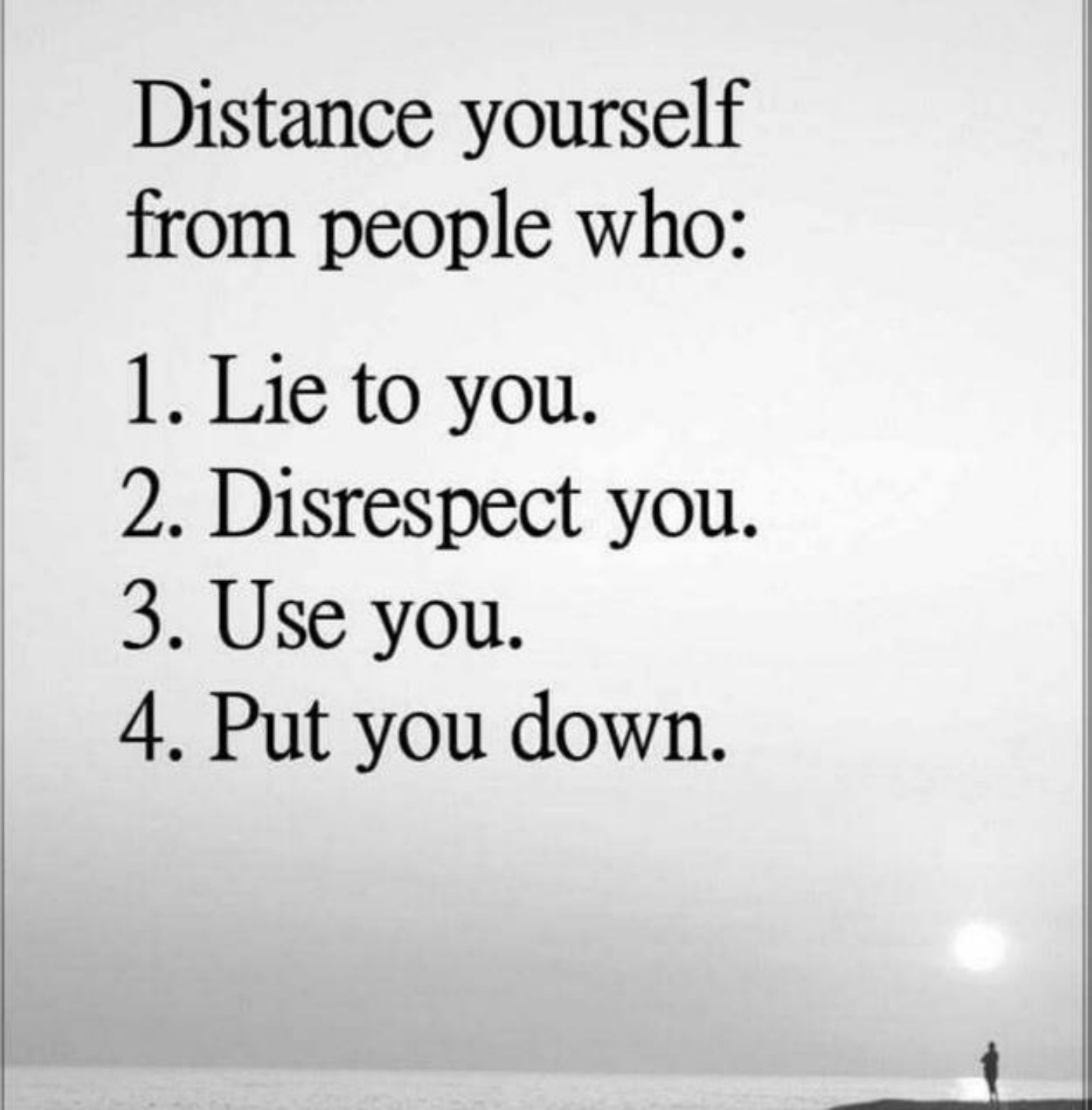



Distance yourself  
from people who:

1. Lie to you.
2. Disrespect you.
3. Use you.
4. Put you down.




A close-up photograph of a man with short brown hair and a light beard, wearing a dark blue suit jacket over a dark shirt. He is looking down and to the left with a serious expression. He is holding a dark brown hat with both hands. The background is dark and out of focus, showing some vertical lines.

**Люди никогда не замечают то,  
что мы делаем для них, зато  
они прекрасно замечают то, что  
мы для них не делаем.**

УМНЫЕ МЫСЛИ



CITATY.MEN



— Как вам удалось дожить до  
120 лет?

— Я ни с кем не спорю.

— Но это же невозможно!

— Вы совершенно правы.

УМНЫЕ МЫСЛИ



CITATY.MEN

Do not follow the  
majority,  
follow the right  
way.

