

"Flying Buttress"

By: Mo Bahjat

The Wheelchair

Guy

About the author. My name is Mo Bahjat, and I was born in Iraq. I immigrated to the United States when I was 17 years old. I decided writing this book because people look for recovery after they get a heart break, experience a sad event, or get excluded in society. I have suffered from heartbreak, losing a friend, and got rejected. I hope the points I share with you will make you feel better, and improve your daily life. Enjoy reading

“The Flying Buttress”
has different meaning,
but the most basic
meaning is support
because this book will
support you in your daily
life. Now, let me begin
by saying sure. sure, the
books we have read
before have helped us

recognize our problems. However, our problem in life is not understanding the issues we have. The real issue is how to manage our problems, and what to do to solve them. In this book, I do my best to answer all of these questions, and this book is different from

most of the other books
you have previously read
because this book is
concise, and it gives you
some brief advices that
will make you more
realistic, confident, and
strong in your daily life.
Now, let me talk about
my personality. I am
realistic about

everything in my life. To me, sad truth is better than fake happiness, so there are a lot of complicated situations in life that will make you believe you cannot do anything. Hence, you tell yourself, "I cannot do anything about my problems." Then, you

start thinking, your brain
extremely works, and
nobody knows where
your brain takes your
thoughts. It certainly
takes you away from
here and now. To keep
your mind off your
difficulties, you must
keep yourself busy.
Many people do not

know that keeping
yourself with some
activities can make you
feel better. For instance,
reading, writing,
cleaning, cooking, or
watching a movie makes
you forget most of your
problems. I know
forgetting about a
problem is not a

solution, but it helps you to get less worried and aware of solving the problem. If you're depressed, you'll not solve any problems because you're already under pressure.

To solve any concern you have, first, you must be mentally calm and

appeased physically.

Once you are calm, your brain will work again, and you will be able to think clearly. By the way, remember, you are not alone, and everyone has a different problem.

Look around you when you go out; everyone you see has a problem.

One example is me. I was born with Muscular Dystrophy, and I know it is an awful disability, just like any other disability. I have been living with it all of my life. I have never walked, not even a single step. I know I cannot swim. I cannot do anything. Does that

mean I have to sit in my wheelchair and tell myself, what's the point of living? Well, I used to think that way before, negatively, and it gave me depression every day. I remember that my anxiety and depression started getting worse than I thought. Sadness

was in my daily life. And
sometimes, I would think
I would suffocate
because of my intense
anxiety and depression.

However, I tried to
change my habit of
thinking about my life.
Instead of looking at the
negative side, I started
looking at the better

side, the optimistic side of my life. I started thinking about what I could do instead of what I could not do. I started telling myself, "I can write, I can read, I can draw, I can play video games, and I can and I can...." The list of the good things I can do is

infinite, just like the list
of the things I cannot do.

However, life has
become a bit less
stressful for me after
thinking positively.

Therefore, I advise you
to work on your stress
and be a little more
positive. Think positively,
and life will get easier for

you. After doing this, you will understand that you control your life the same way you handle your cup of coffee. After looking at the optimistic side of your life, you might say that life is still not easy. Why? The answer here is it means you are growing up and

moving forward, just like
all other people. Life
gets tricky because we
are getting older and
physical weaker. As we
age, our strength
reduces. However,
activating the oxygen in
your body could relax
you and make you feel

less stressed. Inhale and exhale With this GIF.

<https://giphy.com/gifs/mtv-breathe-in-out-vuj6qbprcVOs27RgQW>

Reducing stress and keeping your brain fresh from negative thoughts

could improve your daily life. For instance, listening to a piece of soothing music can help you to reduce anxiety and depression.

Nonetheless, a lot of times, music could play with our feelings and make us sad. That's possible. This reminds

me of a saying by the famous singer Frank Ocean that says, "When you're happy, you enjoy the music but when you're sad, you understand the lyrics." For this reason, I recommend that you listen to some music that does not have any lyrics.

People have different
senses of taste in
relaxation music. Still,
according to my taste,
slow jazz and classical
music are good choices,
and any instrumental
music will work. For
Sure!

