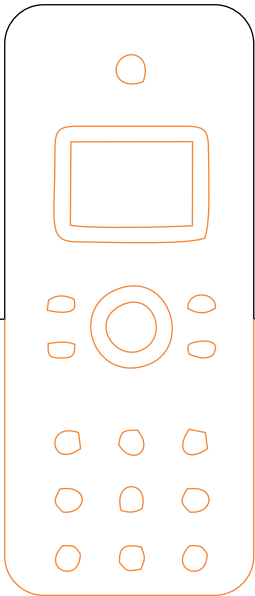
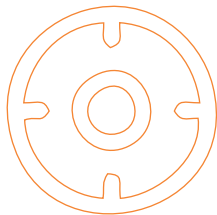


**"It's not stress that kills us,
it is our reaction to it"
- Hans Selye**

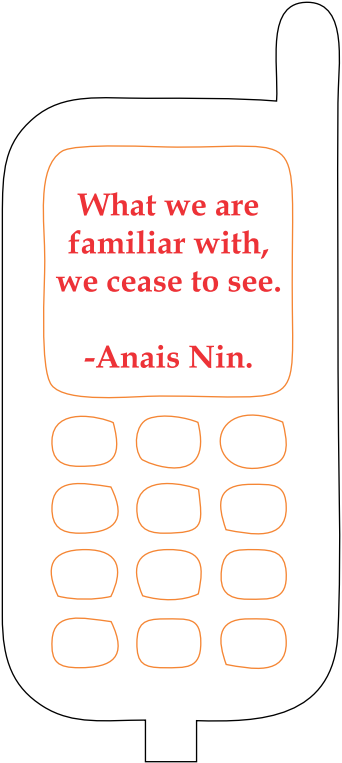


"Criticize in private,



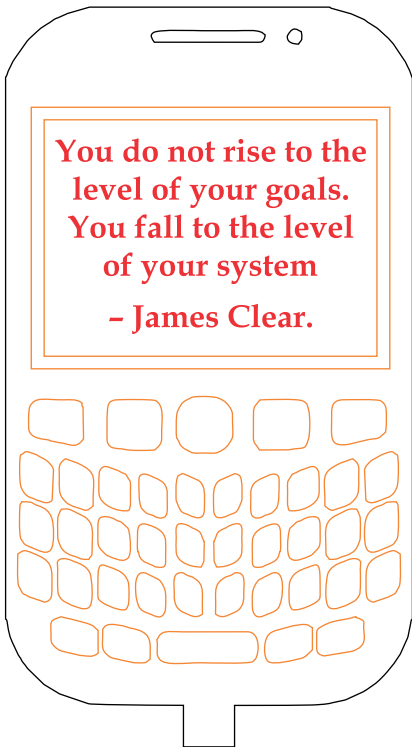
praise in public."

- Kevin Kelly.

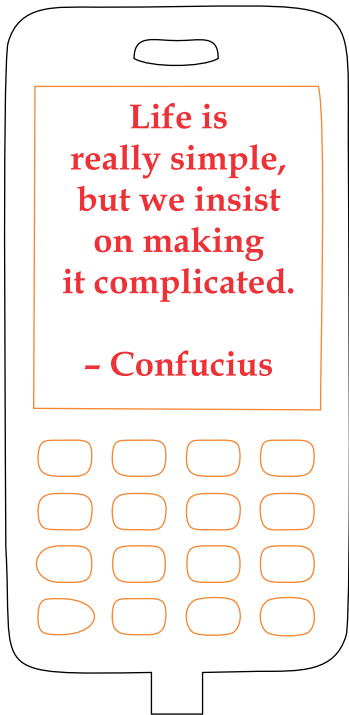


**What we are
familiar with,
we cease to see.**

-Anais Nin.

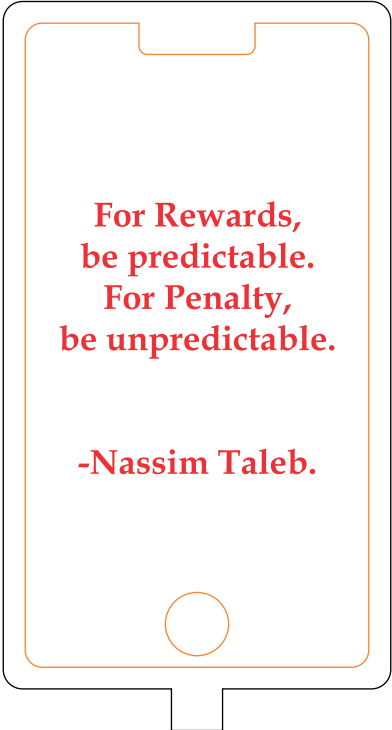


**You do not rise to the
level of your goals.
You fall to the level
of your system
- James Clear.**



**Life is
really simple,
but we insist
on making
it complicated.**

- Confucius



**For Rewards,
be predictable.
For Penalty,
be unpredictable.**

-Nassim Taleb.