# Twitter Thread by Vidya Ganesh



**Vidya Ganesh**
@VidyaG88

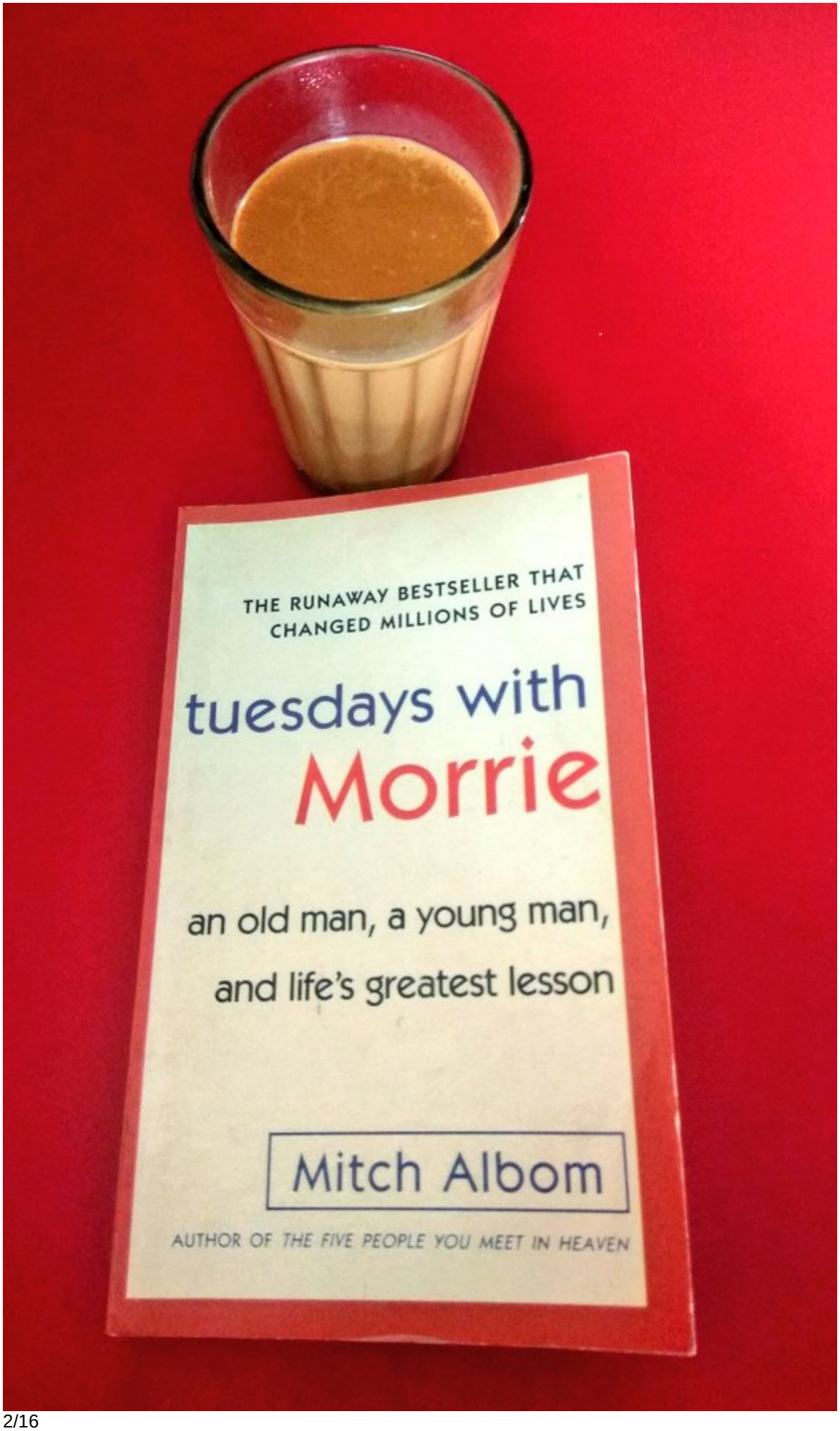
**1/16**

**What would YOU do if you KNOW your time on earth is limited ?**

**Would you**
**Wallow in Self Pity & Wither away ?**
**OR**
**Decide to make the Best Use of whatever time is left ?**

**Would you walk THAT final bridge between LIFE & DEATH whilst narrating your trip ?**

**#BookReview**


THE RUNAWAY BESTSELLER THAT CHANGED MILLIONS OF LIVES
tuesdays with Morrie
an old man, a young man, and life's greatest lesson
Mitch Albom
AUTHOR OF THE FIVE PEOPLE YOU MEET IN HEAVEN

Affinity to some books tend to grow over time . The more we read them , the more they force us to pause, reflect & introspect .

Tuesdays with Morrie by @MitchAlbom does that !

