

## DOWNLOAD PDF KEEPING A LIFE: QUESTIONS OF BALANCE IN THE FLAT WORLD

### Chapter 1 : A judge asks basic questions about climate change. We answer them | Environment | The Gua

*Keeping your life perfectly level isn't realistic, but keeping some sense of balance is important. The flow of life is full of change. When you are in tune with what you need from day to day, you can keep building your life on a sturdy foundation of self-awareness.*

Aristotle claimed the world was a sphere some time around BC. It was confirmed in the 15th century when a Spanish expedition led by Magellan circumnavigated the globe. Most of us have believed ever since, though not all, apparently. Those at the beginning of their Flat Earth journey typically encounter hundreds of ideas – some alike, some wildly contradictory – in a very short space of time. Sometimes that takes three months. For many it takes at least six. A woman at the convention tells me she has so far logged 8,000 hours of research, though others consider that extreme. Often research is conducted alone, at a computer screen. The convention is meant to remedy this. The comment has multiple meanings. Many in the audience have only ever experienced the community online. The speakers, who walk around the hotel with an air of minor celebrity, are regularly referred to by their YouTube handles. Every now and then a group might meet informally in a pub, but often the turn-out is tiny. A part-time musician suggests the Earth is diamond-shaped, not circular, and supported by colossal columns. But the comment hides darker sentiment, too. Coming out in opposition to conventional science can be fraught. I hear stories of family bust-ups, of partners never speaking to each other again. During a break between lectures, I find Sarah, the woman from the open mic, and ask her how it felt to uncover the theories. In another, Darren Nesbit, a part-time musician who drives a van for a living, suggests the Earth is diamond-shaped, not circular, and supported by colossal columns. Martin Liedtke presents theories with the frenzy of a child high on sugar. Watching him is fun and exciting – and utterly baffling. He offers several hypotheses – that the Earth is one of several ponds carved out of a huge crust of ice, for example – before walking off stage to almighty applause. While others railed headstrong against scientific convention, he advocated a measured approach to fact-finding. Search for the truth for yourself. Who knows what you might find? You have to have the critical thinking skills to be able to evaluate the evidence. In an era of disinformation the message feels particularly pertinent. You need that in a healthy democracy. But you also have to have the critical thinking skills to be able to evaluate the evidence. When I ask them to explain what their lives were like when they experienced their awakening, several describe a kind of personal crisis. Dave Murphy, the closest thing the convention has to a superstar speaker, came to the movement after his marriage unravelled. Sarah had been through a hellish break-up. In those situations, she says: Conspiracy theorists are united in their rejection of conventional views and often the rejection is both a bid to reclaim personal agency and an attempt to experience community. When the community comes together, views are mutually reinforced, and the world becomes explainable, if not entirely secure. In the case of the Flat Earth, that would be the scientific community. Much of the audience has left, but Kai is still hunting truths. He shakes his head and lets out big sigh.

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## Chapter 2 : AASA | American Association of School Administrators

*According to most flat Earth models, Antarctica lies on the outer rim of our world. It makes a perfect ring around the planet. It makes a perfect ring around the planet. Along that edge is a massive ice wall to keep all the water from falling off.*

