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All you have to do . . .

Look, girlfriend, I'm the very last person who should ever make any sort of grand, sweeping statements

You see, this is the time of year when one of the biggest life choices stares grade nine pupils in the

How did your school subject choices influence your life? I'm asking because I certainly had no clue

Also, after all these years I might still be stuck in some sort of post-traumatic disorder from cutting

Fact is I didn't have the wherewithal to insist on sticking to subjects I actually liked. I was mostly gr

But, somehow, I did eventually start finding my own way. Author Martha Beck uses the word 'wayfi

It's not really as if Armageddon is going to kick in when you refuse to recognise whatever it is that

She says that your suffering may show up as the malaise that is endemic in our society. You may l

How to start singing your song? Worrying, struggling, striving, pushing and "making it happen" wor

If you still don't know what that is, use the mirror concept. We're all mirrors for each other and who

Maybe that is the best way of choosing subjects at school – to look at people you admire. What kind

When trying to find your calling there are no ready-made steps to take. It is more like meandering through

When you do it that way, you'll realise that finding-your-calling is actually a misnomer.

You never find your calling. Your calling has found you a long time ago. All you have to do is surrender