It is Raw , yet Real.
Simple , but Complex.
Dark , but Humourous.
Obvious , yet Profound.

3/
Morrie the Professor on his deathbed ( due to ALS) & Mitch , his super successful student meet after a gap of 16 long years for ONE LAST CLASS every Tuesday .

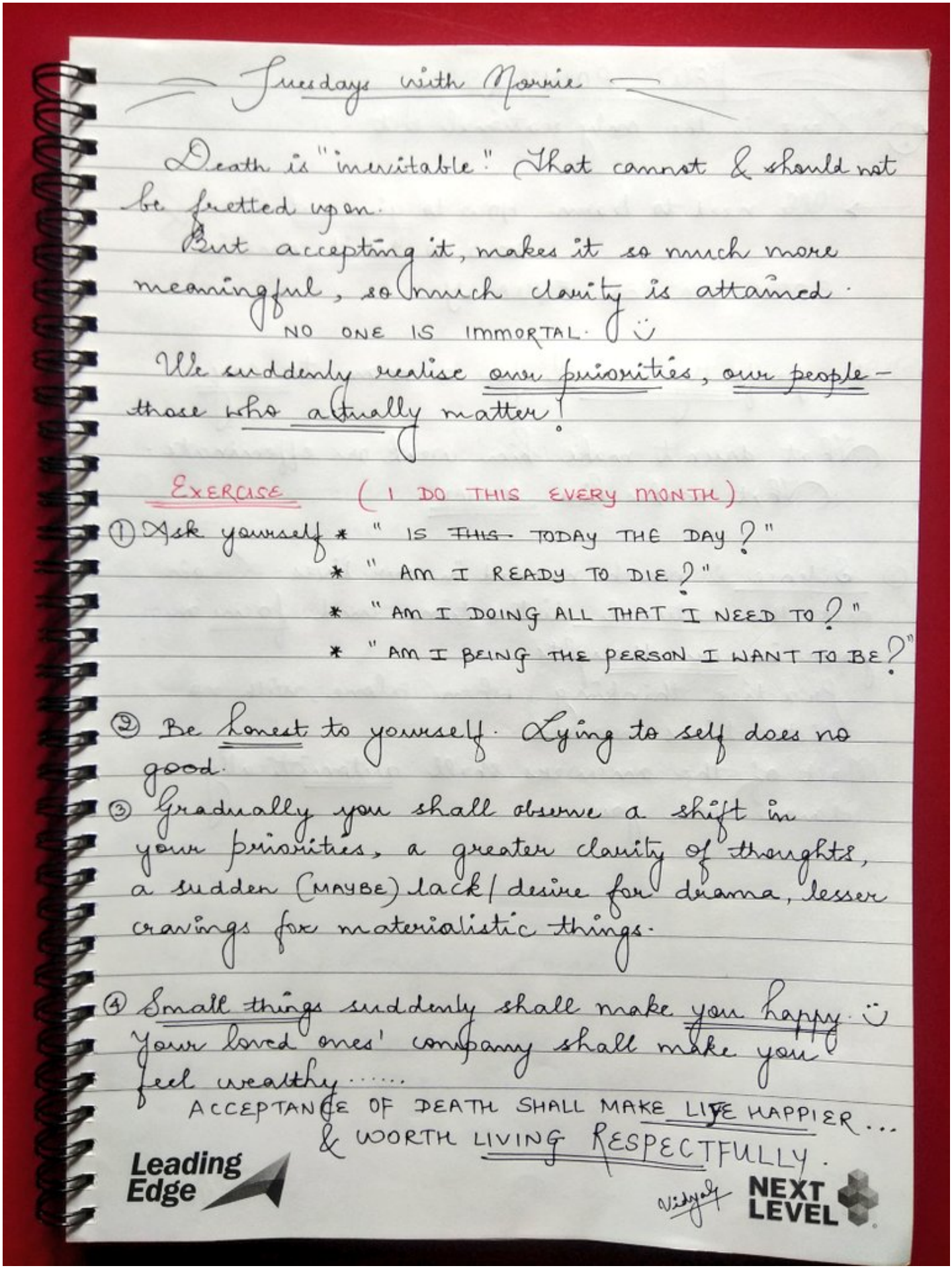
The subject being " The Meaning of Life " , taught purely from experience with a funeral in lieu of graduation .

4/
Sharing a Few out of the Many Lessons

* DYING is sad .LIVING UNHAPPILY even more so *

We are busy doing things we THINK are important , mostly because we are chasing the wrong things.

We have forgotten what truly matters - Be it People or Things & hence are often unhappy.




5/

* Life is a SERIES OF PULLS - Back and Forth. Akin to a Wrestling match*

We wish to do one thing ,but are bound to do something else.