How to prepare and be the change! By now, most people are aware that our world - and especially technology - is changing and developing lightning fast. But while we keep updating our operating systems and smartphones all the time, we completely forget to update our human systems, our beliefs and habits. As much as we are striving for progress, such outdated rules are terribly inhibiting. Luckily, a new breed of open-minded, world-centric individuals has begun to question the status quo and the way our society works. Call us like you want. These digital nomads are about to change how and where we work, taking advantage of the fact that most work can now be done online. Instead of waiting for vacation or retirement to finally arrive, freelancers and entrepreneurs travel out with nothing but their laptops and an urge for freedom and adventure. Felicia and I freed ourselves from the limits of society 5 years ago. Life is holding so much more in store for us than going to the same office every day and waiting for our annual holiday or retirement. It is empowering every single one of us. We can now take control of our lives and are not dependent on what other people think is good for us. We can share our ideas with the world. The countless studies about digital nomads make it crystal clear: Digital nomads take their opportunities and responsibilities seriously. Here comes the good news: The time has come to replace restricting models of society with empowering ones. To question everything we ever believed in. Set up a business everywhere? Avoid having to rent a stable flat? Register in any country? Have a worldwide insurance? Have bank accounts all over the world? Use crypto currencies to replace the fiat money? Create a basic income for everyone as more and more jobs will be done by technology? A shift towards a stronger level of consciousness and a world where people start to question outdated systems and rules. A shift that will revolutionize the way we live, work and interact with each other on this planet. They want to escape the cubicle, feel valued and trusted in the work they do. So they start asking questions like: Does it still make sense to work from 9 to 5? A model that was created in the times of Henry Ford in ? To be in the same room - or even country - as your boss and colleagues? Or could it be replaced with a new model that gives us more freedom, more sunshine, more vitamin D and more energy. We could be working faster and more productive than ever. All while keeping healthy bodies and minds. The future workforce wants work life balance and time for their families and friends without burning out. Instead, many workers are longing for freedom, happiness and purpose. With the progress in artificial intelligence, current jobs are declining. Therefore, being self-employed and building up your own business turns into one of the safest options for many. Solopreneurship - in which an entrepreneur starts, owns and runs his or her business alone - is growing into a powerful force in the future world of work. But open-minded companies realize the potential of working with highly motivated, talented people and hire a fully remote workforce - a rising trend that will most likely represent the majority of digital nomads in the future. Schools are institutions from the 19th century, employing teachers from the 20th century that are teaching students from the 21st century - something is out of balance. The education system of today teaches us to get a career. But does it train us to truly matter? Who teaches us to be better at relationships? To be more productive at work? To build a business or create wealth? To use our minds and intuitions to live a life full of meaning and fulfilment? Many big thinkers, creators and entrepreneurs challenge the education system. Schools are teaching us to lead an ordinary life and be a functioning part of society. We can push ourselves towards doing extraordinary things. Luckily, people have started hacking the old education system. Prestigious universities are putting their knowledge online for free. The sheer number of tutorials, webinars and online courses available gives us control of what we want to learn - and we can do it anywhere, anytime and in any stage of life and business. Imagine a world where we teach our kids about biology, language, history and culture - and then go out and

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experience it first-hand in the Brazilian jungle, the ruins of Angkor Wat or the fisher villages in Portugal. Over the last decade, alternative medicine has found its way back into our Western societies. With information spreading that conventional Western medicine has long been funded by big pharmaceutical companies, more and more people start to question our health system. Ever wondered why chronic diseases such as diabetes, asthma or dementia have become near to normal in our society? In our current model, doctors are trained to merely treat the symptoms of our diseases with pills, instead of searching for the cause. This has been feeding the big pharma companies with millions of dollars, as ongoing treatments of symptoms meant ongoing revenues and demand for medication. Medication that was never designed to heal us, but instead is just temporarily masking the pain. This system is about to crash. More and more physicians - and patients - are turning towards traditional methods like Traditional Chinese Medicine or Ayurveda. It takes on a holistic approach to health, instead of simply giving us a quick fix. The future of medicine is searching for the causes in our everyday life and our environment - the way we eat, what we eat, the level of toxins in our bodies and in the air around us - and fixing the problem where it arises. Latest research has been adopted and spread by the business world, too. Some of the brightest minds and leaders are experimenting with biohacking and detoxing rituals. Techniques like intermittent fasting and other natural detoxing and cleansing routines are becoming easily accessible. High energy stands for a high quality of life, and people are being given the knowledge and tools to understand and heal their bodies. Connected to health, food is one of the best ways to biohack our health and restore balance in our bodies. It seems crazy how badly we treated our own bodies in the past decades. We just accepted that big brands are feeding us with non-natural, processed junk-food for the bigger profit. Finally this is changing! We started to see the huge connection between clean, healthy, organic food and a happy, successful life. And this will change our whole economy. Again, power is shifting back to the smaller businesses, the farmers, or even ourselves. An even bigger question that many people ask themselves: Does it really make sense to eat so much meat in the year? Most manufactured meats are full of antibiotics. It makes our bodies hyperacidic, making us the perfect breeding ground for many diseases like cancer, diabetes, heart disease etc. Things that we sadly started to see as normal! Apart from that, it is widely known by now that consuming less meat also saves the environment. I am feeling more energized, healthier and stronger than ever. I have more endurance, more power and feel that I do right by my body, the animals and the planet. I am living the cosmocentric lifestyle, which means we are all one and connected. We share our beautiful planet earth with the animals and nature with equal rights. We are no preachers and believe that everyone should do what feels good on a personal level. But it is good to see that there is a massive rethinking, and plant-based, healthy, natural eating is part of the future of food. Did capitalism and the strive for maximum profits really give us happiness and fulfilment? Most of those people are living and working in the Western world, driven by consumption and capitalism. We are slowly digging our way out of this manipulative mindset to consume and possess as much as we can. Instead, people are drawn towards the ideas of minimalism, slow consumption and the simple life, taking the power away from many big corporations and passing it to small, creative businesses with good values. I love collaborative consumption: People are buying less cars, swapping clothes, going to flea markets and sharing vans, longboards, apartments and workspaces. Concepts of the sharing economy, collaborative communities and togetherness are growing. Everyone has different backgrounds, talents or skills and is happy to trade and share them. Times of pushing elbows are coming to an end. Sharing has become more desirable than owning. In the financial world, cryptocurrencies are shaking up the way our money flows. Especially with the rise of location-independence, many people start to question the financial system. With a rising amount of information available, everyone can now learn to make smart investments and be part of a revolution.