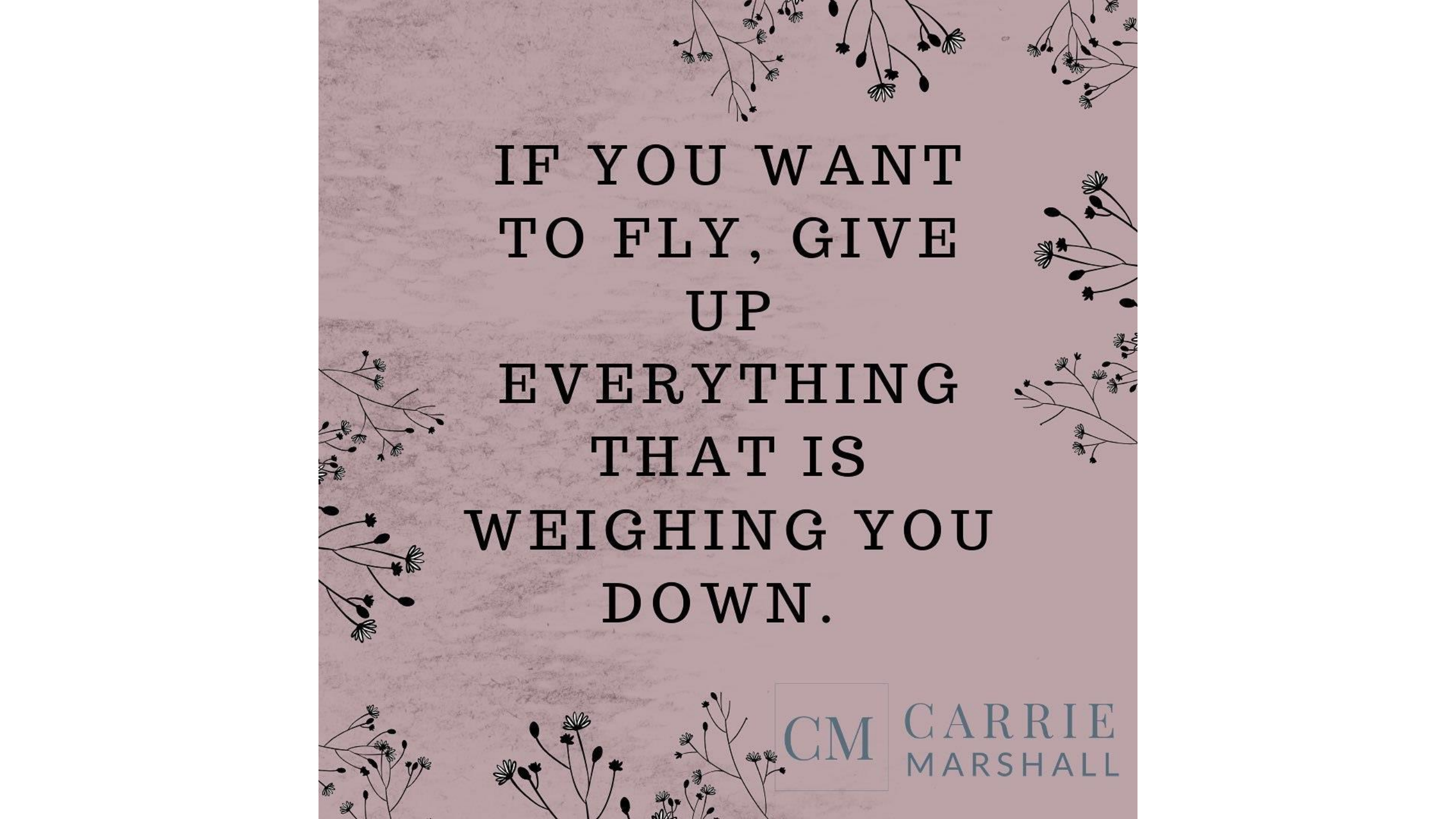


Every day  
is a new beginning.  
Take a deep breath,  
smile and start  
again.



**YOU CAN'T  
EXPECT TO CHANGE  
YEARS OF BAD HABITS  
IN A COUPLE OF WEEKS.  
WORK HARD, BE PATIENT  
AND YOU WILL GET RESULTS**

**EVERY DAY IS  
ANOTHER CHANCE  
TO GET **STRONGER**  
TO EAT **BETTER**  
TO LIVE **HEALTHIER**  
AND TO BE THE BEST  
VERSION OF **YOU****

The page features a light purple background with a subtle, mottled texture. In the corners, there are delicate black line-art illustrations of various flowers and stems, including daisies and small buds. The central text is in a bold, black, serif font, arranged in seven lines. The text reads: "IF YOU WANT TO FLY, GIVE UP EVERYTHING THAT IS WEIGHING YOU DOWN."

IF YOU WANT  
TO FLY, GIVE  
UP  
EVERYTHING  
THAT IS  
WEIGHING YOU  
DOWN.

A square box containing the letters "CM" in a serif font, positioned to the left of the author's name.

CM

CARRIE  
MARSHALL



# Be the kind of person

who is not afraid to ask someone if they are okay twice if they say they are, but look like they are not. Be the kind of person who smiles at people even if they don't smile back. Be the kind of person you wished for when no one was there for you. Be the kind of person who is brave enough to stand alone in a crowd for what is right. Be that person because we need more people like that in the world. Be that person because people like that are rarer than the rarest diamonds and gold. — Nikita Gil

**Don't be afraid to  
start over. This time  
you're not starting from  
scratch, you're starting  
from experience.**