

In the name of god

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Love and faith

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It is dedicated to you who enjoy being the best and deserve yourself to be the best.

Hoping for the day when the world will be full of love and faith.

In the name of the lover who allows each of his beloved to be in love.

## Foreword

Due to the fact that I have learned a great deal from different books in my life time that has caused me to change my way of living and my attitude , so I have decided to write a book maybe I would be able to bring success and happiness in other's life. Now that I have decided to write this book I am about 26 years old and have divorced while having a child who is one and half years old and have noticed that divorce is one of the biggest failures, for the time being I do not have a good financial situation as well, but despite my spiritual and financial failures, I certainly feel happy and that is because I have perceived love and faith and have enjoyed even from all my problems since I have learned from them. I have realized as well that if I was never in financial failures I wouldn't be able to understand that people don't act what they say and also if I did not divorced I wouldn't be able to understand what real love and faith mean due to the problems I faced while living with my wife, now I am enjoying and would like to inform all people from the eternal pleasure of life. Before I begin, I would like to thank my generous god with my whole being and again thank him for not leaving me alone at any time and beg him to help me to write an impressive book.

Anyone in the world needs love, without love human is like a car without gasoline impossible to move.

Most of the people suffer a problem called shortage that can be removed only with real love and faith.

If the world belonged to us, it wouldn't be suffice and again would say I wish I was taller, had smaller nose or had lighter skin, anyway all these shortages will be removed only by believing in faith and love.

What I mean by love is not passion but eternal love. For instance you decide to go to the cinema with your wife, you enjoy action movies but your wife is into the emotional movies, if you go with her and watch action movies you will enjoy for sure but it's an instant enjoyment but if you know what love and faith is you definitely would go and watch her favorite movie and would pretend you enjoy although you don't and be sure you would reach enjoyment by such manner of yours and would be satisfied any time you remember that day, for sure this is the real enjoyment.

All the people around the world except for the exception, otherwise all your family members will accept you and enjoy living with you until you have the same outlook as theirs and you wouldn't cause any boredom but if a day comes when they regard you as an unbearable person they would leave you for sure but, that's not the case with my beloved, my beloved only cares about the nature, he is my creator. I don't want to force you, but can you find any one better than your own creator? Try to love him.

But the faith, what it means? You may have heard it many times but have you ever felt it as well?

How many people you know believe in the fact that everything is under god's supervision, you may know many of them but this is only in their speech, they don't believe in what they say otherwise they wouldn't

be so greedy, liar or worried. My dear friend I don't know whether you are male or female old or young but I would like to let you know that I'm not an educated person at all but I have suffered a great deal and respect all my pains as my masters since I owe them all my success and happiness.

From now on try to be honest with yourself, I assure you that this way you will reach real happiness.

Close the book now and think about real happiness in life for three moments. To me real happiness is not having a luxurious car or a big house, in my view the real happiness is the inner peace, have you ever thought about the way of reaching it? It is so simple only try to be yourself and accept yourself as a nice person. As long as we care about other's opinions about ourselves it's not possible to become successful or happy. We have to respect all kinds of people in any positions but their comments about us should not make us to lose our self-confidence. In this day and age how many people are living the way they enjoy and not caring about other's sayings or buying the house they are at ease in. The problem is that we are still in doubts and always thinking about the result and that is only because we have no belief in faith but have heard it. The person who has completely perceived what the faith means doesn't do what he knows as something wrong and says I have not done that wrong action so I don't need to be upset.

All the people can detect good and bad easily, but some justify themselves because of not comprehending the real faith. I believe that god hasn't created bad person but has created people with different mental abilities.



We should not consider a thief as a dirty or a guilty person but we have to help him and thank our dear god for giving us the insight to know that earning something small in the right way is much better than achieving something big illegally. Human beings tell lies but doesn't like to hear it, they are dishonest but don't like dishonestly. For the time being that I'm writing this book I'm sure some of my dears are making fun of me and some are encouraging, but I don't care , my heart says write and I write it.

I have written this book mostly for those who I'm sure spend neither their time nor money for books. Those who read it and are interested in it are mostly successful and don't need me they are searching sciences and are learning even from their surroundings. I'm asking you dear readers to change the way of a guilty person as much as you can since I have experienced it and needed help strongly.

Inn our society the weak is getting depressed and the rich don't know what real and eternal happiness and enjoyment is and middle class of society are imitating the rich to show off only because of shortages they feel.

I would like you to change your way by reading this book and think only about real happiness and always try to be in love, any type of it, since love brings energy and nobody can deny it. It's a fact that we all suffer shortages in life but we first have to know them and try hard to remove them over time.

Most of women do weird make up at parties and say they are doing it because of themselves when they are asked, but is that the fact in your view? They make up in such a way to be called so gorgeous and being called charming and gorgeous is their shortage for sure. Why should we think about other's comments? If

you ask a lady why you make up this way and she replies I feel some lacks and like to show up , so by such reply she wouldn't feel those lacks any more since she is honest and has tried to remove her problems.

Now that I'm writing this book I know myself well and know that I have some shortages and also do acts for showing off as well. As long as human does things for showing off is still weak but I'm proud that I don't deny it and try hard to remove it.

## First chapter

### Let's be in love

Let's be in love. Why do I insist this much on being in love or to be loved? The love is human's energy and human is dead without it. If we want to live a real life and not to be alive only we have to love others, we all need it in any condition for instance you consider me to write a book only to raise myself, be sure I wouldn't have any energy or any mood to write again, but if writing is my love, I would feel energetic and maybe be able to write in shorter time and it's best possible way. Some are even afraid of it and believe that their feelings would cause them to be dependent, but that's not true. Anyone who believes what love means, dependency doesn't make sense to him. If you were the best doctor, engineer, business person or worker you would need love, so don't deny it.

Nowadays there are rich doctors who are earning a great deal of money or having different certifications, even they need love and won't be able to live an enjoyable life without having it. Imagine a cardiac surgeon who thinks only about money and fame on the operations, what would be the result? Instead it would be much better he thinks about god's favor and his own effort that he can help others now. So the wealth only brings welfare but not happiness. Imaging a rich person who has helped a poor family and has saved

their life, with such action he would feel eternal happiness. The employees also think only about the end of working hours. It's impossible not getting promoted while working with love. By being interested in what we do, we can tolerate even all the hardship at work place. The workers works even harder than others, so why are they always in financial problems? The reason is that they have never thought about the meaning of love and believe that life is only spending it and also they are used to make money only by their bodies but not thought. Even if they believe what love means they can think about their final goals and achieve them. A while ago I have learnt a sentence that I like it so much and would like to share it with you; the difference between successful and ordinary or unsuccessful people is that, successful people use their wisdom first and act, ordinary ones use only wisdom or body and unsuccessful people use none of them.