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### Chapter 3 : Inspirational articles from Living Life Fully

*Call it work-life balance, work-life coexistence, or simply life, but balancing responsibilities can be stressful in an always-on world. Phones and connected devices make it easier than ever to.*

Share via Email The Collins glacier on King George Island has retreated in the last 10 years and shows signs of fragility, in the Antarctic on 2 February. More striking is the approach of the judge in the case, the unorthodox William Alsup. When they melted, by how much did sea level rise? The last ice age started melting away around 19, years ago, which raised the global sea level by around metres. Since then, there has been a sharp decline in glaciers and sea ice driven by human-caused warming, rather than any other factor. What is the molecular difference by which CO<sub>2</sub> absorbs infrared radiation but oxygen and nitrogen do not? What is the mechanism by which infrared radiation trapped by CO<sub>2</sub> in the atmosphere is turned into heat and finds its way back to sea level? Infrared radiation from the sun hits the Earth and reflects back off the surface. Greenhouse gases in the atmosphere intervene by trapping this heat and preventing it from escaping. Does CO<sub>2</sub> in the atmosphere reflect any sunlight back into space such that the reflected sunlight never penetrates the atmosphere in the first place? A bit, but not enough to really matter. Apart from CO<sub>2</sub>, what happens to the collective heat from tailpipe exhausts, engine radiators, and all other heat from combustion of fossil fuels? How, if at all, does this collective heat contribute to warming of the atmosphere? The Intergovernmental Panel on Climate Change estimates this direct heat is around one hundredth the size of greenhouse gas-driven heat. The equation is slightly different in some large cities, however, due to the urban heat island phenomenon. In grade school, many of us were taught that humans exhale CO<sub>2</sub> but plants absorb CO<sub>2</sub> and return oxygen to the air keeping the carbon for fiber. Is this still valid? Given the increase in human population on Earth four billion , is human respiration a contributing factor to the buildup of CO<sub>2</sub>? But this expulsion of CO<sub>2</sub> is in balance with the world around us. Say you eat a potato. In the months before you ate it, the potato grew by absorbing carbon dioxide from the atmosphere. Your meal provides you with some energy and you then breathe back out the CO<sub>2</sub>. So the process is essentially carbon neutral. Extra carbon is being released into the atmosphere from burning fossil fuels, which have been buried in rocks for hundreds of millions of years. Plants and oceans are sucking up a huge amount of this extra CO<sub>2</sub>, but not all of it. The result is a warmer atmosphere and a warmer ocean. What are the main sources of CO<sub>2</sub> that account for the incremental buildup of CO<sub>2</sub> in the atmosphere? The burning of huge amounts of coal, oil and gas to power our homes, vehicles and factories. What are the main sources of heat that account for the incremental rise in temperature on Earth? The US Environmental Protection Agency chief, Scott Pruitt, is also puzzled by this one, but the scientific community has been clear – the primary cause of recent warming has been the emission of carbon dioxide, along with other gases such as methane.

