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Change is Good

All Suffering is Loss

Loss categories:

What you didn't get
Hurts
Pains
Illness
Grief
Weakness
Rejection
Injustice
Disappointments
Discouragements
Frustrations
The butt of other's hatred
The butt of other's ridicule
The recipient of other's cruelty
The recipient of other's callousness
The recipient of other's anger
The recipient of ill treatment
Exposure to foul things
Exposure to sickening things
Exposure to nightmarish things
Exposure to things that make you want to scream
Exposure to things that make you want to run
Exposure to things that cause you to desire death
Strains
Traumas



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Safe Position

10 Simple Decorating Rules for Arranging Furniture	Don't Settle for Moving the Furniture Around in Your Own Little Kingdom
Choose focal point	
Don't push furniture against the walls	
Create conversation areas	
Find balance	
Consider traffic flow	
Use the right rugs	
Get a big coffee table	
Put tables at arm's length—avoid layouts that force people to move	
Let there be light	
Use right size artwork (strategic, proportionate)	