We have to remove the false love from our life so as to achieve the real kind of it. Certainly we all have some interests in our life, maybe being interested in football, cinema or car but we can't call them real love at all. It's nice to know that we enjoy watching football and if we had free time we would watch it as well, but after watching for long hours where do we reach? We can't call it true love. Instead it would be much better to say I do my best and try hard to be a football player or even if you love a luxurious car don't waste your time watching it, do your utmost.

Let's find your true love in your life, it would be much better to prioritize them, people let their child achieve what he wants even unsuitable after crying for a while, but if they tolerate their child in order for him to have a bright future it would be called real life.

How much have you thought about whom you are, where you have come from, what your purpose is or how you will achieve it? The truth is that we have lost ourselves. Let's find who you are. We always regret having something much better, but why haven't we tried to have a self-knowledge? Because of our shortages, we always regret having something much better, but after achieving them our soul won't get satisfied and certainly we would need love.

Try to select your love and purpose correctly and always be long-sighted. Once I loved being strong and powerful although power, courage and wealth are nice, but they are not the truest and none of these would satisfy you and give you peace. I don't mean that never look for progress and success, my purpose is to make you aware of the eternal love. After loving my best creator I know my love to my heart, how much you love your heart or how much you have tried to listen to your heart? If you love it why don't you do what it wants? How many people you know are ready to marry a person in an awful financial situation?

I would. For sure there are some people the same as me. This is exactly what I mean by loving my heart.

Let's come and remove all hollow and false loves from now on so as to achieve our final goals. But how? By repeating these sentences it would be possible.

1. I was made of something worthless
2. I'm sure I'll die once and I'm not eternal
3. All this world greatness and all the creatures are under control

4. I'm sure that whoever controls everything will control me.
5. Whoever controls everything and made me of something worthless has got amazing power
6. That power can control me in any possible way
7. I don't do any unjust so as not to see it
8. I act what I believe

Add to these sentences stick them somewhere to see them every day and say how you feel after a while.

Today if you ask people why you believe telling lies, not praying and dishonestly are wrong, they would say that by committing all these sins I would go to hell, but I would tell you that these are all wrong actions. if we don't thank our dear god for all the blessings, we would never know him. We should thank dear god to have a better understanding of him to love him and love ourselves. But how can we strengthen our love?

Love is a treasure forgiven to people from the best creator but few people are using such a treasure, if you want to make profit from your treasure, you have to use it. As they say "no pain, no gain" we all would like to have the best but don't like to make any effort to achieve it. The only way to reach all the wishes is hard work and effort.

So how can we love others?

1. Remove all false loves

2. Don't act without thinking
3. Don't depend on other's thoughts and regard them only as advices
4. Accept the hardship as a part of your life and regard it as your master and love it
5. Don't allow any event to stop you
6. Avoid any mortal pleasure so as to reach the real one
7. Spend your time in its best possible way

So try hard so as not to have an aimless love, search for the truest love, try not to be afraid of it and don't care about other's comments. Love is human's power, means peace and is eternal pleasure.

So let's be in love

## Second chapter

### Let's have complete faith

Let's have complete faith, why I insist is that an incomplete faith has got no difference with not having it. All the people around the world have got faith in any kind, we all believe that by trying hard we will achieve our goals, by exercising we will be fit and powerful, but do all these things while are still in doubts and that's because of the lack of faith. If you believe in something you will achieve it for sure.

The truest faith comes from the truest trust. The couples face some problems living together due to the lack of faith and trust.

Let's be honest with one another. I believe that if I spend my time in its best possible way, I would reach what I want so this attitude of mine increases my energy and I will make more effort. How many people you know who believe in the greatness of god, do they really act what they say or what they believe in? The faith is life's basis, if you trust your dears around you try to regard them as valuable members.

The people who act exactly what they say or what they really believe in and are honest in this case are faithful. As a person who is living in this planet, you as anybody else would like to live with trustful people, the people you accept their saying without being in doubts about them, let's be one of those.



Let's develop the faith which is one of our life basis, but first try to know people around you.

I strongly recommend strengthening your faith to your kind creator. If you trust him you never need to be upset. We all have heard absurd sentences such as we have been enchanted or that girl has been spelled, my only reaction to these sentences is laughter. These people have never trusted their creator. Our dear lord never allows anyone to change other's destiny.

If anyone tells me I have cursed you and I blame myself for my action, I try to apologize and satisfy that person. But on the case that I haven't done anything wrong or have never made any mistake concerning that person, I would say please damn me as soon as possible, let's believe in the reaction of our actions.

We all believe that honesty is so nice but since we don't believe in the reaction of what we have done we act weakly. I believe white lie is needed sometimes for instance your friends call you unexpectedly and invite themselves to your house tonight, if you are not really ready to be a good host and decide to avoid them by saying I'm not present tonight but you are invited tomorrow instead of saying you are intruding me, this is not a lie at all, you are respecting them only by not telling the truth.

Make a list of people or things you believe in for example:

1. My faith in my creator never lets me to be upset and makes me even more thankful
2. My belief to the fact that every action has got a reaction doesn't let me to make any mistake
3. My belief that I shouldn't trust anyone makes me to search so as to find the reality

Believe in your heart and be sure that you wouldn't lose anything. If you help a person but receive a completely different reaction from that person you have helped several times in his life you would start to change your way but be sure you have not lost anything by helping him again, the positive energy of what you have done comes to you as soon as possible and also be sure that if you never reach what you desire, is because of your past actions or mistakes you have made.

So let's change your way of living so as to receive good signals in life. It's impossible not having a fit body after years of exercising hard or being still in financial problems after saving great deal of it. What I mean is not rejecting these ideas but not believing them as well.

A person without faith is the same as a bird not knowing its destination, try to know your faith and value it. All the people have got their own personal beliefs but because of their weaknesses don't care about them. Let's remove all your weak points.

So if we want happiness in life the faith alone doesn't work, we have to act as well. For example if somebody believes cigar causes harm tries to quit it to stay healthy. In such condition that person has acted to what he really believes in.

If you ask me what real happiness is, I would say it's enjoying yourself. Nobody knows what the future holds. You will always be asked by others about your lifestyle and amount of your enjoyment in life. If you spend much money, you would be called wasteful and if you don't spend any again you would be called

stingy. If you value faith and would like to reach it, live the way only not being asked by yourself , that would be enough and that would be the real happiness.

## Third chapter

### Let's be yourself

Let's be yourself. If you have never been yourself, you have never perceived its' real pleasure.

Most people are not strong due to not having enough self-confidence. What's the reason of all these pretense, envy and fear? Let's be yourself.

If we wear our old and simple clothes instead of the most expensive ones, people act differently. They don't value us for what we really are. People who judge you by your appearance are so narrow minded and you will not be ready to value them anymore as long as you know them.

Are you are among those who would care most about the rich and respect them because of their wealth but having a totally different manner with the poor? Stop denying it, we all make big mistakes in our views toward others.

