

No one is coming to rescue you—you only have yourself. The good news, it turns out, is that you are all you need.

Important quotes:

No one is coming to rescue you—you only have yourself. The good news, it turns out, is that you are all you need.

We are all playing in the same sandbox, and the same rules apply to everybody: what you build is entirely up to you. (100% Free will)

What most people fail to understand is that you do not win debates with arguments – you win by setting the frame.

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

Remember:  
Not everything that makes sense works, and not everything that works makes sense.

In life, you get what you tolerate.

