

FLYING

Hello, and welcome to this book. I have some great news for you. You can read this book in less than an hour, and I hope that this book will help you improve your life.

Let me tell you why I decided to write this book.

I wrote this book because people look for

healing after they have experienced a heartbreak, a sad event, or have been excluded from society. I have suffered from a lot of heartbreaks in my life, losing a friend and getting rejected by others. I hope that the points I share with you in this book will make you feel better and stronger in your everyday life.

The phrase “The FLYING” literally means to fly. Is it that straightforward? Yes, this book is called “FLYING” because this book will fly you away from where you are right now mentally. Okay, enough wasting time, and let me begin by saying, “Sure!” Sure, the books we have read before have helped us recognize our problems. However, our

problems in life do not
only involve
understanding our issues.
The real issue is how to
manage our problems.
What do we have to do to
solve them? First of all, we
have to accept our reality.
Whatever is happening,
we have to accept it. Now,
let me talk about my
personality. I am realistic
about everything in my
life. To me, the 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.
For this reason, you tell
yourself, "I cannot do
anything about my
problems. Nothing will be
solved." Then, you start
thinking, your mind begins
to work a lot, and you
keep thinking without

stopping. Of course, your thoughts distract you. Your thinking certainly takes you away from here and now. When this happens, you will feel like you are falling into a deep, bottomless hole.

You start telling yourself, “What if **A** happens, what will I do about **B**?”, and “What if **C** happens? How do I deal with **D**?” and so on.

This happens all of the time to all of us, and to keep your mind off your difficulties, you must keep yourself busy. Yes, I said, BUSY, BUSY, and BUSY. A lot of people do not know that keeping yourself busy with some activities can make you feel less stressed. For instance, reading, writing, cleaning, cooking, playing a musical instrument, learning a

language, or watching a movie makes you forget most of your problems. I know forgetting about a problem is not a solution, but keeping busy will help you to get less worried and aware of solving the problem. If you're stressed, you'll not solve any problems because you're already under pressure.

To solve any problem, you must first be mentally relaxed. When you do this, you will physically be relaxed.

Once you are calm, you will be able to think clearly, and you will be able to tackle problems. By doing this, you can focus better and clearer on many things in your life. Even your memory will get stronger. You

might say, "This is BS. I still have problems.

Calm down, let me tell you this. Remember, you are not alone in this world. Look around you, everyone has a different problem. For example, when you go out, everyone you see has a problem. I even have problems. One of the biggest problems I have is that I was born with

Muscular Dystrophy,
which means my muscles
are not working. I know it
is an awful disability, just
like any other disability,
and I have been living with
it all of my life. It is
incurable and progressive.
I have never walked, not
even a single step.
Besides, I know I cannot
swim. I cannot do
anything. It is very
depressing.

Does this mean I have to sit in my wheelchair and tell myself all day, “What’s the point of living?” Well, I used to think this way before. Negativity gave me depression every day. I remember that my anxiety and depression started getting worse and worse. Sadness was in my daily life. Sometimes, I would even think I would die

from my intense anxiety and depression. It was terrible.

However, I tried to change the way I was thinking about my life. Instead of looking at the negative side, I started looking at the better side, the more colorful side of my life. The side of my life that has a little light of hope.

I started thinking about what I could do rather than 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 better things I can do is infinite, just like the list of things I cannot do. However, life has become a bit less stressful for me after thinking a little bit more

positively. If you do what I have done, 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. It is easy if you try!

After looking at the optimistic side of your life, you might say that life is still not easy. Why? The answer here is that it means you are growing up

and moving forward, just like all other people. As you are reading this book right now, no one is born older than you, not only you, but all of us. We are getting older day by day, and life gets trickier because we are getting older and physically 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-vuj6qbp-rcVOs27RgQW>

Reducing stress and keeping your brain fresh from negative thoughts can improve your daily life. For instance, listening to a piece of soothing music can help you reduce anxiety and

depression. Nonetheless, a lot of times, music can play with our feelings and make us sad, happy, angry, or calm.

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. In my opinion, 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 task makes a difference. For example, instead of driving on the same street while going home can make you feel bored, but if you change the street can change that routine, or a different restaurant can break the dull habit. Even if you change 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 a
heart, 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, I

can tell you, but there are things that we can do to reduce the amount of sadness pressure.

When we were kids, our thinking was pure, and we ignored how life works because we had no worries. We were not aware of any lifecycle process.

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 suffer and get sick. Our parents get older as we grow up. Also, at some point, we fall in love with someone. We either get accepted or rejected. In one of the scenarios, that person refuses to love you back,

or in another scenario, someone probably loves you, but you do not love them back. These two scenarios are prevalent in the teenage years.

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 such 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 move forward in
their hard and
complicated lives. Some
of them even smile back at

you when you say hello to them. Isn't that lovely? It is beautiful. If you want your sadness to lessen, help others.

If you can help others financially, go and give money to others. If you do not have enough money, go help others physically. If you don't have the physical strength or ability like I do to help others, you can 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 by regardless of what you do. As you are reading this book now, time is passing. Whether you're happy or sad, your time goes by. 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 thinking right here, right now.

Keep your thinking here now. Do not let it go anywhere. I want you to be able to live in this moment without thinking

about anything in the past or the future.

Keeping your thoughts right in the present can diminish your depression, sadness, and anxiety a great deal, or in simple words, a lot.

