

"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 meanings,
but the most basic
meaning is support. I
named my book Flying
Buttress 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.