Why Is Living In a Comfort Zone a Suicide When It Comes To Business And Personal Life - And What To Do Instead?: [Productivity Guide] - Chris Diamond - Chris Diamond

The meaning for your life when you’re 19 will probably change from when you’re 51 and got three grown-up kids. The quickest way to destroy your life is to believe that life has no meaning. There is a way to come out the other side, but you have to put aside your pride and seek help. Please don’t become another victim of suicide by doing nothing. Every day feels the same. You wake up. Add some variety in by breaking your comfort zone. Set a goal to do something wild during your day every so often. Travel to another country. Living outside of one’s comfort zone is by definition uncomfortable. Therefore, the best habit you can foster within yourself is the practice of becoming familiar with discomfort. You may be at a crossroad in life and feeling undecided about something, or you may feel like you’re not happy with where you’re at right now. It could be a job that you’re not happy with, a relationship you’re not happy in, or even just knowing that you’re too comfortable with where you’re at that you don’t feel challenged. There are many benefits to smiling and laughing, and when it comes to working on more confident body language, this is an area that should be fun, low-stakes, and relatively stress-free. Smiling is associated with the happiness chemicals dopamine and the mood-stabilizing hormone, serotonin. How This Book Was Written and Why. Thirty-Five years ago, I was one of the unhappiest lads in New York. I was selling motor-trucks for a living. And when it comes to that, you and I don’t need to be told anything new. We already know enough to lead perfect lives. We have all read the golden rule and the Sermon on the Mount.