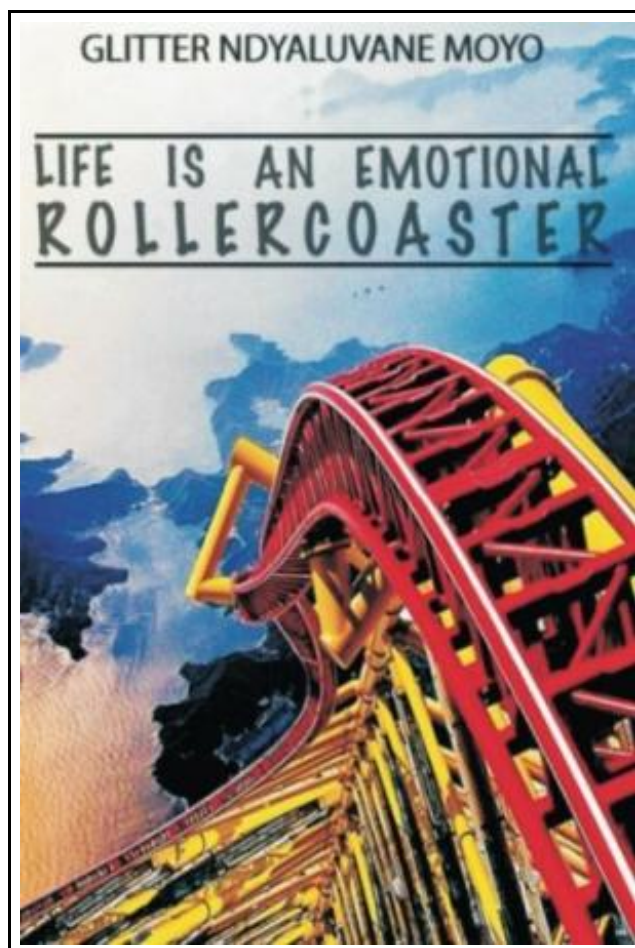


## Life Is an Emotional Rollercoaster



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Thank you for teaching me life. You taught me and I have learnt. I have learnt how to love, how to hate, how to build and to destroy. In each and every one at some point in our lives there are happy and sad moments. In any case let s say life is not always a bed of roses, it is just one tough ride but as they say in order to get happiness, sometimes you pass through pain. I have also learnt to forgive and not hold grudges. I take each day as it comes. Your life is what you make of it. Forgiving sets you free because by not forgiving you carry whoever wronged you with you always. It s so unfortunate that the people who teach us life s bumpy rides are the ones we love the most. But look at it this way, someone in this world had to teach you the roughness in life because without that then you have never lived nor experienced life, in all the roughness you learn to let go and find a way to move forward because as much as you are hurting allowing yourself to dwell in anger is letting the devil to own you. I learnt that after destroying many lives. Am not saying it s easy to get up and recover from pain, humiliation and betrayal. Truth is its very painful to be abused emotionally because those wounds are not visible. There is one thing about trust, once you break it, you can never really fix it, yes darling I have learnt that it s a tough universe only tigers survive but even they...



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