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### Chapter 4 : Is the Earth flat? Meet the people questioning science | Global | The Guardian

*There is an amazing world, full of amazing brains and creatures and life that we pass over so quickly if we're not careful. As spring is on it's way, encourage your household to live in it fully! I expect you'll find (like we do) that the tv and internet is so much easier to keep in perspective that way!*

Advisors , Financial Planning , Investing NerdWallet adheres to strict standards of editorial integrity to help you make decisions with confidence. Some of the products we feature are from partners. We adhere to strict standards of editorial integrity. Some of the products we feature are from our partners. So do friends, family members and late-night TV money gurus. And that raises more questions: Whom do I hire? How much will it cost? What will they ask? Where do I start? Find the right help, at the right cost Financial pros are like doctors: Some are specialists in defined areas, such as taxes or managing investments. Others are general practitioners, offering advice on everything from budgeting and investing to insurance and retirement planning. The investment mix is determined by a computer algorithm and is automatically adjusted when needed. The low-cost, easy-entry nature of robo-advisors reduces barriers to just getting going on your financial goals. Need comprehensive hands-on help? For those juggling multiple priorities – like saving for college, retirement, a new deck and a nose job – a certified financial planner can provide holistic one-on-one advice for even the most complex financial situations. The official CFP designation indicates that a provider has gone through a rigorous formal training and testing process. The initial consultation to discuss your needs and their services is usually free. Want something in between? Many robo-advisors combine computer-driven portfolio management with access to living, breathing financial advisors. What are your short- and long-term financial priorities? Your current financial picture: How much money comes in and goes out? What do you own, and what do you owe? This series of questions about how queasy stock market gyrations make you informs how much of your portfolio should be in stocks versus other investments like bonds. Online advisories offer virtual tours, demos and even the chance to test-drive the investment platform before you sign up. Wealthsimple even jumps right into advice mode by performing a free portfolio review for potential clients and discussing their savings and debt. An initial meeting with a human financial planner, even the free consultation, is more involved. Take this opportunity to find out everything you can, including how much you can expect to pay, how the financial plan will be presented and how often to expect ongoing communication. Here are 10 questions to ask an advisor to gather information and see whether you click. Ask to see Form ADV , which shows fee structure, firm history and any misconduct. Working together No matter whom you hire, keep in mind that the effectiveness of a financial plan depends on the quality and completeness of the information you provide. You want to feel comfortable sharing your financial details, in order to receive advice tailored to your unique needs and goals.

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### Chapter 5 : What's It Like to Use a Financial Advisor? - NerdWallet

*It suggests that you've considered your place in this world and that you appreciate "the big picture." As you widen the lens of your perception, you'll experience less tension, improve your attitude, develop keener insight into the meaning of your life, and most likely enjoy greater material success as well.*

Email If you picture Earth as a ball spinning through space. Earth is actually "flatter than a pancake," said Nathan Thompson, part of a movement of people who call themselves Flat Earthers. They insist the Earth is, well, flat. A model of the Earth in disc form. Netta Hagler, who arranged the meet-up of the Flat Earthers, questioned the fact that Earth is spinning through space at 1,000 miles per hour. Cosmic Edition" with Silva-Braga. Photos of the Earth from space? Is the sun 93 million miles away? They believe NASA is just part of a broad conspiracy. We, all of us in humanity, are the pawns. He told Silva-Braga he thinks something new is happening: When it comes to knowledge, more democratic is not good, absolutely not. Meet Michael Hughes — "Mad Mike" to his fans. Limo driver, self-styled daredevil, and most recently, do-it-yourself Flat Earth explorer. I am the best hope to prove the Flat Earth," he said. I just want people to question everything. Question what your congressman is doing, your city council. Question what really happened during the Civil War. Mad Mike built it himself. Silva-Braga asked, "How does one go about finding out how to build a rocket? Especially at about 1,000 feet up. And to the surprise of almost everyone, Hughes took flight, and landed more or less intact. CBS News True, 1,000 feet is not nearly high enough to properly survey the planet. A model hanging in his house shows how he hopes to strap himself to a contraption involving balloons and rockets and blast off. Nichols replied, "Right, the world looks flat.