Routine:

Life is a routine for every human being. For example, someone takes a shower, has breakfast, goes to work, after work, comes home, on the way, buys food, has dinner, and prepares to sleep. This is the daily life of a typical person. If you do the same thing

every day, you'll get tired
of what you're doing
regardless of what you
do. Possibly, suppose the
person we stated
changes only one
activity of their daily life.
In that case, they can
feel a difference and
escape their
monotonous routine.

Only changing one thing makes a difference. For example, instead of buying dinner from the same restaurant after leaving work, going to a different restaurant will break the dull habit.

Thus, changing only one thing you do daily can

take you out of your
monotonous routine.

Sadness.

Sadness is
unavoidable; we all get
sad from time to time
because we have
feelings and compassion
for others. No matter
what, there is no way not
to get sad. If you don't

get sad, you are
probably still a baby
playing with toys. There
is no panacea for
sadness, but there are
things that we can do to
get the reduced amount
of sorrow. When we
were kids, our thinking
was pure, and we
ignored how life works.

However, after reaching the age of adulthood, maybe, between the ages of fourteen and seventeen, that is when things start getting twisted. We look at the world's circumstances and see others suffering and getting sick. Our parents get old as we

get bigger. Then, we think that life is unfair. As we grow, we fall in love with someone. We either get accepted or rejected. In one of the scenarios, that person refuses to love us back, or in another scenario, someone probably loves you, but you do not love

them back. These two scenarios are prevalent.

In a moment like this, people feel sad, leading to more problems such as depression, anxiety, and, even worse, anger. Some people meditate to calm their nerves, and some seek medical treatment. To get a little

happier, here is a tip for you. If you go through sadness, go, and help someone else. For instance, go out and buy some food for the homeless. I greatly appreciate my life when I help someone. You can see the homeless suffer and yet to move forward

in their complicated
lives. Some of them even
smile back at you. Isn't
that lovely? It is
beautiful. If you want
your sadness to lessen,
help others. If you can
help others financially,
do it. You do not have
enough money? Go help
others physically. You

don't have the physical strength or ability like I do? Help others mentally. There is always a way to help someone.

Time:

We follow time, time keeps going on, the clock ticks, and your time goes regardless of what you do. As you are

reading this book now,
time is going. Whether
you're happy or sad,
your time goes. The
phrase "time flies" is
true. Nevertheless, with
time, something else
flies. Your thinking flies
away with time. Your
thoughts take you to
many places in the past

and future, and there is something I want you to do. Keep your ideas right here, right now. Stay here now. I was hoping you could live in this moment without thinking about the past or the future. Keeping your thoughts right in the present can diminish

your depression,
sadness, and anxiety a
great deal. I recommend
you learn from your past,
live in the present, and
work on your future.

What causes stress are
the hostile events that
happened in our past.

Our past has a lot of
impact on our lives. In

fact, it has the greatest influence.

For this reason, I want you to try to overlook any adverse events that happened to you in the past. If you insist to think about the past, try thinking about the good things that happened in the past. This way, you'll

get a brighter life and
more robust control over
your anxiety and
depression.

Water:

We all know that if we
don't water our plants
and flowers, they won't
grow and die out. The
human body is similar to
plants and flowers. If you

don't saturate yourself,
you'll die out like the
plants. On average,
men's body contains
60% water, while
women's bodies have
55%. For this reason, you
must drink a lot of water
to keep your body
hydrated. If you don't
drink enough water,

you'll feel tired, and your immunity will weaken.

From now, make sure you drink enough of water, okay? Say, "Ok!"

You:

Remember that life is all about you. First, you must love yourself and take care of your

comfort. Constantly
remember that someone
needs you. It could be
your parents, siblings,
spouse, children, or even
the coffee server who
talks to you daily at the
coffee shop. Someone
always thinks about you.
You might think the
opposite because it is

our nature to think negatively as I have mentioned that our thinking takes us to strange places. No matter what you do, your brain works unstoppably. From time to time, it makes us feel lonely and disconnected from others. However,

somewhere out there,
someone is thinking
about you right now. For
this reason, you must
keep yourself healthy,
positive, and happy for
those who love you and
think about you; the
same way you love and
care about your loved
ones.

