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We're all adults here, so we can say this out loud: It's time. Most of us don't have to write exams anymore.

It's time to embrace your own imperfection, take yourself less seriously and have way more fun. That's

To ditch this striving, you have to develop some sort of inverse paranoia of believing that, as Byron

Byron became severely depressed in her early thirties and for nearly a decade she spiralled down

So, say you get it right to stop trusting your thoughts to make up your identity, then who would you

Type five, you ask? Yep, as in the enneagram system of personality analysis. This is a set of nine

Not everything in your basic type will apply to you all the time because you fluctuate among the

So, why this whole homily on the enneagram? It's because your personality makes it easier or more

And that is probably why I want to quote Timothy Leary as the best way to show that this outsider

"Admit it. You aren't like them. You're not even close. You may occasionally dress yourself up as one of

"For every time you say club passwords like "have a nice day" and "weather's awful today, eh?", you ye

Find the others

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“Who knows what you might learn from taking a chance on conversation with a stranger? Everyone can

Do the unexpected. Find the others . . .”