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### Chapter 6 : About Writing | Frequently Asked Questions | Barbara Kingsolver

*Balance Your Life. Because we have so many different parts to our lives - family and friends, career and finances, health and fun, personal and spiritual growth, to name just a few, maintaining balance among them can be very difficult.*

Working from the theories of scientific minds like Tila Tequila and B. What if they were right? What if we really did live on a flat planet? As it turns out, people have thought about that question before. Scientists actually have a pretty good idea of how things would change. If the world was flat, it would be a wildly different place. On most flat Earth maps, that is the North Pole. That would mean that every person on Earth would feel a constant pull dragging them toward the North Pole. And the farther you got away from the North Pole, the harder it would tug you toward the middle. Water would be pulled out of the ocean, trees and plants would lean out diagonally, and anyone who could hold on tight enough would be sucked into a big ball in the middle of the Arctic. Maybe we all start wearing suction cups on our shoes. The Earth is protected from cosmic flares and solar radiation by a magnetic field, and that field only exists because our planet rotates. First, our planet would be absolutely bombarded by solar radiation. Without a magnetic field or an atmosphere to protect us, it would just be a matter of time before our planet started getting pelted with asteroids and comets—until the surface of the Earth looked like the Moon. As it turns out, if our Earth was flat, almost nothing we use would work. Without a mantle, a core, or a magnetic north, all compasses would stop working. That would be inconvenient for humans, but it would be much worse for animals. Stars would stay put in the sky, too. No matter where you were or when you looked up at the night sky, it would look exactly the same. All of which would be nothing compared to how it would affect GPS systems. Our eyes are actually a lot stronger than they seem to be. The only reason we struggle to see things that are far away is that the Earth curves out of sight after about 5 kilometers 3 mi. Sure, some of the details would be foggy. But light would really stand out. Every time a tectonic plate moves, it interacts with a plate on the opposite side of the planet. If the Earth were flat, none of that would work. The planet would be totally flat. Volcanoes are a major reason why our atmosphere has oxygen. It makes a perfect ring around the planet. Along that edge is a massive ice wall to keep all the water from falling off. In that case, nobody could ever cross Antarctica—which is something a lot of people have done. That ice wall would be extremely fragile. At any moment, it could collapse. Water would go spilling out of the Earth, and the end would come. If you hate winter, that might just sound like a good deal. Our round Earth has seasons because it tilts on its axis. The whole planet would be in the exact same season forever. Every disease that broke out in one part of the world would spread farther and faster than we could imagine. And that would cause some massive catastrophes. The rotation of our planet causes winds and ocean currents to move from east to west. If Earth stopped rotating, those winds would stop. The Coriolis effect would be completely stopped, and that would halt almost every storm on the planet. Every day would be completely dry. There might be a little bit of life along the coastline, but everything else would turn into a vast, empty desert. If the Earth were flat, all life on the planet would end quickly when the Sun came crashing down on us. On our round Earth, a combination of momentum and gravity keeps us in orbit around the Sun. Most flat Earthers think that things just fall down naturally, without any gravity getting the way, and that the Sun is a tiny ball of fire no more than 6, kilometers 4, mi overhead. If that were the case, it would fix one problem while creating a much bigger one. Every star, moon, and planet in the universe would instantly come crashing down on our heads. Every person on Earth who has ever done anything involving space or Antarctica would be in on it. He would have been in on the conspiracy, too. Then there would be all the educators cramming these lies into every curriculum taught on this planet. If the Earth were flat, there would be millions upon millions of people who knew the truth but refused to tell anyone. Millions of people would be actively lying to your face every day. In a world like that, crashing into the Sun would be a relief.

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### Chapter 7 : Keeping Life Balanced – Questions You Need to Ask - Alta Vista Life Coaching

*By now, most people are aware that our world - and especially technology - is changing and developing lightning fast. But while we keep updating our operating systems and smartphones all the time.*

