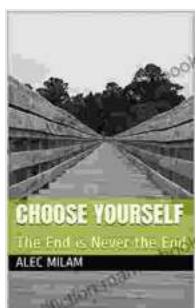


# Choose Yourself: The End Is Never the End

Life is an unending cycle of beginnings and endings. From the moment we are born, we are destined to experience a myriad of endings - the end of our childhood, the end of our relationships, the end of our careers, and ultimately, the end of our lives. These endings can be both painful and liberating, but they also present us with an opportunity for growth and transformation.



## Choose Yourself: The End is Never the End by Vintage Visage

★★★★★ 5 out of 5

Language : English  
File size : 1567 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 6 pages  
Screen Reader : Supported



In his book "Choose Yourself," James Altucher argues that we should embrace endings as a natural part of life. He writes, "The end is never the end. It's just a beginning. It's a chance to start over and do it better this time." When we choose to embrace endings, we open ourselves up to the possibility of new beginnings.

## The Importance of Choosing Yourself

One of the most important things we can do in life is to choose ourselves. This means putting our own needs and desires first, even when it's difficult.

When we choose ourselves, we are more likely to be happy and successful. We are also more likely to be resilient in the face of adversity.

Choosing yourself can be difficult, especially if you've been taught to put others first. But it's important to remember that you are the only person who can truly take care of yourself.

## **How to Choose Yourself**

There are many ways to choose yourself. Here are a few tips:

- **Listen to your intuition.** Your intuition is your inner voice that tells you what you need to do. When you listen to your intuition, you are more likely to make choices that are right for you.
- **Set boundaries.** Boundaries are important for protecting your time and energy. When you set boundaries, you are letting others know what you are and are not willing to tolerate.
- **Say no to things that don't feel right.** It's okay to say no to things that you don't have time for or that don't make you feel good.
- **Take care of yourself.** This means eating healthy, getting enough sleep, and exercising regularly. When you take care of yourself, you are more likely to be happy and productive.

## **The Endings of Life**

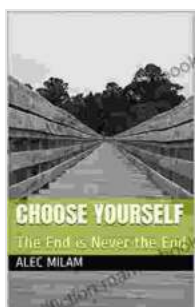
Death is the ultimate ending, but it is not the only ending. We experience many endings throughout our lives, such as the end of a relationship, the end of a job, or the end of a phase of life. These endings can be painful, but they can also be opportunities for growth. When we experience an

ending, it is important to allow ourselves to grieve. But it is also important to remember that the end is not the end. It is just a new beginning.

Life is a journey, and it is full of both beginnings and endings. The important thing is to embrace both the beginnings and the endings. When we embrace endings, we open ourselves up to the possibility of new beginnings. And when we choose ourselves, we empower ourselves to live our lives to the fullest.

## Call to Action

If you are struggling to choose yourself, I encourage you to seek professional help. A therapist can help you to identify your needs and desires, and to develop the skills you need to put yourself first.

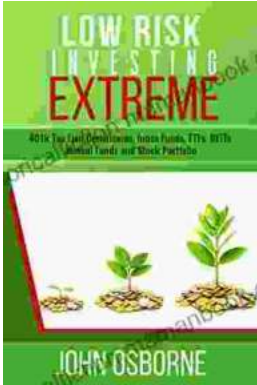


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