It's impossible to forget all our mistakes by denying them that's only because we have never noticed them.

How long does it really take to know that we have been wrong, try to change yourself. It's not really fair that the rich be always respected while the poor are ignored, we all make much mistakes over the time but try to find them all and remove them.

Have you ever thought that what kind of people are those who never value you or others around them?

I'm sure if you knew how much worthless they are, you would never expect them to value you. In this world anything nice is desirable such as fit body, luxurious hose or car or nice children, but at what cost?

Is it worth being called a thief or being humiliated or doing anything wrong in order to achieve what we want? These are not the best ways of living a happy life at all. Anything given from god is blessing and big gift, but anything given from others is hardship.

Let's enjoy what we own in its best possible way and reach our wishes from best ways.

By the way, have you ever thought about being yourself or not? Don't deceive yourself and try not to escape from the reality. Only test yourself, if you are yourself it's honorable and in my view you are happy

and successful, but if you are not yourself you are only needed not caring about other's comments about you, this way you will find who you are.

In most countries it's common that men propose for marriage, but if the opposite occurs and a girl expresses her feelings to somebody, she shouldn't feel inferior. I say that if you love anyone just express your love, even if you are rejected don't feel embarrassed and don't lose your self-confidence, instead love yourself because you were yourself.

You can't be yourself as long as you are dependent, don't care about other's nasty statements. How many people you know are the same in front of the rich and the poor and don't make any difference.

Most people are proud and angry in front of the poor and easily lose their self-confidence while facing the rich. But why?

I don't know at what stage of living you are in but try to live and not to be alive only. If you are able to help anyone thank dear god who deserves you to help others and thank that person who you are going to help. If you were hungry and had nothing to eat prefer to be wasted than to be helped by anyone who doesn't deserve helping you.

If you were used to borrow anyone's valuable things only to look rich, stop doing it anymore, In that way you may be happy for a while, but that's not the real pleasure.

By saying this, I don't mean not borrowing anything from anyone. What I mean is that can't we really be respected by others without valuable belongings? Those who care about your appearance are the most miserable people. We must be so weak and narrow minded to need these people's respect. Have you ever thought about dishonest and double faced people? I suppose they are in two categories. The first group is so weak and coward and second group is willing to show off, but why don't we like to be our self?

We all have been created with our personal mentality and as I have said earlier we will be asked anyway we live, so let's live the way not being questionable from your own view. If you be yourself, you wouldn't care about others' saying. How many times have you expressed your love to anyone you really love and haven't denied yourself? How many times have you blamed yourself for something you haven't done? How many times have you apologized? We are not willing to apologize until we are not forced to.

I believe that if you have made any mistake and haven't apologized for it, you wouldn't feel relaxed.

To be pure, honest and nice is so difficult in this day and age but let's ignore all mortal pleasures to be called real human.

If you ask someone who has never had anything he really desired and will not be able to achieve that do you like to have those things you have never had? He may reply no, but in fact he has denied the reality of himself, but if you ask me, I would say these are all so nice, but I would like to achieve them by making effort and hard work and now I wouldn't regret not having them.

Do you really feel weak in front of the rich because of being poor? Why should you feel like that? Are the rich creators? Why do you allow them to insult you? Let's live a free life and be yourself and enjoy.

I know some short girls wearing high heels to show tall, but why should they show what they really are not with all the difficulties they may face? So it's better we feel happy with all we really are.

As I said before, I'm not educated at all and even have bought my college degree for getting driving license, but I'm honest anywhere and have always told the truth about my degree whenever I was asked about it and never feel embarrassed or unsatisfied because of who I am.

In your life time try to live the way not feeling embarrassed for what you have never done or where you have never been to, such as not being able to go to the luxurious restaurants or not being able to go abroad. I wouldn't like to be respected by what I belong in this world.

So how can we be our self?

1. No human is perfect, so try not to be ashamed by your disadvantages and don't deny them and try to remove them.
2. Never allow unworthy people to help you.
3. Always at anywhere repeat I am who I am and anyone who respects me should accept me the way I am.
4. Make yourself free and never feel upset about others' sayings.



5. Accept that the eternal pleasure and happiness is in being yourself alone.

## Fourth chapter

### Let's get rid of dependencies

Let's get rid of dependencies. As long as we are dependent, we are connected to things and that causes us not making decisive decisions, you have to value all your family members and your friends, but don't make mistake by being dependent on them. If you like to achieve your wishes, you have to be free from all your dependencies; otherwise you can't control your life. Think about it and don't deny.

Find the things you are dependent on. Those who are dependent on their children won't be able to live without them and get depressed; some are dependent on their spouse or their friends.

If you ask some people that are you dependent on your car, house or your properties, they wouldn't tell the truth and even might say this world is not worthy, but let's not deny the reality of our beings so as to be able to fight with it and remove it. Do you know anything not mortal in this world? I don't mean to remove values, but to be free from dependencies. Can we say our child is not worthy? Imagine a person

who is dependent on his little child and is ready to buy him anything he want, what is your view? Is this really out of kindness or dependency? He is raising his child unknowingly.

It's true that we all try hard to provide the best for our dear children, but it's a mistake to be dependent on them. The only thing I'm really dependent on is my own wisdom and my logic, such dependency has got great pleasure. The worst dependency is being dependent on other's thought which is one of the biggest obstacles in life.

Consult different people, but don't be attached to anyone's idea. Have you ever avoided doing something which was right to your view but wrong in another person's view? God has given wisdom and sense to all of us if we use our wisdom and knowledge and make mistakes unwantedly, none of the mistakes are considered as wrong actions. Make a list of your valuable possessions. Which one is eternal? None. We have to identify valuable things and value them, but it's not right to lose our way if we miss them. Our family members are so precious, but we shouldn't depend on them, otherwise we wouldn't be able to live in their absence.

I believe that our grandparents were more respected by their children and that was more acceptable. Have you ever thought about the reason? People in the past were not as comfortable as people today and also they were not progressed as well. Today children are using technological tools. So with all these improvements, why do we avoid respecting more to one another. That's only because our grandparents valued their children, but were not dependent on them and as a result were dominated over them. But

today's parents have no control over their children due to their dependency. For example in a family a little child decides for everyone and parents only listen. But why should we allow a ten years old child to decide for the whole family? The only reason is dependency and not only value.

I suppose that you all know that being dependent to our children is a kind of betrayal so try to avoid it. As you know there are single boys and girls in their forties who have never been married, this might be because of their parents deciding for them or even their own view that wanted their parents to decide for them. We must value and respect our parents but shouldn't be dependent on them. Parents all wish their children's success, but as I said earlier we all have been given our own personal wisdom, so if you still feel dependent on other's sense and wisdom, stop acting, instead try to find yourself and be able to decide for yourself. Never allow others to decide for you. There might be families in which their son likes to wear his own favorite T-shirt, but doesn't wear it because his dad might not like it. A day comes when it's too late for the son to do what he wants while he is depressed and unable to decide.