What can you offer to help me prepare 4th graders to appreciate writing, now and for the rest of their lives? Do you have any advice for beginning writers? I try to avoid giving advice. That is the main thing readers want, I think: When I pick up a book, I want it to rock my mind. Wisdom tends to accumulate with age, as we survive misfortunes and distill what was useful. So, while dancers and athletes peak at 25, writers have the career advantage of doing our best work in old age. Any writer is well served by learning about the world. Latin American history, vertebrate biology, that kind of thing. I was glad for my training. The only way to become a writer is to sit still and write. I became a professional by taking any assignment I could get, applying fervent devotion even if the subject was algae production in sewage plants. I vowed never to hang any words under my byline until they were the best, most creative work I could produce. It was tempting sometimes to blow out a junk story just to finish it off. Freelancers get paid by the assignment, not by the hour. A career is built one paragraph at a time. I wrote six books and a blue-million articles before anything of mine hit the bestseller lists. What is your writing routine? How do you discipline yourself to keep at it? I tend to wake up extremely early with words flooding into my brain. I sometimes look at the clock and am stunned to see that six or eight hours have passed while I sat motionless in my chair. And I always try to follow my day at the desk with some form of physical exercise. Summer evenings offer hours of daylight for weeding and planting, checking the lambs, whatever needs to be done. I enjoy the physical engagement of farm work, because it balances the work I do inside my head. I also appreciate my family for keeping me anchored in the real world. Do you write every day? Writing is my dream life. In a typical week I spend hours or days on non-writing chores: Still, I understand that meeting readers is an important part of my job, so I go willingly. The hard part is calling it off. I have to walk away, with firm resolve, from well-intentioned pressures that would keep me talking about the last book and its topics forevermore. It is painful for me to disappoint people, but I do it to save the life of my next book. The place where I write, upstairs in our farmhouse, has windows facing into the woods. The walls are lined with bookshelves. To avoid distraction, I write on a computer that is not connected to the internet. I check email elsewhere in the house. My companions in this room are the likes of Virginia Woolf and George Eliot, who peer down at me from the shelves, and a blue fish named Bruno. They are all very quiet. How do you begin a novel? I begin by imagining something surprising and important, a question whose answer is not clear to me, but seems vital. I begin to plot out a story in which characters will face these questions through some conflict or crisis. I write pages and pages of what this novel will be about. I create life histories for the characters. As scenes occur to me, I jot them down without worrying about chronology. The beginning and the resolution will come, once I understand the architecture of the story. I spend months or years thinking about the shape of a novel and earning the authority to write it. See the question about primary and secondary research. I usually keep a novel cooking on the back burner for a long time, before it moves up front. During this time I accept magazine and newspaper assignments that keep me writing while a novel is in the research and development phase. Once I begin writing the novel in earnest, the early challenge is to find the voice and tone. I throw away hundreds of pages before I find that; my best writing tool is the Delete key. I think of it as writing pages minus to zero of my novel, just a necessary evil. I have to write them all, and pitch them out. I struggle with confidence, every time. A novel is like a cathedral, it knocks you down to size when you enter into it. And then I get to work. Do you go through a lot of drafts? I comb through a manuscript again and again, altering every sentence a little or a lot. Pounding out a first draft is like hoeing a row of corn – you just keep your head down and concentrate on getting to the end. Revision is where fine art begins. To plant resolution, like a seed, into chapter one. To create new scenes, investing a character with the necessary damage, the right kind of longing. To pitch out boldly and try again. To work every metaphor across the

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whole, back and forth, like weaving. Perfectionism is my disease. Revision is my milk and honey. To what extent is your fiction autobiographical? The plots are not my life, those characters are not people I know, and none of them is me. My job, as I understand it, is to invent lives that are far more enlightening than my own, invested with special meaning. I begin by considering theme, and creating a world in which the right questions will be asked. I populate my setting with characters who will serve my plot. They must do exactly what I want, or the story falls to pieces. No actual person I know is that cooperative. So I invent people from scratch, starting with what they need to do, and working backwards, inventing life histories that render their actions believable. So it surprises me when people insist I must have experienced everything I write. Why do you persist in the infantile need to deny you are writing about yourself? Yes, but via France. Did someone leave an abandoned child in my car along the way? Does my fiction reflect my world view? Do I seem that energetic? The writing of fiction is a dance between truth and invention. Those things I described from experience in a real place. They are genuine, but not identified. Also, if I set my story in an actual small town in Kentucky or Arizona, or Mexico, those events would be false: Still, every soul in the named town would be scouring the pages for themselves, their friends and enemies, and finding them. So I choose real settings but place them off the map, for two reasons: These places are large enough to absorb events and people. As long as you get the weather and the civic character right, even residents who live in those places can probably suspend disbelief and accept the illusion of truth. So yes, Virginia, there is a Pittman, Kentucky. It exists in your heart and your imagination. What balance do you strike if any between primary and secondary sources? Hooray for you, for knowing the difference between primary and secondary sources, in a world where many seem to think watching a nature show is the same thing as being in nature. The nature show leaves out the smells, for one thing, and the seventeen hundred hours the camera crew sat waiting for the rhinos to mate. Readers are not fooled. What does it smell like, are there bees? Is it dry or humid, how does the dust feel between your teeth? What does candied prickly pear fruit actually taste like? The sensory palette would be limited. Do you think novelists have a duty to address political issues?

