lo undaru.

Meeru mee phone lo ippudu time chudandi. Exactly 2mins paatu meeru mee life lo better position ki vellali ante em cheyalo alochinchandi.

Time starts now.

Alochincharu kada. Adhi jaragalante meeru em cheyalo adhi plan prakram ga cheyandi. Aa alochanani alane odhilesthe meeru life lo enhance avvaleru.

Nenu chinnappudu “peddhayyaka millionaire avtha.” anukune vaanni Kaani pedhayyaka depression antu alcoholic ayya.

Entha ascharyam Appudu nene ippudu nene!! Nenu avtha anukunnadhaniki nenu aina dhaniki entha theda undi. Adhe nenu chinnapati nundi naa jeevithanni oka pranalika tho teeskelthe may be millionaire ayyevaanni emo.

Kaani nenu ala anukoni badhapadatam ledi. endukante ippatiki manaki time undi. Mana life lo manam anukunnadhi cheyadaniki time aipodhu. ‘we are never old to have a dream. We are never old to achieve something’.

McDonald start chesinappudu Ray Kroc ki 52 years ani meeru marchipokandi. Aayana thanaki vachina

alochanani alane pakkana petti unte eeroju manaki McDonald undakapoyedhi.

Alochanalu ravadam important kaadu. Aa alochanalani amalu parchadam important. Naa wall paina oka poster untundhi.

‘one person with a vision is equals to 1000 people who have only an idea’ ani.

Meeru depression nundi bayataki ravalanna leda meeru mee life lo anukunnadhi jaragaalanna meeku vision important. Nenu okati balam ga nammuthaanu.

“A man without vision is like a lion without teeth and a snake without venom.” Ani.

Prapancham meeku respect ivvalante meeku vision important. Kaani vision okate saripodhu. Dhaanni meeru action lo kuda pettaali.

“Vision without action is merely a dream, action without vision just passes the time, vision with action can change the world” - Joel A Barker.

Vision anedhi mana destination. Aa destination ki reach avvadaniki manam strategy tho mundhuki vellali. Goppa alochanalu raavadam kanna chinna alochanalu vachina vaatitho goppa panulu cheyadam goppa.

Meeru aaganantha varaku entha melliga prayaninchina parvaledu.

Meeru negative alochanalani duram pettandi. Em jaruguthundho anna bhayam odhileyandi. Manche jaruguthundhi ani nammandi. Mee chedu alochanalu mee manchi alochanatho merge avvaleka mee brain ki em cheyalo ardam kaalekapovachu. Dhaani valla meeku chaala confusing ga anipinchachu. Asalu em cheyakunda comfort zone lo undham anipinchachu anduke meeru kevalam manchi gurinchi matrame aalochinchandi. Appudu automatic ga negative thoughts mee nundi vellipothai. Melliga mee aura negative nundi positive ki maaruthundhi.

Okkati marchipokandi. Konni saarlu meeru korukunna life meeku unexpected time lo unexpected form lo ravachu.

So don't quit. Quitting don't speed up your life.

Meeru eppudu positive thoughts thone undandi. Ey pani cheyalanna kuda mee valla avthundhi ani nammandi. The secret ane million copies seller book lo chaala mandhi billionaires cheppindhi ento telsa, vaallu em pani chayalanna kuda balam ga adi vaalla valla avthundhi ani nammuthaaru ani.

Aa nammakam vaallani enni problems vachina kuda venakadugu veyanivvadhu.

Nammakaaniki unna balam maredhaniki undadhu. nenu edho magic jaruguthundhi, unnapaatuga meeru millionaires avtharu ani nammandi anadam ledi. meeru oka goppa stage ki reach avtharu ani nammandi. Meeku enni problems vachina kuda dhaanni solve cheyagala capacity meelo undi ani meeru nammandi. Appudu automatic ga mee brave

positive waves release chesthundhi. Dhaani valla mee aura kuda positive ga maaruthundhi. Meeru positive vishayaalane grahistharu. Appudu meeru em cheyali anna cheyagalugutharu. Mee valla avvanidhi antu undadhu.

Mee chuttu meeru positives alochanalatho nimpandi, and kevalam alochanalani alochanaluga unchakunda vaatiki panilo pettandi.

STOP REACTING, START RESPONDING

Manaki chinnappati nundi ela react avvalo nerpinchaaru thappa ela respond avvalo nerpinchaledu. Anduke problem raagane manam react avthunnam thappa respond avvadam ledi.