If you want happiness and success, remove all mortal dependencies except for your own wisdom and logic.

There might be people getting depressed or even crying by losing or breaking something which is not so valuable. If I really love something, I try to care about it as much as I can, but if anything happens for it, I try to stop thinking about it and only try to gain experience. If somebody calls you and gives the news of a dear's death, what would be your reaction? Living would be impossible for you? Will you be addicted as a result?

I have always tried to be the best for all my friends and my favorites, but have accepted their loss as well. How many people you know will react so cool and relaxed after hearing their car was stolen? Let's remove all the dependencies and value your favorites. I am totally dependent on my logic and wisdom and if all the people blame me for something that I have done, I will continue doing it unless I'm convinced. I wish I could express my independency. You won't be able to enjoy real life unless you are independent.

From now on try to enhance your logic and your trust so as to be able to decide for yourself. Won't you be able to live after your wife? Be sure you will be alive to live after her, but this is only your attitude that makes living impossible after others and it will certainly make you depressed. Try to accept failures as a part of life.

Don't confuse needs and tasks with dependency. There are some women going out at work despite not having any financial problems and tell their husbands I like to be independent. If your husband is the provider, is it really called dependency? That's totally wrong, these women may not regard their husband's possessions their own as well. If that's the case in your life, you are wasting your time together. Find a solution to enjoy your life and the only way to change your life is to change your attitude.

If you would like to make the most pleasure from your life and to be at peace, don't just look for the possessions, love and value your friends as long as they are with you.

How can we be independent?

1. Only depend on your own wisdom and logic
2. Regard incidents as part of life, no matter how much painful
3. Value your love to others so as not to be regretful when you miss them
4. Tell yourself several times every day I can enjoy more by my independency

## Fifth chapter

### Let's strengthen our will

Let's strengthen our will. Regard your will as one of the best and important ways to achieve your goals. We all know that those who want something strongly and try for it will finally achieve it.

Do you know anyone with strong will in life who hasn't been successful? That's impossible. Human can achieve what he wants with his strong will. You cannot find anyone indolence having strong will.

What's will in your view and what is its role in our life? Will means to adhere to all your decisions and not doing anything you know as wrong. You have to make logical decisions in life otherwise you can't act and will lose your self-confidence. Imagine I would like to become a good football player in one month and try hard to reach what I want, that's true that practice makes perfect, but my request is not logical at all. I must change my attitude. If you want to achieve your goals first you have to make logical decisions. You need will for whatever you want and you should know the truest way to your goal.

For example you have decided to be awake all this night and haven't slept last night as well and really feel sleepy now, is it possible to be awake all tonight? If your answer is yes I'm sure you haven't experienced it at all. Look at all successful people you may know, you will understand they all have some principles in their life otherwise they won't be able to live this way.

As I have said earlier, you have to choose your goals and write them down on a piece of paper to know exactly what you want and the best possible way to achieve them. You will obtain special energy by thinking about your wishes. So the first way to have strong will is to make logical decisions and the second way is to determine our wishes and thinking about them to obtain energy so as to be able to fight with hardship. If you are even the worst person in the world, be sure you will be able to solve all your troubles by your strong will. If you have never had strong will in your life there are some reasons behind it.

1. You haven't believed that you can achieve what you want by strong will.
2. You have made several illogical decisions and have lost your self-confidence as a result.
3. You are lazy and are not willing to face difficulties.

In your life you have to care first about yourself and then to your friends so as to have strong will. What I mean by caring about yourself is not being selfish at all. A selfish kind of person never wants anything for others and doesn't care about anyone else. You may ask thinking about yourself has got nothing to do with our will. Imagine you regard praying and thanking god as one of the tasks in your daily life, but your parents don't have such a view and are totally against it. If you think about your parents and their view



before your own belief, you will listen to them and act as they say, in this case you won't be able to enjoy your life at all.

I used to think about others and valued them so much in the past before thinking and caring about myself and I believe most my failures in my private life was due to this wrong attitude of mine.

There was a nurse working in our house who was some years older than me with lots of problems in life, I decided to marry her and save her life and her three kids. It didn't happen anyway, at that time I didn't know that everyone has to think and care first about himself before others so as to be able to help others.

I'm sure if I married her, I wouldn't be happy at all.

By writing this book I feel I have progressed intellectually but I have still a great weakness which is called emotions. I don't know how much you believe in emotions, I suppose that emotion is one of the most beautiful feelings given from our kind creators, but on condition that it always comes after wisdom. My weakness is that this nice feeling of mine always reacts before my wisdom, but since I believe in my will, I will change it as soon as possible.

I have gained some experience in this case and would like to share it with you and say that try to put your emotions after your wisdom otherwise living would be impossible.

In this world everything is controlled by god's command, but we can change our life by our own will as well. What I mean by changing is not that we can change everything in life, this world is all controlled by its

creator and there are things that we even cannot change by our will, for example if you are short, paralyzed or any problem you may have, these are not changeable in life instead if you have any of these problems for which you are not able to do anything, only try to be thankful, but there are lots of other things that can be controlled by our will and effort such as poverty, obesity or the way of living. If you have any of these disadvantages and still haven't changed them actually you have never tried to do anything for them. For instance if you are suffering from obesity try to change your way of living. Those who think about being on difficult diets may help them to lose weight don't know that by such diets they only get weaker and thinner but not slim and fit. If you want to be slim you have to:

1. Stop thinking about your obesity and avoid saying nothing works and I get fatter even by drinking
2. Avoid eating anything unnecessary even if you enjoy eating it
3. Don't forget everyday exercise and stop making excuses

If you start today and try hard you will be among the best in the future.

Back in those years, I remember a son who sold homemade sandwiches near my shop, every day I saw him selling sandwiches while he was energetic and motivated. At that time I was sure about his bright future, he is now one of the biggest employer but I have lost that shop I owned, that's only because he wanted to be successful and had strong will.

Stop thinking about the things you have missed in your life time and don't regret not reaching your wishes only be thankful and try from now on, we all have to try hard so as to remove all the weaknesses with

strong will, the problem is that we are all strongly attached to our mortal pleasures, we all enjoy going to the parties, telling jokes and laughing, wearing expensive clothes, but don't forget these pleasures only last for a short period of time and are not permanent.

In my view if only ten percent of people knew the difference between mortal and eternal pleasures, everything would be totally different in the world. Try to spend some part of your time every day to reach eternal pleasures and if you spend half of your time thinking and trying to achieve your goals, you would arrive to your rightful place. If I have saved the money I spent for renting different cars only to enjoy, I would be able to buy two cars now. Let's decide to change. As long as we think only about what to do to look rich with cars, houses and expensive clothes, we won't be able to change anything in our life.

Don't rent the goodness, but try to obtain it. Don't waste your time for being simply happy without setting any goal. There are some women who spend their whole day watching their favorite movies without caring about their child's homework or without caring about their husband coming to the house at the end of the day while nothing have been cooked.