We take certain people for granted , despite knowing better .

But ultimately , ONLY LOVE WINS. For there is no life without love.

6/
* On Problem solving *

Most of our problems can be resolved by communicating OUR FEELINGS to the OTHER person.

Instead we choose to talk to a THIRD person / keep them BOTTLED UP.■

Also what cannot be CURED , must be ENDURED & that's where HUMOUR comes to our rescue !

7/
* On Self Pity *

We often spend many unproductive hours feeling sorry for ourselves , our circumstances , for things not panning the way they OUGHT TO have.

Turn on the faucet. Wash yourself with emotions BUT also ensure to MOVE ON.
LIFE GOES ON ..... SO MUST YOU.

8/
* On Aging *
Embrace it with open arms because it SHALL HAPPEN ANYHOW. The main reason we hate growing old is due to having an unfulfilled life or not having found a purpose & being filled with envy and regret .

Whatever youth we possess is on rent. ENJOY IT WHILE IT LASTS !

9/
* On Emotions & Detachment *

Only when one TRULY experiences the emotion , can one LET GO freely.
Be it love,grief,loneliness or anxiety.

However we often tend to SUPPRESS them & this EXHAUSTS us over time.

LET IT HIT YOU and GO THROUGH & THROUGH.
That's the ONLY way out!

10/
* On Money *

We put our values in the wrong things,leading disillusioned lives.

We try to fill the vaccum in our lives by purchasing material things & finding temporary happiness in them.

Instead, OFFER WHAT YOU HAVE TO GIVE.
Share your skills, your knowledge, your time !

# * ON MONEY *

" Fate succumbs many a species : one alone jeopardises itself. "

— W.H Auden.

This is profound & so true! Don't we humans fall prey to this?

— Small exercise I often partake in —

① ASK YOURSELF. DO I REALLY NEED THIS PURCHASE?

② AM I SUBSTITUTING my VOID WITH THINGS?

③ CAN'T GRATIFICATION COME OFF SIMPLE PLEASURES?

④ WHO WILL BE HAPPY AT THE END OF THE DAY & WHAT SHALL BE THE REASON FOR THIS HAPPINESS?

↓ making others Envious

↓ self fulfillment

↓ filling my vaccum

↓ temporary urge

↓ ACTUAL UTILITY?

⑤ DO I WISH FOR BEAUTIFUL THINGS IN MY HOUSE? OR DO I WANT BEAUTIFUL MEMORIES IN MY HOME?

OF

Friendship, Laughter, Honesty, Integrity

IS IT NECESSARY? IF IT ISN'T

Why waste money over it then? :)

Vidya

Leading Edge

NEXT LEVEL

So often are we present just physically when even being with our loved ones.

Do we truly LISTEN to them? Make them feel wanted? Feel appreciated?

Sometimes all we need is someone to HEAR US OUT PATIENTLY without any judgements or opinions. ■

12/
* On Marriage *

Whoever said it was easy ? ■■

The trick lies in falling in love with the SAME person every day .

This can only happen with MUTUAL Respect, Compromise, Discussions on what bothers you but MOST IMPORTANTLY sharing the same Values.

13/

We all ARE WRONGED occassionally.
We also are IN THE WRONG at times ( whether we accept it or not !)

But the key to a good night's sleep is Learning to forgive without receiving an apology or
Forgiving when being apologised to .

Let ego not come in between here.

14/
Death is a natural part of Life .
We come from the soil & we simply go back to it .

What differs from other specie is simply the beautiful fact that we humans ; as long as we love each other & remember being loved ; can actually die without ever really going away....

15/
There is NO formula to Healthy Relationships .

Some come easy , go easier .
Some are hard but true .
Some need tactful negotiation.
Few are truly blessed & come naturally , stemming from both parties.

Nothing can be forced .
Ultimately it must come from within ...

16/16
To sum it up,

We truly die when our will - to live , to learn something new each day , to give back to society dies .

That's Tuesdays with Morrie for you!
Thank you @MitchAlbom for this remarkable book . ■

THE END
#BookRecommendations
#BookTwitter
#WritingCommunity

# FEW POINTERS

① "Love is the only rational Act".

→ We need to learn HOW to give out love & HOW to let it come in.
BOTH MATTER EQUALLY.

② It's perfectly normal for a man to cry.
That doesn't make him weak or effeminate.
That makes him HUMAN.

③ Silence is much needed in our lives. Drain out the external distractions and focus on your inner thoughts.
Practise thinking, when alone, with no distractions around.
Most of the answers shall automatically dawn upon you.

④ It's perfectly alright to come second.
There is no necessity to be a WINNER always!

And who says one can't win in life by not finishing first?
What is WINNING afterall?

Vidyaly

Leading Edge

NEXT LEVEL