Love:

Before I dive into this topic, I want you to pause and ask yourself this question: What is love? A lot of people have different answers.

Everyone defines love differently, but the most basic definition of love according to the English dictionary is love is an intense feeling of deep affection. However, to me, love is not only a deep affection. It is more than affection. It's sacrifice. Yes, I said

sacrifice. You must
sacrifice yourself to the
person you love, and
that person must do the
same to you. Some
people fall in love with
someone but are afraid
to express themselves
because they are afraid
of losing the person they
love. To love someone

without getting loved
hurts a lot. This kind of
love is called unrequited
love or one-sided love.

My advice to you is if
you love someone, don't
hesitate, tell them how
you feel, and I hope you
will get the same feeling
back. If they say no to
you, it's ok. At least you

tried to express your feelings. It's better to be honest than to keep feelings inside your heart. Many people don't tell the person they love how they feel for a long time, and when they get rejected, their heart breaks. For example, I kept my feeling for

myself inside my heart. I
didn't tell the girl I had
loved for eight years that
I loved her. I was afraid
of losing her as a friend,
and when I expressed my
feelings and told her
that I was in love with
her, she said no to me,
and my heart sank. I wish
I had told her how I felt

in the first year because it would save me a couple of years of my life. As I have mentioned in the time chapter, time keeps going. For this reason, I recommend being honest and not being afraid of losing the person you love. In life, we either succeed or fail.

Even if you fail, move forward, and tell yourself that you have tried.

Trying is better than not doing anything. Getting rejected is normal because everything in life is a lesson.

Remember, we learn to improve ourselves.

Composure:

What's composure?

Composure is staying calm in a situation where you are under pressure.

There are times when you deal with someone who will disrespect you or degrade you. I have dealt with people who

disrespected me. These kinds of people are everywhere, no matter what city or country you live in. For example, you may have a conversation with someone, and they may tell you that you are wrong with a high tone of speech. When this happens, you will likely

get angry. You either continue listening to the person, or you can say something like excuse me, but I have to go now. Getting mad over a conversation is not worth your time. Besides, we never know what others are going through in their lives. Therefore,

keeping yourself calm
under pressure is vital.
Even if someone offends
you, keep moving
forward. We often ask
ourselves the following
question: What should I
do to make others like
me? We keep asking
ourselves this question,
and the answer is no,

you'll never be able to
make everyone like you.

It's the same way you
don't like all of people.

Do you like all of the
people? I'm pretty sure
you don't like all of
them. For this reason,
move on, and stop
caring about what others
say about you. Also, do

not try to impress
people. Do what makes
you happy, you're your
regular clothes, your old
t-shirt and your shabby
jeans. Just make sure
they are clean, and enjoy
your day. Others will
always have something
to say about you, no
matter what you do or

wear. People's talk is endless, and you'll never be out of their mouths.

Social media:

We all use Facebook, Instagram, and other platforms "to connect with friends".

Unfortunately, social media has become a paradox. Many people

lack social contact and
public speaking skills
because they mostly
interact with others
online. Nowadays, if you
ride a bus or train, you'll
see that most of the
people onboard are
looking at their phones
and wearing fancy
EarPods listening to

whatever entertains
them. Instead of social
media becoming a
blessing, it's become a
curse. Overusing social
media is a problem. I
recommend everyone to
reduce their use of social
media because
overusing any social
media application,

whether it is Facebook, Twitter, or TikTok, could make you depressed and ruin your day. You may think that it is making you happy and satisfied. However, there are long term impacts caused by social media. Social media plays with your feelings. It makes you

happy and sad. For instance, when we see someone making a silly comment on a sad news, or react with a laugh on the sad news, we become angry. When something like this happens, it makes us sad. However, on the other hand, a lot of

people who show sympathy. You will see that people feel sad for others, and you will see that there are people who have sympathy for others. It will make you happy. This is how social media manipulates your mood. The modern social media is not about

only connecting with people, but is a new World consisting of photos, videos, and bad comments with some positive comments. For this reason, if you use Facebook, Twitter, and TikTok less, you will be happier. Close social media, and go outside.

