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is the opposite of the
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introspective, smarter
and more poignant
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Summary

piece of your life. There can be so many other facets that have nothing to do with work like family, friends, hobbies, volunteering, etc. Cultivate those things so that when you are having a tough time at work you can get away from that and focus on things that give you joy. You have to know yourself. This was huge for me ...

What I Now Know

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After Feeling

Miserable and

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101 situations or issues
that people struggle
with daily, ranging
from coping with
difficult bosses, serving
customers, and
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being creative, solving
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