Do we really have to wait and face failure then come to the realization that what we have done with our life? Sometimes we really don't have any logical reason for all the mistakes we make in life and can't even persuade ourselves.

Now let's review all the steps:

1. We have to make logical decisions and then try hard to achieve our goals
2. We have to set our goals and think about them every day so as to gain energy
3. We have to care first about ourselves and then others
4. To have a strong will, always try to put your wisdom before your emotions
5. Stop thinking about the weaknesses that you can't do anything about and try to be thankful for what you have.
6. Sometimes we have to overcome all mortal pleasures to achieve eternal enjoyment

## Sixth chapter

### Let's get rid of depression

Let's get rid of depression, the biggest plague of our life is depression, I believe that human needs mental satisfaction before other needs so as to prevent depression. There are lots of people in our society struggling with depression, but few of them consult psychologist. Did you know anything about the fact that your soul needs satisfaction? Anything that calms you down gives satisfaction as well and you will get rid of depression as a result. If you are loved and accepted by others, but don't still have such feeling towards yourself, you will always feel depressed and if the opposite happens and everybody rejects you while you have good feeling towards yourself, depression doesn't make any sense , but how can we love ourselves?

As long as you feel weak, you can't love yourself. Enjoy your simple life and don't allow others to provide anything for you, otherwise you won't be able to love yourself. If you are jealous, put it aside so as to love yourself.

People consult a psychologist and ask for help when facing a problem, but all psychologists try to make us understand that the only one who is able to help us is actually ourselves, so try to change your outlook and never do anything wrong consciously and if you did, please don't justify your wrong action, instead try to confess it. Stop making mistakes so as to love yourself. As long as you desire being comfortable and at ease you won't love yourself. Now I would like to say consequences of being lazy:

1. Not being physically fit
2. Not being sociable
3. Having awkward teeth
4. Having distracted face
5. Wasting time without any purpose

If you feel any of these disadvantages and say I love myself, actually you are not honest, I have always said that I'm not educated and never feel ashamed for it, at that time it was impossible for me to continue studying, but now I don't waste my time anymore. Do you know anyone who is using his time properly, but is feeling depressed? I don't think so it's actually impossible. We all have been taught to be sad forever.

Is it possible to think about past failures and all the sad moments but still stay happy? Is it really possible to continue having a happy life by mourning and crying every day after your friend's death? Does your friend come to this world again? Will your dead friend be happy by your sadness? No. I would like to tell you that being sad only makes you depressed and is useless. So decide not to be sad anymore. Those who feel

depressed, regret not reaching their wishes instead of trying to achieve them. If you want to avoid depression, try not to be regretful for things you lack. Instead try hard to obtain them.

If you are short, don't feel sorry for how you look, instead increase positive aspects of yours. If your beloved has left you, don't regret and don't waste your time thinking about past, instead try to stay happy and motivated, those who have left you for no good reason, will once find out the mistakes they have made, but regard yourself as valuable treasure. Most psychologists insist firmly on induction and I believe in it as well. If you keep saying I'm unlucky and miserable several times during a day, you would change to a miserable person, but if you use positive sentences and repeat them, all positive energy will come towards you. Please stop making dreams and don't look for the unreal wishes, try to achieve all the achievable things and make efforts to reach them. Even not achieving our wishes after hard work and great effort is so common, you shouldn't stop trying in this case because you have not wasted your time. You would better decrease your expectations in life and not comparing your life with others.

I believe that we all need kindness in life and pure kind of it, but how is it possible?

It's so common to get depressed as long as you feel weak. Removing lack of money is not so difficult, but removing lack of kindness kills us little by little.

You will not obtain sincere affection unless you show it to others. Think about those who commit suicide, if you love yourself, you would never kill yourself. If we have made several mistakes till now, we were limited to that amount and had no strong will. We have to strengthen our will so as not to make any mistakes.

Imagine you have made big mistakes in your life, so what's the solution? Does killing yourself solve all the problems? If I was in such condition, I would change my life style and would ask for god's forgiveness and help.

Most depressed people keep telling repeated sentences such as I never get anywhere or this world is dirty and I would like to get rid of it. The only answer to all these disappointing sentences is changing your way and your view.

It's impossible not reaching your rightful place after struggling hard, so how can we get rid of depression?

1. We must first know what we need to be satisfied, find them and do them
2. We must use our power and time correctly so as to be able to love ourselves and remove depression
3. We must put laziness aside and try to remove weaknesses
4. We must know that the best psychologists will not be able to help us as long as we don't change our mind
5. We must never do any wrong action consciously
6. We must take lessons from all our failures and stop feeling sad
7. Never regret what you have not achieved but only try for them
8. Believe in the positive and negative sentences
9. Forget about dreamy wishes and search for real desires



10. Don't have high expectations from world and people around you so as to be thankful
11. Be kind to others
12. Never do anything that makes you to hate yourself
13. Stop saying negative sentences that cause you to feel depressed
14. Regard depression as a big barrier to happiness

## Seventh chapter

### Let's love ourselves

Let's love ourselves,, do you love yourself? I hope you love; otherwise there is a reason for it so try to find it. You have to love yourself first so as to love others. How you ever thought that you know yourself or not?

If you want to know who you are, try not to justify yourself. If you have never loved yourself, for sure you haven't regarded yourself worthy of love.

We all know that dishonesty, duplicity, envy are all disadvantages and we have to try to remove them so as to love ourselves. Don't wait for your problems to be solved by themselves. You can love yourself once you find your weaknesses and decide to remove them. You think that a thief is not aware of his wrong action? He knows how wrong his actions are. Think about a rich thief who possesses everything, you may say he's satisfied with himself and loves himself as well, but that's impossible.

So if you want to love yourself, first you have to try to solve all the problems you may have.

Anyway with a bit hardship we would be happier with our life and since we are happy we would be at ease and would be able to love ourselves. Let's make the most profit of your time and not wasting it.

Is it really possible to love yourself as long as you are wasting your time and doing nothing useful? Let's change your way. Try to spend all your time learning something new. Most people have got eyes and ears, but few of them are using them. Our ears are ready to listen to nonsenses, but don't listen to reality of life because of its bitterness.

Let's open your eyes and your ears. You may think that I don't like talking to others, listening to funny jokes or I'm not curious about others or I don't like watching comedies, but that's not true. We all like laughing more than crying or entertainment more than making effort, but what I mean is that I don't like to live in a way that I stop loving myself. I would like to tell the truth even if the truth puts me into the jail. Honestly is difficult for all the people, but if you realize the pleasure of loving yourself, you would spend all your time in the jail. If you love and accept yourself, you will have high self-confidence and if you increase your self-confidence, you would stop caring about others' comments. You know why some people lack self-confidence? That's because they have never been ready to be the best and love themselves.

