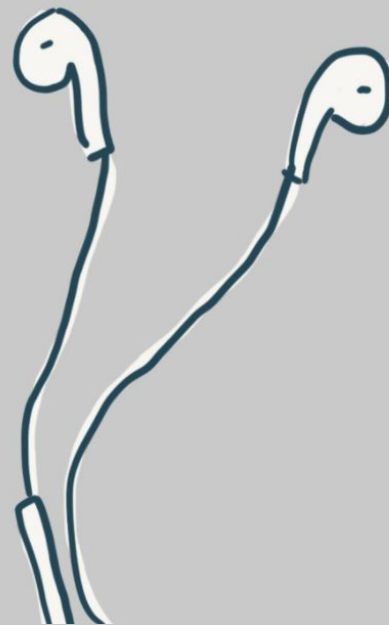


# FIND THE SENTENCE

WITH JAY MILANOFF

ОТГОВОРИ





- ◆ To beat others in order to achieve something
- ◆ We have to work harder because someone is trying
- ◆ It makes us fight and steal instead of helping
- ◆ If someone can teach you the essence of English
- ◆ I would ask them to join me



- ◆ Stress has a bad reputation
- ◆ And this is excellent news because
- ◆ Of course, stress can be bad for you
- ◆ Yesterday I found out there is a way
- ◆ I will have a specific time for stressing myself



- ◆ An experiment I will do today
- ◆ But let's get back to decision-making
- ◆ I decided to eliminate many of the decisions
- ◆ I will write down my thoughts
- ◆ Maybe British people think they have a choice



- ◆ Life reminded me not to make plans
- ◆ That didn't make it easier to get ready
- ◆ My mother came to help me clean
- ◆ My sister and her husband offered
- ◆ We may fight with each other



- ◆ To think in a new and original way
- ◆ You might dream of having your own car
- ◆ All you need is a beer
- ◆ To use it to practice your reading skills
- ◆ But I realized yesterday that I don't need to add



- ◆ And I offered to give them advice
- ◆ But, to be honest, I've never been
- ◆ I've always thought that I'm not a good marketer
- ◆ Even after I stopped working for them
- ◆ I see the big picture pretty clearly



- ◆ They give me new perspectives on my old worries
- ◆ I've felt really tired those last 2 weeks
- ◆ I started meditating again this week
- ◆ I am now calmer and more relaxed
- ◆ You need to go to bed between 9 and 10 pm





- ◆ I'm currently working on my shyness
- ◆ Sometimes they will be nice to you
- ◆ The problem was that she was rude
- ◆ I don't want them in my life
- ◆ You can't really see a person



- ◆ This will not surprise you but I'm still
- ◆ Especially if you've deserved it
- ◆ I wanted to get some rest from
- ◆ So I started wondering what I can do
- ◆ For those of you that don't use



- ◆ I have to put a lot of effort just to stay calm
- ◆ I want to feel more comfortable around them
- ◆ I might have tried more new things
- ◆ Small things become powerful when they accumulate
- ◆ It takes a lot of courage to do big experiments



- ◆ As long as we don't try to get everything we want
- ◆ Which means to have fewer goals in your life
- ◆ I had no clue how to be an essentialist
- ◆ My side mirror is broken
- ◆ My cheap car is perfect for both