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### Chapter 8 : 10 Ways Life Would Be Different If The World Was Flat - Listverse

*How far into "the world" can I go while still keeping my faith? Obviously, some people would answer, "Not at all." But outside of ultra-orthodox communities, the question of balance comes up again.*

Jeff Keller Everyone experiences problems from time to time. But the way in which people respond to their troubles can vary greatly. Take the example of two drivers, each of whom gets a flat tire on the way to work. He mumbles about his rotten luck for hours, spreading blame wherever he can and accomplishing very little at work. The other driver, however, treats the flat tire as a minor inconvenience. He has it repaired and quickly moves on, proceeding to have an enjoyable, productive day. Each encountered the exact same problem. So, why did one driver get so upset while the other handled the situation with ease? What distinguishes them is their perspective. The dictionary defines perspective as "the capacity to view things in their true relation or relative importance. Do you have any friends or co-workers who continually dwell on petty nonsense, such as who has the larger office window? And how about those who sever ties with close family members because of a dispute over the seating arrangements at a wedding? Too many people blow their problems way out of proportion, devoting precious mental energy to situations which do not carry "life or death" consequences. Virtually all of us will fall into this trap on occasion, but those who spend the least amount of time obsessing on trivial circumstances are likely to accomplish far more--and be happier in the process! Yet, perspective encompasses more than just steering clear of petty upsets. The question, then, becomes: One surefire way is through encountering and overcoming adversity. Dealing with difficult situations leaves you with a new outlook about what is truly important in your life. Here are some suggestions to broaden your outlook which you can implement right away: Look at your problem in the context of your entire life. How important is this difficulty in the overall scheme of things? What will this matter ten years from now? Okay, so you have a leak in your bathroom. The key is to see the problem for what it is--and not let it dominate your thinking for an entire day, week, or month. Think often about how you fit into the "big picture. Why am I here? What is my mission in life? Am I following my purpose? Am I resisting a path which continues to beckon me? These are not silly, philosophical questions which applied only to Plato and Socrates. But I do now. Wake up to the miracles all around you. Whether you realize it or not, you are part of an extraordinary universe. Spectacular, mind-boggling things are happening every second. For instance, you breathe, your heart beats and you digest food all without any conscious effort. Tulips know when to pop up through the ground at precisely the right time each and every year. All part of a wondrous, never-ending cycle. So, shake your ho-hum attitude and begin to appreciate the amazing intelligence guiding the universe! Be open to the idea that everything happens for a reason. If you doubt this principal, speak to people who, in your view, are positive and successful and who also seem to have peace of mind. Ask them if they believe that everything happens for a reason. Then, ask those who answer with an enthusiastic "YES" to explain why they feel that way. Extend yourself to others. We tend to get mired in our own problems, turning inward and growing depressed and frustrated. Finding ways to serve and help others will make you feel better and broaden your understanding about the interconnectedness of all human beings. Even something as simple as offering a few encouraging words to someone else can make a world of difference--to them and to you. Interact on a regular basis with those facing serious challenges. Or, donate your time serving meals in a soup kitchen. Redirect your focus to the many blessings in your life. Are you in reasonably good health? Do you have your eyesight and mobility? Is there a roof over your head and enough food in the refrigerator? There are many people who do not enjoy these gifts and who would gladly trade places with you. So, focus on the many things for which you are grateful. To reinforce this idea, take the back of an index card and write "Count Your Blessings," or "I have so much to be grateful for. Be around people who have a healthy outlook. We are influenced by the company we keep. Therefore, try to spend more time with people--be they friends, relatives, or co-workers--who seem to put things in perspective. View every problem as an opportunity for growth. Too often, we see our difficulties as