Evaraina ammai road paina velthunnappudu evaraina aapi comment chesthe thanu edusthu velthundi thappa respond avvadam ledi.

Mee boss mimmalni entha work chesina thidithe meeru react avtharu thappa respond avvaru.

Reaction anedhi emotion. Respond avvadam emotional intelligence. Meeru react avvakandi. Respond avvandi.

Nenu chaala mandhini chusaanu. Evaraina badhalo unte padhi mandhiki teliyalano ento naaku telidu, kaani whatsapp lo sad songs status peddatam. DP teeseyadam. Ilantivanni chesthuntaru.

Asalu meeru enduku ila chesthunnaro meekaina telusa? Meeru itharula nundi saanubuuthi korukuntunnara? Dhayachesi ila cheyakandi. There is a popular quote “Stop telling others about your problems. 20% don’t care and other 80% are glad you have them.”

Meeku problem vasthe mee best friends ni solution adigina thappu ledu kaani ila padhi mandhiki telisela cheyadam chinna pillala thathvam. Nenu adhi amayakatvam anadam ledu. bahusha dhaanni saanubuthi podhadaniki chese prayathnam anachu.

Dhayachesi naa paina kopam thechukokandi. Nannu nammandi, nenu mee jeevitham lo meeru evaritho maatalu padakunda undatanike ila antunnanu. Mimalni okkaru kuda chulakanaga chudakodadhu ane idi chepthunnu.

Meeru andharu mee paina saanubuthi chupistharu anukuntaru emo. Kaani nijaniki andaru mimalni chusi helana chestharu. mee mundhu “ayyo em ayindhi dp teesesav” antaru. Vere vaalla tho “aina

badha paduthe dp teeyadam anandham vasthe dp pettadam enti?” ani navvutharu.

Meeru lopala entha badha padda bayataki matram eppudu dhairyam gaane kanipinchaali. Ledante ee prapancham mimalni oka weak personality ane mudhra vesthundhi.

Purvam oka raajyam paina vandha vela mandhitho maro raajyam dhandetthindhi anta. Kaani ee rajyaniki matram sainyam eravai vela mandhi matrame. Shethru sainyam veella kannu 80,000 mandhi ekkuvu.

Appude raju ki oka idea vachindhi. “Mana rajyam lo andari sainikulaki shudra pujaalu vasthai ani pukaru puttinchandi” ani mantri ki aadesham icharu. Mantri gaaru alane pukaaru puttincharu.

Yuddham modhalayindi. Vandha vela mandhi sainyam unna kuda andaru bayam tho venakadugu vesaaru. Shudra poojala mundhu manam

nilabadalemu ani mental ga fix ayyi 20,000 sainyam chethilo 100,000 mandhi oodipoyaru.

Anduke antaru ‘PULI kanna GILI peddhadhi’ ani. Mee bayame edhuti vyakthi balam. Mee asamardhatha edhuti vyakthi samardhatha. Mee venakaduge edhuti vyakthi mundhadugu.

Meeku nijam ga problem raagane bayam avvachu. Heartbeat perigipovachu. Kaani meeru react avvakandi, adhi edhuti vaari mundhu mee asamardhathana ni prove chesthundhi. Meeru respond avvandi.

Meeru entha strong ga respond avvalante mimalni chusi evaraina comment cheyadaniki kuda bayapadela respond avvali. Asamardhule react avtharu. Kaani samardhulu respond avtharu.

Meeru depression lo undataniki Karanam kuda idhe. Meeru problem raagane react ayyaru. Chaala balam ga react ayyaru. Chaala badhaga react ayyaru. Kaani meeru respond avvaledu.

Seethamma ni ravanudu teeskellagaane ramudu react ayyi kurchunte manaki eeroju ramayanam undedhe kaadu. Ramudu respond ayyadu. Seetha devi ni teeskochadu.

Gandhi ni train lo nundi thoseyagaane Gandhi react ayyi kurchunte eeroju may be India ni manam intha peaceful ga sadinchevaallam kaadu. Gandhiji respond ayyadu. India ni peaceful ga sadinchadu.

Cherithra lo manam em chadivina andulo vaallu ela respond ayyi sadincharu ane untundhi.

Anduke meeru kuda react avvakandi. Respond avvandi. Okavela react aina adhi bayataki theliyanivvakandi. Mee response ni matrame theliyanivvandi. Idi oka alavaatu la maarithe matram mimalni evaru beat cheyaleru. Asalu mee mind lo em run avthundho kuda evaru guess cheyaleru. Adhi meeku chaala help avthundhi.

