I was never active on social media, as it never appealed to me. So I can’t speak from personal experience about the video. However, my friends seem to agree with the video, and the arguments presented comply with my knowledge.

Taking that into account, I think this is a useful video, and people can improve their lives if they follow this advice.

I have spent quite some time chasing after what I presumed was a normal life for other people. With time, however, I realized that everyone has their share of misery and pain, and it’s foolish to chase the facade a person presents.

Instead, it may be a better idea to focus on yourself, and compare yourself with who you were yesterday.