There is a whole World
outdoor. Remember, go
out and interact with
people. Enjoy getting
fresh air and enjoy the
sun-bathe.

Sympathy:

Showing how much
you care about other
people can make

someone feel better. For example, if someone tells you, "My dog has died." If you respond with an exclamation like, "oh no!". That can mean that you do not about that person. As an alternative, you must show compassion for that person and use

better words to show that you care. For example, this sentence is much better than the exclamation we used. "I am sorry that you have lost your dog.

Remember, I'm your friend, and if you want to talk about anything, call me." This way, you're

showing that you care
about that person, and
you are more
compassionate. You
show that you are willing
to help that person by
offering them your time.
I recommend you
indicate that you care
about others the way
you want them to care

about you. Use complete sentences when you are trying to comfort someone. Remember, do not use short phrases and exclamations.

What?

When you use the term "What", it makes others dislike you right

in the first place as you say it. What? It is not a good term to use, especially in the workplace. There are a lot of enhanced ways to tell someone that you have not heard them. For example, if someone is talking with you and you don't listen to them very

well, you may say
something like, "I'm
sorry, I didn't catch that;
could you please say
that again?" Or if you
want to be quick, you
can say, "Could you
repeat that, please?"

Your way of using words
could make a massive
difference in how others

see your character. If you use the phrase, "What?"

A lot of people will think that you're an uneducated person or an ignorant. Next time you deal with someone, use a better phrase than "What? Try avoiding what. See what as your enemy who wants to

degrade you in front of others, and terminate you. Remember to avoid it.

Food:

Before I start this chapter, I will ask you a

question, why does
healthy food tastes
terrible while unhealthy
food tastes so delicious?

I will let you find the
answer to that question,
but I am pretty sure that
nobody likes the food
that doesn't taste good.

We always look at the
taste of the food before

we look at the food
benefits to our health.
The food we eat is what
makes us, and the water
we drink helps our
organs, such as the
heart, kidneys and other
body parts, stay
functional. However, if
we replace water with
caffeine and salads with

steaks and fatty food,
that will be harmful to
our health. To get better
health, reduce your
eating of red meat and
fat. Also, ensure you
minimize the use of salt
and sugar in your food.
I'm not saying that you
must stop eating red
meat, sugar, and salt, no!

But you should reduce
them in your meals
because your bad
cholesterol level will rise.
When you eat red meat,
try having a salad with it.
Add vegetables to your
meals such as avocado,
broccoli, tomato, onion,
lettuce, and cauliflower.
It will make you

healthier, and if you fancy a Pepsi, it usually means that your brain is telling you that you're thirsty. Drink some water, and it will quench your thirst.

Loneliness:

Why do we feel lonely? What is it that

makes us feel lonely?

Being with someone who makes you feel lonely is much worse than being alone. Trust me, it's better to sit at a restaurant alone than be with someone using their smartphone and sitting in front of you without even noticing

you. Some people only care about themselves and don't care if you're there, or not. Beware of those people. Their goal is to raze away your feelings. They will destroy your emotions. What you have to do in a situation like that is to leave them behind. Don't

care, and don't even bother yourself to be around them. Move forward and stay strong.

Most of the time, you feel lonely because you want to be with someone. I understand that because I have been there. Nonetheless, it is better to be with the

person who cares about
you than being someone
who only cares about
themselves. I have been
with someone who I
don't want to mention,
but her name was Flying
Buttress. I thought she
was interested in me, but
whenever I tried to talk
about myself, she would

talk about the excellent food. She was interested in the foods more than me. I helped her during her studies in college and university. She was still not interested in me. Trust me, now I am feeling better than being with her. She did not care about me, at all. By

yourself is better than being with someone who makes you feel alone. Remember, be critical and think deeper about the person you are seeing. If they are interested only in what they want, they are not the right person for you.