Meeru inni days nundi react avthunnara leda respond avthunnara ani kindha questions ki genuine ga answer cheyandi.

1.Meeru bayataki vellinappudu evaraina comment chesthe em chestharu?

- a) Bhayam tho edusthu akkada nundi vellipotharu.
- b) Dhairyam ga enti ani adugutharu.

2.Meeru edhaina problem raagane em chestharu.

- a) Mundhu baadhapadi aa tarvata alochisthaaru.
- b) Asalu aa problem ki solution enta ani alochistharu.

3.Meeru inka enduku depression lo unnaru?

- a)Nenu chaala kastallo unna.
- b)Nenu depression nundi ela bayataki raavalo anthaga alochinchaledu.

Ee muudu questions mee gurinchi meeru telusukovadaniki use avthai.

Inni rojulu em chesaru annadhi important kaadu. Past never comes back. Ika paina meeru ela untaru annadhe important. Always remember responding is better than reacting.

NEVER GO BACK

Meeru depression nundi bayataki vache process lo malli mimalni konni situations thirigi depression loki pampinchavachu. Mee self motivation paina impact chupinchavachu. Nenu chaala kastapadi depression nundi ravaali anukunappudu konni samasyalu nannu chaala balam ga gaayaparichayi. Vaatiki nenu mundhe prepared ga lekapovadam oka reason avvachu.

Naala meeru avvakodadhu ante konnintiki meeru mundhe prepare avvali.

UNFRIEND WITH FAKE FRIEND

Meeru depression nundi bayataki ravadaniki siddham ga unnappude meeku evaru nijamaina snehithulu, evaru mimalni vaadukuntunnaro telusukoni vaallani unfriend cheyadam chaala important.

Vandha mandhi fake friends kanna okka genuine friend chaalu.

Naa life lo naaku chaala mandhi fake friends undevaaru. Nannu depression nundi bayataki raanicchevaaru kaadu. Prathi roju naatho paatu thaagadaniki vaallu naa problems ni naaku gurthu chesthu undevaallu. Aa particular time lo vaalle naa nijamaina snehithulu ani nenu anukunevaanni. Kaani naaku avasaram unappudu matram evaru help cheyadaniki kuda vachevaallu kaadu.

Money life lo chaala chaala important, dhanni fake friends paina petti meeru mosapokandi. Nijamaina snehithudu thana thala ni thaakattu petti aina meeku help cheyadaniki mundhuki vasthadu. Kaani fake

friend meeku avasaram undhi anagaane edo oka reason cheppi mimalni side chesesthadu.

Nenu naa depression nundi bayataki ravalanukunnappudu fake friends andaritho relation break chesa. Adhi naaku peddha achievement la anipinchindi.

Appati nundi nannu evaru money kosam vaadukunna leda evaru money daggara naaku hand ichina nenu ventane vaallani unfriend cheyadam modhalu petta.

Endukante money value naaku telusu. Okko rupai kosam entha kastapadalo naaku telusu. Nenu light man laa chethunnappudu daily 200 kosam 12 hours peddha peddha lights moyinche vaallu. Naa chethulu kaayalu kaasevi. Alanti money enduku manam fake friends paina pettaali?

Mee daggara rupai ledi annappudu honest ga evaru raaru. Mimalni meere kapaadu kovaali. Anduke meeru depression nundi ravadaniki ready ga

unnappudu ee fake friends andarini unfriend cheyandi. Akkade mee self confidence chaala peruguthundhi. Ee fake friends ni mana life nundi tholaginchadam valla mana life negative impacts nundi dhuram ga untundhi.

DON'T CARE ANYONE

Meeru evaru emanukuntaro anna bhayaanni odhileyandi. Prapancham antha meeku vyathirekanga unna meeru matram meeku thoduga undandi. Okavela mimalni evaraina emaina anna meeru vaallaki balam ga answer cheyandi thappa badhapaduthu malli depression loki vellipokandi.

Nenu kuda naa depression nundi bayatapade stage lo chinna chinna maatalaki chaala hurt ayyevaanni. Nenu naa life lo depression nundi ravadaniki intha try chesthunna evaru ardam cheskovadam ledu anipinchedhi.

Kaani nenu evarini pattinchukokodadhu ani balam ga fix ayyanu. Naa life lo nenu elanti point ki vella ante, asalu nenu evarini impress cheyalsina avasaram ledu. okariki nenu nachithe nachani. Nachakapothe adhi vaalla karma.