Let's accept that the reason of some of our disadvantages is due to laziness and not poverty. You may know Some people around you who are overweight, they say I like to be this way and would like to look fat when they are asked, but they know very well that by such reply they are only denying the fact, actually

they know that their laziness doesn't allow them to lose weight. Let's try a bit so as to have a fit body and to have high self-confidence as a result and be able to love yourself.

So let's put laziness aside. If you have not made enough money till now, be sure that you have used only twenty percent of your capability and if you have even worked so hard you might have not used your mentality. Let's live in its' truest way before you are forced to. Imagine borrowing your friend's expensive clothes for going to a party, that's true you may attract others by what you wear and they may be so happy with you, but would you really have such feeling as well? If your answer is yes, I'm sure you are deceiving yourself. Try hard to put your laziness aside and be yourself so as to reach what you want.

## Eighth chapter

### Let's get to know ourselves

Let's get to know ourselves. As long as we don't know who we are we won't be able to set any goal, to know what we do ,what we would like to have, where we have come from or where we are going to go.

Have you ever thought about whether you know yourself or not? As long as you know nothing about yourself, you will gather in different groups, make different friends, eat any kind of food or wear any kind of clothes. So try to know the fact that until you don't know who you are, nothing matters and nothing will be important. If you like self-knowledge and evolution, start from today and make clear who you are and identify your personality. Classify what kind of people, clothes or manners you prefer or not prefer.

Imagine your dear friend having an awkward manner when you are together. How would you react? Would you still like to keep your friendship? That's true that we have to respect all our dears, but there must be some limitations as well. Let's learn to identify our personality. Back in those years I didn't matter what I eat, wear or who I talk to, but now these are all important to me due to my self-knowledge. If you know yourself well, you will know what kind of personality you have, what your goals are and you will easily

understand the differences between good and bad. By self-knowledge you will be able to discover what makes you happy or what makes you sad and depressed.

If you have had some bad habits such as smoking, not exercising and bad manner with others till now, you may not have known who you are and have never known your real value. As long as you become aware of your value, you will quit all those bad habits.

Control your life with self-knowledge and never allow others or even problems decide for you. Make your own decisions and set your goals. Imagine an aimless person; will this person be able to set any goal and try for it? Will he be able to solve all his problems in life? Never. The matter is that if we never know who we are, we can't even think about the problems. One of the biggest human problems is that he is not aware that he knows nothing and I ask dear god to help these kinds of people. Some people have special weaknesses, for example they can't say exactly what they think or can't act as they want, and always there is a barrier in front of them. As I said before if you have known yourself, you would be able to solve your weaknesses easily for example imagine you go to a party with your family and there are some disrespectful people invited as well, so as not to insult the host you tolerate them, but be sure you wouldn't be patient after hours and decide to leave the party before it ends. If you know your real value and personality, you would never go to such parties in which nobody is respected. Since childhood we have been said that we must respect the elders, I accept it and always do it, but I believe that we are not forced to respect those who are not worthy of respect.

I believe that we all decide based on our outlook towards different matters, if you have a totally different view towards something, your selection will change towards it as well. We use the famous question of why many times during a day for having a proper self-knowledge. After any action we ask why, if we drink something we ask why, if we eat too much we ask why, if we are not honest we ask why again and never do anything without asking the reason. If you always look for the reasons, you will know exactly who you are and will enjoy your personality.

I believe that all girls and boys must have enough self-knowledge before marriage in order to have a good selection. First you must know yourself and then your goals and know your requests from your future spouse so as to make each other happy. Today most of us select our future partner based on his or her appearance and that's why the divorce rate has increased to a great amount. So let's know each other well before making any decision. Appearance is so important in life, but there are other important factors as well.

My dear creator has always been so kind to me and has given me much wealth till now. I thank him sincerely and ask him to help me to be thankful all the time.

One of the greatest things he has given me is my self-knowledge.

So always try to know yourself and find your way. As I said earlier you will be asked anyway you live, only try not to be weird and questionable from your own view.

## Ninth chapter

Let's consider a minute a minute of your life

Let's consider a minute, a minute of your life, everybody knows that every minute that passes, actually the moments of our life has passed, so we should not waste our time, if we make proper use of our time, except for the time we need to sleep, we definitely will reach our goals even faster than we expected.

If you are looking for happiness and success, you shouldn't act without asking for the reason. Think about your last week, you will realize that you have given much ideas that had nothing to do with you or you have acted in a way that made you even further from your goals.

Entertainment and enjoyment is necessary in life as your other needs, but to a specified amount, if you go too far from that amount, you get bored and tired. You need a proper plan so as not to waste your time and in order to have a proper plan you have to know your personality and your purpose first.

Now ask yourself:



1. Who am I?
2. What my purposes are?
3. How can I reach my purposes?

After these questions, think deeply to give right answers. Don't summarize your purpose and please don't suffice only to say to become successful and happy. All people are looking for success and it's so common, give exact answer to what happiness exactly means in your view and what success is. Write a full text for all your questions. If you are doing nothing in life, you are wasting your time, but if you start, nothing will be wasted even if you don't get your favorable result because in this case you have gained experience. Some people come to this world and live their ordinary life and finally say goodbye after a while and never realize the pleasure of taking risks. I believe that these kinds of people are so weak and coward who are afraid of facing failures, they even never learn anything new and are always satisfied with all they have, but actually they are denying the fact.

Do you think that these people have never been in the dream of being a doctor, an engineer or businessman? Or haven't they liked to be rich and successful? Of course everybody likes. But as long as they are worried about losing what they already own, they would never take any risk and always show that are satisfied with everything.

Let's not to be among this group of aimless people instead try to make proper use of your time. Sometimes I listen to music for hours and believe that I get relaxed by it and haven't wasted my time. How many times

have you watched a movie for hours but learned nothing? Be sure if you do anything for no good reason, you would waste your time, so try to look for success in your life. One of the differences between successful and failed people is that successful people have made the most profit out of their time and have never wasted it, but failed people have wasted it easily. From now on decide and try not wasting your time anymore and set your goals and make effort for them. The result will be clear after a while.

Some people decide to become a competent athlete, they try for it and reach their goal but after a while they find out that they were unaware of some other matters when they were occupied, some decide to become a skilled painter and will succeed but at the price of losing the other things unknowingly. If you are looking for success and happiness, you must know that you have to have certain order in achieving them otherwise you won't succeed.

Those who are studying psychology books are actually looking for success and happiness and if you are doing so you have to have some principles. Today some people pay much attention to fashion and new styles. Whenever I go shopping, I'm suggested famous brands, but I definitely would buy something I feel happy with even if it's not modern anymore. That's because I know my personality very well. Most of us have been given eyes to look at beauty of life, ears to listen to truth and lovely sentences and tongue to say good words and be thankful, but are these really true about us? Let's not change fake with real. If you have wasted your time, decide not wasting it anymore and try not to look for the temporary pleasures. As I said before try to ask yourself 'why' many times a day for your self-improvement and never do anything without asking the reason.

