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JITENDRA SINGH
"How I found freedom in an unfree world"  "You act in ways you believe will produce the consequence you want. But why do you do that? What is it you are trying to accomplish?" "In everything you do, with the knowledge and insight at your disposal, you choose what you think will give you the most well-being and the least mental discomfort. The objective is what is usually called happiness; the feeling of well-being". To change your mental state from unhappiness to happiness requires that you change your circumstances. And this is why you do things........to bring about the circumstances that will make you happier".

by Harry Brown