Meeru bayata vaallu mee gurinchi em anukuntaro
ani alochinchadam maanesina roju meeku
nijamaina freedom dorikinatte.

Meeru ee bhumu meedha andariki nachinattu
andarini entertain chesthunnattu undataniki meeru
circus lo joker kaadu. Meeku meeru evaru ani
telisthe chaalu. Evaru emanukunna meeku
anavasaram anukondi.

FACE FAILURES

Meeru depression nundi bayataki vache time lo malli meeku failure edhuru vachina bayapadakandi. Face cheyandi.

Failures meeku kotthem kaavu. Meeru vaatitho success ki route kanipedthunnaru. Meeru gurthunchukovalsindhi enti ante failure anedhi success ki opposite word kaadu. Failure anedhi success ki modhati step.

Failure anedhi malli fresh ga modhalu pettadaniki oka opportunity. Eesari kontha ekkuva intelligence tho modhalu pettandi. Kontha ekkuva concentration tho modhalu pettandi.

Nenu mundhe cheppinattu mee dream ki expiry date undadhu. oka deep breath teeskoni malli start cheyandi.

“A person who never made a mistake, never tried anything new” annaru Einstein.

Ee muudu points meeru depression nundi bayataki vasthunnappudu marchipokandi. Meeru mee comfort zone nundi okkasari Fear zone loki enter ayyaka ee muudu points mimalni malli comfort zone loki pampadaniki prayathninchachu. Kaani gurthupettukondi adhi antha mee mind aaduthunna naatakam matrame.

Meeru mee fake friends ni dhuram petti, evarini pattinchukokunda undi, failures vachina bayapadakunda malli try chesthe thappakunda meeru growth zone loki veltharu.

Manam mana jeevithanni enhance chese process lo mana edhugudhalaki evaru addu vachina vaallaki pakkana petteyaali. Oka manishi business lo leda life lo enhance avvalante manchi contacts ni build cheyadam entha important oh chedu contacts ni remove cheyadam kuda anthe important.

Meeku evaru genuine friend evaru fake friend ani teliyakuda undadhu. meeru okka saari clear ga alochisthe meeke ardam avthundhi.

So never ever befriend with a person who steals your money and time for his self happiness.

CONTROL EMOTIONS

Meeru depression nundi bayataki vasthunnappudu meeru mee emotions ni control chesukovali. Kopam badha bayam anandham anni rakaala emotions ni control cheskovali.

Ledu ante meeru dheni gurinchi aina hurt ayyi malli depression loki velle chances untai. meeru emotions ni control cheyalekapothe emotions mimalni control chesthaayi.

Emotions anevi chaala powerful avi mee mood ni establish cheyadaniki help chesthai. Mee mood meeru bayata vaallatho ela interact avthunnaru, entha money spend chesthunnaru, challenges ni ela face chesthunnaru, mee time ni ela spend chesthunnaru anevaadini nirnayisthantai. Meeru okka saari mee emotions paina control thechukunte meeru mentally chaala strong avtharu.

‘One should win himself to win the world’. Mundhu mana emotions ni control cheskogaligithene mana problems ki kuda control cheyagalam.

Mana mind anedhi chaala powerful thing dhaanni manam positive thoughts tho fill chesthene mana life happy ga untundhi.

Meeru emotionally intelligent avvalante mee thoughts ni meeru master cheyali. Meeru mee mindset matrame kakunda edhuti vaari mind sets ni kuda ardam cheskovali.

Evaraithe mee emotions tho aadukuntunnaro vaallani duram pettali. Because you know, avoiding certain people to protect your emotional health is not a weakness it's a wisdom.

Meeru negative emotions aina positive emotions aina. Ey emotion aina okevidham ga treat cheyandi.

Meeru emotionally weak life lo chinna chinna problems kuda peddhaga meeku kanipinchachu. Chinna chinna samasyalaki kuda solutions dorakkapovachu. Mundhu meeku meeru oka emotionally stronger and very intelligent vyakthi la treat cheskondi.

ARE YOU READY?

Ippati daaka ee book lo meeru depression gurinchi chadivaaru. Nenu depression nundi ela bayata paddaano chadivaaru. Depression nundi bayata pade time lo malli depression loki vellakunda ela undalo chadivaaru. Comfort zone nundi growth zone ki ela vellalo chadivaaru. Ala velle process lo meeku em chesthe help avthundho chadhivaaru.

Now the real question is are you ready?

Meeru maaradaniki siddham ga unnara? Maarpuni aswadinchadaniki ready ga unnara?