If you want to make most profit of your time, you have to know yourself well and determine your goals. you have to be able to give exact answer to all the 'whys' you ask yourself. For example ask yourself why am I studying this book, please don't summarize your answer and try to give exact and clear reply with all the details. Nothing is without reason in this world, if you were happy or sad, try to find the reason.

Most of the time we are happy or sad for no good reason, but by looking for the reason we can find out a lot about our personality and reach our wishes. Nowadays rich people hire somebody to do their house jobs so as to have much free time to spend for nothing worthy. Let's we do it as well, but hire people to do your jobs so you can spend your time learning something new and reaching your wishes instead of looking for pleasure.

Imagine a person who uses all his 1440 minutes of his day properly. He spends some parts of it for sleeping, some for working, some for studying and exercising and some for enjoyment and personal affairs. By a proper daily schedule your success is for sure.

So let's to know yourself first then set your goals and try to have a proper daily schedule for your 1440 minutes of your day

## Tenth chapter

### Let's get rid of our fear

Let's get rid of our fear. As long as we are afraid, we feel weak and stressful. If you are coward and afraid of death, blindness or failures, you have no faith and you can't accept yourself. If you accept yourself, you regard death and failures as parts of your life. You may know some people who are afraid of death, they may have never known who they are and never have accepted themselves, but why should we live this way? Try to behave as well as possible in your life and never think about incidents that are out of your control. I believe that faithful and honest people are never afraid of anything in life since they know that the big creator who has given us blessing, happiness and health is taking care of us even better than ourselves.

Are you afraid of failure in life? If you are afraid, your fear will make you close to it and you will finally face it, but if you act properly, the problems rate will decrease to a great amount. Try to consider all the failures you face as a way of reaching your goals by the experiences you gain in this way. Coward people never take any risks and are never exposed to any danger actually they are not aware that by courage and power they

can obtain the best and truest pleasures of the world, but cowards never take any benefit from these pleasures. As long as you are dependent on this world, fear never leaves you and as long as you are dependent on your financial possessions such as car, house, money you will always be afraid of losing them. A person who is not dependent, tries to keep everything safe and doesn't think about the outcome anymore. I know some people who start crying, if they realize that their car was stolen. Are they dependent? I believe that instead of crying we must search for a solution, so find your real fears and try to get rid of them.

But how can we get rid of our fear from spiritual issues? Well there are lots of fears in this category, but I mention some of them such as missing one of our dears, being paralyzed or blind or losing our faith. Actually being afraid of these issues is illogical and worthless as well because these issues are part of our life and we can't do anything with them and have no control over them. Some narrow-minded people stop living an ordinary life after losing one of their dears, as I said if you are afraid of becoming blind and always think about it, you will be more at the expose of it and this attitude of you makes you stressful all the time and if such problem happens you will become powerless and unable to live.

I strongly believe in the power of positive and negative energy in life so, think deeply about the induction as I talked about earlier. From now decide to remove some negative sentences such as I can't, it's impossible, I'm unlucky and try to achieve your wishes with your strong will. I believe that we all need a kind of belief framework so as not to get confused. The things you deeply believe in are your belief framework, write them on a piece of paper and regard them as your belief foundation.

Most people believe that telling lie in any situation is regarded as a wrong action and we must tell the truth under any circumstances, but I don't think so, I believe that if you tell lie for your own profit is not accepted, but if you tell a lie to respect others is not considered a lie anymore this is actually my belief framework.

Some people are afraid of losing or not finding their favorite partner in life. Today this fear is so common among the youth. Most single girls and boys believe that they can never find their better half, they are actually deceiving themselves, I think that most of these people don't know exactly who they are and what their purpose is.

If we are looking for something ideal in life first we have to make ourselves ideal, we have to change ourselves to an extent that no trouble be founded in us.

You must think about this matter that death is so close to you, by such opinion you will not be dependent on anything anymore, if you get rid of fear of losing, you get rid of all fears.

So how can we get rid of our fears?

1. Believe in the fact that our creator takes care of us as well as giving us blessings
2. Don't be afraid of death, if it's in your destiny it will happen anyway
3. Never do anything so as to be fearful when it revealed
4. Determine your belief framework and know your beliefs

5. Regard failure as a step leading to victory and success and never be afraid of it
6. Regard financial matters as parts that belong only to this world; otherwise you will be shocked when missing them
7. Identify your real and false fears and separate them from one another
8. Regard the death of your dears as parts of this life
9. Only be afraid of your own mistakes, then you will not be afraid of anything else as a result.

## Eleventh chapter

### Let's never get angry

Let's never get angry, if you are looking for success and progress, you shouldn't know what anger is. If we don't get happy or sad, we would be indifference towards anything with no feelings. If you make intellectual progress, you will not get angry in any situation. We sometimes regret for what we have done and this has got several types for example we sometimes lose our control and do something when we are not in normal mode, sometimes we decide illogically and don't use our wisdom. The other type is when we are depressed and make a decision, but most important and difficult of all is when we get angry and decide, most decisions taken in this mode are wrong and cause discomfort and regret. All these problems will be solved by thinking about them and gaining experiences and also by strong will.

If our problem is depression, it can be solved simply by changing our attitude and thinking positively, but fighting against anger is a bit difficult to solve. Your fate and life may change every second, as long as you lose your control. There are some people who never get angry, this is not because of their wisdom, actually



they don't care about their surroundings and there are few people who can control themselves while being always occupied, let's be among these few group of people. Human gets angry in special situations and this anger has got different types in different people; one gets angry because of financial loss, the other gets angry by personality loss.

We have to check out the weaknesses inside us that make us angry.

Make a list of things you get angry with.

I believed that I would never allow my rights to be wasted, but that's not the case with me anymore, now I believe that if we are even the strongest person, sometimes our right is wasted by others. You should defend your right as much as possible and never lose your control. You should act wisely even in the worst possible case. The misery will follow you as long as you lose your control, why should we allow a crazy make us anger and misery.

First you have to know yourself well, do you get angry with other's opinions or do you lose your control when others don't believe you, but why should you? All the people are not supposed to know as much as you know. As long as we are not able to control ourselves, we don't know who we are. It's not only you and I who get upset when we are not respected, it's true about everybody. You have to find a way against your anger. We must know that we won't be able to decide in anger and there is no difference between a fool and anyone who loses his control.

Don't get angry with those who are not the same as you or those who have got different views over different matters. If you don't like your friend's manner and regard it as rudeness try to change him, otherwise cut your connection.

If your spouse is addicted and this hurts you, try to make him quit, otherwise forget about happiness or get divorced, because an addicted spouse will make you angry and your happiness would be impossible. It's essential you know that this is only about your spouse, but if it was the case with one of your family members, you should only control yourself and try to change them as much as you can.