I recommend you learn from your past, live in the present, and work on your future. What causes our stress are the hostile events that have

happened in our past. Our past has a lot of impact on our lives. 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 on thinking 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 contain 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 on, make sure you drink enough water. By the way, if you are not a heavy water drinker, I recommend that you drink water sip by sip. It will

make you feel better.

Okay? Say, "OK!" What an easy thing to do.

You:

Remember that life is all about you. First, you must love yourself. You matter. You must constantly remember that someone needs you and thinks about you all of the time. It could be your parents, siblings, spouse, children,

or your neighbor who says hello to you when you head out. Someone always thinks about you. You might think the opposite because it is our nature to think negatively. As I have mentioned before, 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

unwanted. 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, so you can love them
back.

Love:

Before I delve into this deep 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 a sacrifice. Yes, I said sacrifice. You must sacrifice yourself to the person you love, and that person must do the same for you. Some people fall in love with someone but are afraid to express themselves because they are afraid of losing the person they love and being rejected.

To love someone without getting loved hurts a lot. I have been there before. This kind of love is called unrequited love, also known as one-sided love. My advice to you is if you love someone, don't hesitate, tell them how you feel right now, and I hope you will get the same feeling back. If they say no to you, it's ok. At least you tried

and expressed your feelings toward the person you love. 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 feelings for myself inside my heart. I didn't tell the girl I had loved for eight

years that I was in love with her. I was afraid of losing her, and when I expressed my feelings and told her how I felt, she said “no” to me. She rejected me, and my heart sank. I wish I had told her how I felt in the first year or earlier because, at least, it would have saved me a couple of years of my life. That time was wasted. As I have mentioned in the

time chapter, time keeps going. For this reason, I recommend being honest and not being afraid of expressing your feelings, even if losing the person you love. In life, we either succeed or fail. Even if you fail, move forward and tell yourself that you have at least tried. Trying is better than not doing anything. Getting rejected is normal because everything in life

is a lesson. Remember, life
is a lesson. 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 voice. When this happens, you will likely get angry and respond with anger. When this happens, 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 important.

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.
Unless you become a
dollar, that is a different
story.

Let me ask you a
question: Do you like all
people? I'm pretty sure

you don't like all of them.
For this reason, it is ok for
other people not to like us.
I recommend that you
move on and stop caring
about what others say
about you. Also, do not try
to impress people. Do
what makes you happy. It
is your life. Wear your
regular clothes, your old
T-shirt, and your shabby
jeans. Just make sure they
are clean. Enjoy your day.

Others will always
have something to say to
ruin your day, no matter
what you do or wear.
People will always talk
endlessly, and you'll never
be out of their mouths.

Social media:

We all use Facebook,
Instagram, and other
platforms, supposedly, “to
connect with friends”.
Unfortunately, social
media has become a

paradox. A lot of 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 on board are constantly looking at their phones and wearing fancy EarPods listening to whatever entertains them. Instead of social media

becoming a blessing, it has become a curse.

Overusing social media is a problem. I recommend everyone reduce their use of social media because overusing it, whether it is Facebook, X, TikTok, or Threads, could make you depressed and ruin your day. You may think that it is making you happy and satisfied. However, in the long run, it is the opposite.

There are long-term impacts caused by social media. It plays with your feelings. It can make you happy, sad, angry, or even mad. For instance, when we see someone making a silly comment on sad news or reacting with a laugh to the sad news, it triggers our anger. When something like this happens, it makes us sad. Meanwhile, a lot of people

show sympathy. You will see that people feel sad for others, and you will see that there are people who have a heart for others. This will make you happy and calm. This is how social media manipulates your mood. Modern social media is not only about connecting with people, but is a new World consisting of photos, videos, and bad

comments with a few positive comments. For this reason, you should use it less. Close social media, and go outside. There is a whole World outdoors. Remember, go out and interact with people. Enjoy getting fresh air and the sunshine, but make sure to put on sunscreen. Trust me, you will be happier.

Have a heart:

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 pay attention to 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 word “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 better ways to tell someone that you have not heard what they said.

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 can make a big 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” one.

Next time you deal with someone, use a better phrase than “What? Try avoiding it. See it 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 taste terrible while unhealthy food tastes so delicious?

I will let you find the answer to that question on

your own, but I am pretty sure that nobody likes food that doesn't taste good. We always look at the taste of the food before we look at the food's 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 consumption(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 by
yourself than to be with
someone using their

smartphone, 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. The only person who can make you feel happy is yourself.

Most of the time, you feel lonely because you want to be with someone. I understand. Nonetheless, it is better to be with the person who cares about you than someone who only cares about

themselves. I have been with someone who I don't want to mention, but her name was, let's say, FLYING. I thought she was interested in me, but whenever I tried to talk about myself, she would talk about the excellent food. She was more interested in the food 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 like a dog chasing her to get her attention. She did not care about me at all. This taught me that being alone 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, and they are not interested in what you want, they are not the right person for you.

My Message:

Life is full of challenges, but it's also full of opportunities to grow, learn, and find happiness. Whether you're facing difficult times or simply

looking for ways to
improve your daily life, I
hope my words can serve
as a guide to help you
become more realistic,
confident, and strong.

Remember, you are not
alone in your struggles,
and there is always a way
to make your life better.
Remember, keep moving
forward, be kind to
yourself, and don't be

afraid to seek help and support when needed.

Your journey, like mine. It can lead you to a brighter and happier future. Best wishes.