Meeru depression nundi bayataki vache process lo evaru emanukunna meeru matram pattu odhalakunda bayatapadataniki ready ga unnara?

If mee answer yes aithe prapancham mee paadhaala daggara kurchoni meeru cheppina maata vinadaniki ready ga undhi.

Ika odhileyandi, jeevitham etu pothundho anna bhayaanni odhileyandi. Mee jeevitham meeku nachinattu undalante meeru mee comfort zone ni odhileyandi. Edhi cheyali anukunna ventane cheyadam modhalu pettandi. Life is what you make it ani marchipokandi. mee life loki change ni invite cheyandi.

Meeku problems undachu. Bahusha mee drustilo meeku matrame problems undachu. Kaani reality ni miss avvakandi. Every problem have a solution. Some are cool, some are hard. But every problem have a solution.

Meeru mee problems gurinchi alochinchindhi chaalu ika solution gurinchi alochinchandi. Who knows, eeroju life etu velthundho ardam kaaka ee book chadivina meere repu maari life is what you make it ani maro padhi mandhini motivate chestharu emo.

Nenu naa problems gurinchi matrame alochinchina days antha naa life lo sunyam thappa em ledi.

okkasaari solutions gurinchi alochinchu, pakka strategy tho mundhuki velthunnappudu naaku nenu chesina mistakes thelisaayi. Meeru mee mind aade aatalo bomma aipokandi.

Come, accept the change. Be the change you want. Meeru ee book chadivaaka maarithe ee prapancham lo nene athi happiest person.

Problems prathi okkariki untai. kaani asamardhudu problem raagane depression loki velthadu. Samardhudu samardhavanthaga edhurukuntadu. Manam asamardhudila unnadhi chaalu. Manam kuda manaloni saamardhyatha bayataki teeddham. Manam kuda manam ante ento nirupiddham. Manam kuda manam em cheyagalamo chupiddham. Manam maari depression nundi evaraina bayataki ravachu ani maro kondarini maruddham. Manam edhigi maro kondariki jeevithaanni iddham.

Baaga alochinchandi. Ila depression lo unte baguntundha? Leda meeru korukunna life ni lead chesthe baaguntundha?

Answer kuda mee daggare undhi. Meeku telusu meeru life lo anukunna stage ki vellali ante em cheyalo. Okavela meeru cheyaleni samadhaanaalu mee brain chepthe adhi kevalam meeru comfort zone lo munigipovadam valla ani gurthu pettukondi. Okkasaari comfort zone nundi learning zone ki vasthe prapancham ante enti ani meeku ardam avthundhi. There are million ways to make money. But the thing is meeru andulo edhi choose cheskuntaru ane. Inka meeru chedhu gnapakaala nundi bayatapadalekapothe ela?

Prapancham antha parugulu theesthundhi. Manam matram aagipoyi unnam. Kondaru podhunne lechi thama fitness kosam run chesthunnaru, manam matram Padukone untunnam. Kondaru thama dreams kosam strategies plan chesthunnaru. Manam matram depression lone unnam. Kondaru failures nundi nerchukoni success ki daggara avthunnaru. Manam matram failure gaane unnam.

Kondaru manalanti problems ni overcome chesi ee prapanchaanne inspire chesthunnaru. Manam matram ikkade unnam.

Enduku? Vaddhu. Manam kuda parugulu theeddham. Manam kuda mana dreams ni neraverchukundham. Manam kuda goals set cheskundham. Manam kuda set chesina goals ni reach avvadaniki strategies plan cheddham. Manam kuda manam korukunna life ni sampadhiddham. Manam enduku depression lo undali. We have right to live happy. We have right to do what ever the heck that enhance our life.

Idi meetho meeku poti. Mee jeevitham tho meeku poti. Mee life ni enhance cheyadam lo entha kastam unna meeru aagipokandi. Life is what you make it. Yes, life is really what you make it.

Inni days mee life ane dairy lo nindina depression pages ni chincheyandi. Mee life ni meeru meeku nachinattuga raayandi. Kastam avthundhi. Aina parledu. Konni edhuru dhebbalu thaguluthaayi.

Aina parledu. Chaala mandhi mimalni comment cheyachu. Aina parledu. Meeku ippudu enni dhebbalu thaguluthaayo repu mee story mee grand children ki chepthunnappudu antha proud ga untundhi. Adhi marchipokandi. don't give a fuck.

