"YOU'RE NOT TIRED. YOU'RE JUST TANGLED."

Mental exhaustion often comes from internal chaos, not exertion.

by Suresh Mohan Semwal

Let's Swipe Right

"NOTIFICATIONS DON’T NOTIFY—THEY NUMB."

"SILENCE ISN’T EMPTY. IT'S FULL OF ANSWERS."

by Suresh Mohan Semwal

Let’s Swipe Right

"YOU'RE NOT BEHIND. YOU'RE JUST NOT ALIGNED."

"FOCUS ISN'T A FEATURE. IT'S A FIGHT."

by Suresh Mohan Semwal

Let's Swipe Right

"BEING BUSY IS THE NEW WAY TO AVOID BEING ALIVE."

"WHAT YOU CONSUME, CONSUMES YOU."

by Suresh Mohan Semwal

Let's Swipe Right

"CONVENIENCE IS NOT ALWAYS PROGRESS. SOMETIMES IT'S JUST A CLEVER TRAP."

"MORE ISN'T MOMENTUM. MORE IS OFTEN A MESS."

by Suresh Mohan Semwal

Let's Swipe Right

"YOU'RE NOT ESCAPING REALITY— YOU'RE EVADING RESPONSIBILITY."

"ENTERTAINMENT IS NOW EFFORTLESS. SO IS EROSION."

by Suresh Mohan Semwal

Let's Swipe Right

"IF EVERYTHING MATTERS, NOTHING TRULY DOES."

"SCREENS SHRINK OUR WORLD WHILE EXPANDING OUR DISTRACTIONS."

by Suresh Mohan Semwal

Let's Swipe Right

"SUCCESS IS NOT IN DOING MORE—IT'S IN DOING WHAT MATTERS."

"STILLNESS ISN'T LAZINESS. IT'S THE START OF AWARENESS."

by Suresh Mohan Semwal

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IF YOU FIND THIS HELPFUL, LIKE AND SHARE IT WITH YOUR FRIENDS

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