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negative experiences which are there to punish us and cause pain. Maybe you lost a job which in turn led you to a better position. Or a relationship ended but you wound up in a more fulfilling one. So, develop a strong belief that the "bad" experience is there to help you in some way. Do you frequently whine and complain. Gripping reinforces your problems, makes you feel more miserable and alienates others. Cultivate your spiritual connection. I have found that the vast majority of people with healthy perspectives possess strong spiritual beliefs. Without belief in a Higher Power, much of life appears cruel and without purpose. As you tune into your spiritual nature, you gain a sense of purpose, receive more intuitive guidance and are able to see the reasons behind the patterns in your life. Each of us, at the core, yearns to develop a connection with our Higher Power. It gives us security, confidence, and peace of mind. Every day, read literature which expands your perspective. It might be a spiritual book, like the Bible, or stories of people who have overcome tremendous obstacles. Keep reading whatever builds faith, love, and strength for you. The key is daily repetition. Put yourself in physical surroundings where you can "get away" from everyday stress. Changing your environment can give you a fresh, relaxed point of view. Maybe you like to sit on the beach or take a walk in the woods. Find scenery which allows you to release tension and think creatively. Aside from the physical benefits to our bodies, exercise provides release from stress and clears our thinking. So put exercise on your schedule today! Lighten up and laugh. We take ourselves and our activities far too seriously. Find the humor in everyday situations and, most importantly, be willing to laugh at yourself. The very act of smiling and laughing makes us feel better physically and reduces tension. Simplify your life and restore balance. Easy to say, but not so easy to implement. Sometimes, we get overextended, taking on too many responsibilities or projects. We ignore loved ones and even our own health. Which is really more important--another volunteer committee assignment or spending time with your children? In the meantime, bear in mind that perspective is not a destination which you arrive at and master. It is a fluid concept. As we mature, we tend to develop a broader outlook; yet there will be times when we become preoccupied with our difficulties and fail to see the larger issues. Therefore, we must constantly work at it. Yes, maintaining perspective requires discipline. But the benefits--less tension, increased self-awareness, greater peace of mind, and more--are well worth the effort! Jeff Keller is a motivational speaker and writer who maintains his own website at <http://www.jeffkeller.com>

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### Chapter 9 : Daily coaching questions to keep your life in balance.

*Conference organisers are planning the world's first Flat Earth cruise. It will set sail some time in The American community is big and brash and filled with personalities vying for public.*

Investing , IRA NerdWallet adheres to strict standards of editorial integrity to help you make decisions with confidence. Some of the products we feature are from partners. We adhere to strict standards of editorial integrity. Some of the products we feature are from our partners. Sometimes a casual conversation between friends about tax-favored retirement accounts is all you need. You know, something that goes like this “ 1. I hear Roth IRAs help you reduce your taxes. With those accounts, savers get the chance to deduct contributions up to allowable limits from their taxes in the same year the money is stashed in the IRA. And for the record: Investments within the Roth IRA grow tax-free. All a Roth does is help me avoid paying taxes decades from now? Another perk you get with a Roth IRA is that it has much friendlier terms than a traditional IRA if you need to dip into retirement savings before you retire. As long as certain conditions are met, you can take out money early without having to pay taxes and an early-withdrawal penalty: There are exceptions to the five-year rule if the money is used for qualified expenses such as a first-time home purchase or if you become disabled or die and the money is being withdrawn by your estate or account beneficiary. Why would anyone ever choose a traditional IRA over a Roth? If you make too much money to contribute to a Roth, then naturally you might choose a traditional IRA though traditional IRAs come with their own guidelines around deduction eligibility. A traditional IRA may be a better choice than the Roth if your current tax bracket is higher than you believe it will be in retirement. Finally, savers might prefer a traditional IRA when rolling money from an old employer-sponsored retirement plan “ such as a k “ into an IRA. Congratulations, and good news: Savers often do this in order to make sure their retirement portfolio has some tax diversity. That way, down the road they can decide which account to withdraw from based on their tax situation at the time. Am I just out of luck? There are several totally and completely legal ways to get in on the Roth action: Roth k s are not subject to those pesky income restrictions and more and more employers are offering Roth versions of their k plans. It works much like the Roth IRA: But withdrawals in retirement are not taxed. Via your better half: Via an administrative sleight-of-hand: See this how-to guide on setting up a backdoor Roth for details. If your employer offers to match a portion of your k contributions, kick in at least enough money to get the free money. An IRA offers more freedom more mutual funds, ETFs and even access to individual stocks and more control over things like investment fees. That way as much money as possible is deployed in a tax-advantaged account. Which Roth IRA pays the highest interest rate? An IRA is a type of investment account. The returns on the account aka earnings are based on how those investments perform. Most online brokers, banks and robo-advisors offer Roth IRAs. Check out our top picks for Roth IRA brokers. Those who are more hands-off should consider a robo-advisor “ a computer-aided investment service that manages your account for you by putting together a portfolio that aligns with your goals and risk tolerance and adjusting it as needed over time. See our picks for the best robo-advisors. This article was written by NerdWallet and was originally published by Forbes.