Happy ga unde life mana right. Manam kuda manam anukunattu brathukudham. Manam kuda manam anukunattu brathakadaniki kastapadadham. Manam kuda manam anukunattu brathakadaniki pade kastaanni istapadudham. We are not building someone's career to feel the pain. We are building our career. We are constructing our future. Why should we feel the pain?

Manam ippude mana marpuni aswadhiddham. Ippatike manam chaala time waste chesam. Ippatike manam depression lo chaala days nundi unnam. Manaki ippudu time vachindhi anukundham. May be meeku ippudu time vachindhi ani cheppadanike devudu meeku ee book ni ippinchi chadivinchadu emo.

Ika meeru venakki thirigi chudakandi. Comfort zone ni odhileyandi. Next page lo mimalni purthiga bayatapadeyadaniki 15 questions unnai. vaatiki meeru yes or no ani answer cheyandi.

15 QUESTIONS TO ANSWER YOURSELF

1. Meeru maaradaniki ready ga unnara?
2. Meeru maarpuni aswadinchadaniki ready ga unnara?
3. Meeru maare process lo evaru emanukunna mee goal ni reach avvali anukuntunnara?
4. Meeru life lo enhance avvaali anukuntunnara?
5. Meeru mee depression ni pakkana pettabothunnara?
6. Meeru meekunna problems ki solutions ni alochinchabothunnara?
7. Meeru mee life lo comfort zone nundi bayataki ravadaniki ready ga unnara?

8. Meeru mee mind aade aatalaki check
pettadaniki ready ga unnara?
9. Meeru mee fake friends ni odhileyadaniki
ready ga unnara?
10. Meeru problem vachina thirigi malli
prayathninchadaniki ready ga unnara?
11. Meeru eeroju mee life ni enhance
chesela strategy ni plan cheskodaniki ready ga
unnara?
12. Meeru chinna chinna goals achieve
chesthu mee life ni maarchukovadaniki ready
unnara?
13. Meeru em cheyalanna cheyagalaru
ane sathyaanni nammuthunnara?
14. Meeru mee time ni waste
cheskokunda undabothunnara?

15. Meeru maarabothunnara?

Okkasaari ee questions annintiki answer chesakaa meeku meeru em cheyabothunnaro anna clarity vasthundhi.

Yes I am really happy, finally manam mana depression nundi bayatapadabothunnam. Finally manam korukunna life ni lead cheyabothunnam. Ika paina manam em kastam vachina kuda badhapaduthu kurchokunda, theginchi mundhuki veldham. Ika paina manaki life lemons ichinappudu manam dhanitho lemonade cheddham.

Meeru happy ga oopiri teeskondi. Malli meeku baadha kaliginappudu adhi antha kevalam mee brain aade aata ani marchipokandi. comfort zone nundi bayataki randi.

THE BEGINNING

Meeru mee life lo mundhuki velladaniki ippudu ready ga unnaru. Idi meeku oka kottha beginning. Meeru fresh ga start cheyandi. Em problem vachina kuda alochinchu strategies prakaram move avvandi. This is your life and it's your responsibility to make it happy.

Ippudu meeru depression ni deal cheyadam lo pro ayyaru. You know how to deal with depression. Meeku anni telusu. Mee life maaradaniki ready ga undhi. Meeru iche commands ni vinadaniki mee brain wait chesthundhi.

Inni days ela gadichipoyayo manaki avasaram ledi. we can't change past. Kaani ika nundi matram meeru ela kavaali ante ala undali. You know, starting lo mee brain mimalni excuses aduguthundhi ani meeku telusu. Mee brain mee valla kaadu ani chepthundhi ani kuda meeku telusu. Congratulations. You know the reason why I am

congratulating. yes, meeru growth zone ki velladaniki oka step promote ayyaru.

Start the fresh life from today. Meeru ante ento chupinchandi. Depression ke mimalni chusthe depression vachela cheyandi. Be the change you want. Be the person you want.

Ika paina meeru lead cheyaboyedhi oka complete professional life. You know everything, meeku prathi okkati telusu. Ika meeru start cheyadame late.

All the best. Now no one can stop you.

WRITER WORDS

Ee book meeru maaradaniki oka punadhi vesthundhi anukuntunna. Ee book meeku nachithe mee friends tho kuda share cheyandi. Ee book chadivaaka meeru ela feel avthunnaro naatho share cheskovaali anukunte naaku Instagram loni Telugu Nolan lo message cheyandi. Ee book marikondariki aina use avvali ante mee story lo share chesi konamani cheppandi.

Thank You.

- Karen.

DEAL WITH DEPRESSION

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