Are you stressful in your life? Why should you? The reason is not accepting yourself. Let's decide from now and live in a best way so as to accept yourself as a nice person and enjoy your life.

I remember in the past I was not ready to apologize under any circumstances, but now by the grace of god I have changed and have different view. In those days I wanted to show my importance and wanted to prove everybody wrong, today I am ready to apologize from everybody and I enjoy this way of thinking and living.

I hope you will be able to control your anger by reading this chapter.

## Twelfth chapter

### Let's love our same kind

Let's love our same kind. What I mean by same kind is human being. Why do we hate each other? Who are the worst people in your view? You have to change your view towards people the same as you and know that we were not created badly. Do you love a thief or a wicked and dishonest person? If not, what's the reason? Aren't they human? If we have been given wisdom by God's graces so as not to be a thief, we have to be thankful for it and love those who do wrong and try to change them as much as we can.

Have you ever thought why you have never been a thief? If you have no financial problem do you see other reasons to become a thief? Have you ever thought about nasty people or not? Do you hate or leave your own child, if he was a thief? Of course not, you would try as much as you can to change your child and rescue him and save the world. Let's think about a murderer's life, all his needs and his attitude before simply seeing him as a killer.

I remember a serial killer in the past who was executed, we all believe that a murderer who has killed many young girls and women deserves to be executed, but what were all his reasons to kill others? Wasn't it

because of his madness? Let's thank god for not being mad to this extent. We should never allow ourselves to call a thief a nasty or dirty person since we have never been in his shoes.

My one and half year old son was taken hostage by my nurse in holidays which was a really tough time for me. Now I love my nurse and have forgiven her, she did this wrong action because of her poverty or any other problem she had in her life. Today the social gap is too much there are different kinds of people from different class of society who are living in different ways. Some parents are doctors and educated while some parents are addicted or thieves. Let's learn and avoid those who are not the same as us, but regard them as human beings and help them. If somebody has betrayed you, you should consider that person unworthy. Do you know why divorce rate has increased? One of the reasons is high expectations from one another and caring much about others' sayings.

Imagine a girl who spends all her time going to different parties, drinking and smoking, should she expect to marry an educated and gentleman who has never done these things? What's your idea? Isn't it an illogical request? Shouldn't she change herself to marry such a man or to be alone forever? We must be the best to expect the best. Do you hate a girl who smokes? Why should you? Have you ever thought that you might be even worse if you were in her position? An addicted girl may have lots of other problems, but she may deny all her problems if she is asked about. I believe that most of our problems are due to lack of intellectual growth. So decide now and try not criticizing others and loving all your same kind so as to enjoy your life.

## Thirteenth chapter

### Let's increase our capacity

Let's increase our capacity, you must know well that if you were the best person in the world, nothing would be according to your willing and request. If you don't increase your quality and capacity, you would suffer a lot as a result, but if you increase this aspect of yours, you wouldn't get upset easily by others behavior and If somebody accuses you and calls you a thief you wouldn't get angry , but you would regard it as an opinion.

Your capacity increases if you believe that nothing will last forever and by such attitude, you will never get upset. You can't find anyone in this world with the same opinions as you, even your family members will react towards something totally different from you.

Imagine your mother throws the garbage out of the car on the street, so those who are in the car are all to blame in this condition, if you insult your mum, you would be so rude, but if you explain how much wrong her action was and she accepts her wrong action, you would save everything and it means high capacity.

I remember I used to react so hard if somebody did something I didn't like, but now I try to reduce or cut my connection and have realized that people behave according to their knowledge.

We all like desirable things and hate undesirable things, for example we like financial progress, beauty, honesty, respect and nice foods, but dislike contrary things. If somebody insults you, don't react the same, otherwise there is no difference between you two. I have divided capacity into two parts, one is your personal capacity and the other is your progress capacity. If you care about the first part, you would a nice and popular person who would make progress. Today I behave well and respect all the poor and weak people because I'm one of them as well, this respect would even be worthy if I was not the same as them.

We must try hard in life to have all the bests that we deserve, but we should never forget about respecting others as much as we can, by such belief you would enjoy your life.

Some people try to get different certificates to show off, instead we should think about getting degrees and being educated so as to be able to help others. If you are the most beautiful person or the richest person, only be thankful because you have been given these blessings and everything can change all of a sudden. Never forget about these two points that what you have been made of and your mortality regardless of who you are.

So regard all this world possessions for this world and regard yourself worthy of the best. How many people you know who have never changed in personality but have change a lot in their position? How

many people you know behave the same in power and in misery or weakness? Let's be among these rare and nice people so as to be able to identify all the eternal pleasures and live a happy life.

## Fourteenth chapter

### Let's be sure of our happiness

Let's be sure of our happiness, how many people you know who are so happy in their own views? I believe that there are a lot of successful people, but those who regard themselves happy are so rare. Please write down your personality type and make a list of your goals and try to think about the ways to achieve them. Please don't make dreamy wishes, set logical goals. I believe a man with high understanding will achieve anything he desires. For reaching your goals, first you have to know your way, if you don't know where you are going, don't act at all. If you have an organized way to achieve the best, you would be successful.

If you have never regarded yourself as happy and successful person don't blame the society, family or your fate, accept the fact that you have not had an organized plan. If you believe that your success is in being rich and wealthy, be sure there are lots of ways to achieve it.

The first chapter of this book was about being in love, are you in love now? Is there anyone in your life who motivates you? The second chapter was about having complete faith. Have you identified your beliefs?



The third chapter was about being ourselves, are you yourself now? Do you still care about other's comments? If yes, you have not accepted yourself. If you want success and happiness try to be yourself. The fourth chapter was about getting rid of our dependencies so as to be happy. The fifth chapter was about strengthening our will, do you believe that the key to success is strong will.

The sixth chapter was about depression, do you still listen to sad music and think about your failures in life or you regard your failures as your big masters in life? The seventh chapter was about loving ourselves, do you love yourself now? If not please tolerate the hardship and love yourself to reach success. The eighth chapter was about knowing ourselves, do you know yourself now? Do you know who you are and what happiness is in your view? The ninth chapter was about regarding one minute, one minute of your life. Have you used your time wisely? Do you still spend your time for nothing and learn nothing or you try to organize your time to reach your goals? The tenth chapter was about fear, have you got rid of it or not? Are you still afraid of others' comments about you? The eleventh chapter was about not getting angry, are you still angry or do you still allow a crazy person to change your fate? The twelfth chapter was about loving our same kind; do you love those who are the same as you? Do you respect them? The thirteenth chapter was about increasing our capacity, have you done that? Do you think you are so superior after any progress? The fourteenth chapter was about certainty in happiness, are you really happy?

I hope you don't misunderstand the repetitive use of 'I' in my examples, my only purpose was to expressing my personal views towards different matters in my life since there are lots of me in this world who need all these experiences. Hoping for a day when true lovers can't be counted.