

1: The 53 Best Quotes About Family - Curated Quotes

My wife, my family, my friends - they've all taught me things about love and what that emotion really means. In a nutshell, loving someone is about giving, not receiving. - Nicholas Sparks.

Rich or poor, we will keep together and be happy in one another. Every day, families offer comfort and support to one another with enduring and unconditional love and they contribute to their communities and our country. During National Family Week, we uplift and honor the families that give so much to forge a brighter future for themselves and for America. As we reminisce on warm memories and share in the joy and love family can provide, let us also pledge to lift up our loved ones and recommit to the family bonds that have strengthened the fabric of our Nation. Our ancestors dwell in the attics of our brains as they do in the spiraling chains of knowledge hidden in every cell of our bodies. A social unit where the father is concerned with parking space, the children with outer space, and the mother with closet space. In our house, however, it was sorry. Yet it sometimes happens that they also have a kind of tang, a pleasantness beneath the unpleasantness, based on the tacit understanding that this is not for keeps; that any limb you climb out on will still be there later for you to climb back. Whatever you call it, whoever you are, you need one. Scott Fitzgerald Our most basic instinct is not for survival but for family. Most of us would give our own life for the survival of a family member, yet we lead our daily life too often as if we take our family for granted. Having someone to love is a family. Having both is a blessing. Their thoughts, their little passions and hopes and desires, all ran along separate lines. Family life is like this animated, but collateral. Olsen and Will Sheffer, Big Love, "Easter" If the family were a fruit, it would be an orange, a circle of sections, held together but separable each segment distinct. Looking at people who belong to us, we see the past, present, and future. Los Angeles, "Brimstone" S1, E10, , Hetty Lange The lack of emotional security of our American young people is due, I believe, to their isolation from the larger family unit. No two people no mere father and mother as I have often said, are enough to provide emotional security for a child. He needs to feel himself one in a world of kinfolk, persons of variety in age and temperament, and yet allied to himself by an indissoluble bond which he cannot break if he could, for nature has welded him into it before he was born. Buck Thomas Jefferson, apostle of equality, wrote to his agent in London: I have what I have been told were the family arms, but on what authority I know not. It is possible there may be none. But gradually interest in genealogy crept back. Some families began to suspect that the mice had eaten their titles to English estates; the new science of heredity had attractions for a people disgusted with vulgar plutocracy. It is now pretty well understood in America that a family tree is no Upas, but a good fruit tree. If the history of a particular family is searched, it is because it is searchable, not because it is great. Great and small are terms of ignorance, in regard of historic causation To tell the story of one family is to tell what is essential in the story of all All families are equally ancient. Let no man fancy he knows sport unless he has family-treed an ancestor of George Washington.

2: 10 Simple Ways to Make the World a Better Place

Your family being close is a decision that you, the leader, has to make. It doesn't just happen. The world will eat you up and spit you out if you let itâ€”and a lot of people let it happen.

Of course they loved their baby to bits and surrounded him with all the care in the world, cooing and cuddling, bathing and bonding, taking tender care about all his needs and his feeds and his smelly little deeds. They were good parents. But then one day they made a decision: Tell me, what would you think of parents who would do such a thing with their child? To mark this transition from the biological family to this new family, this couple arranged for a special occasion â€” but what an odd occasion it was. For one thing, it took place on a Sunday morning, when most other folk were still in bed, and in a rather odd building. For another thing, there was no booze fancy a special occasion without any booze! And then there were the guests: Again, what would you think of such parents? And a final thing, perhaps the most outrageous thing of all. At this occasion there was a man wearing a sombre black gown, as if he were taking a funeral. In fact, that is precisely what the man said was happening: For is that not the nature of the world we live in? On this occasion, however, so the man in the black gown declared we get real and deny this denial of death, as the child, in the ritual of the occasion, dies and is buried, with everyone present acting as celebrants of his funeral. Again, for the last time, what would you think of such parents? You might think that, at best, they were being irresponsible, at worst, abusive, and that they should be reported to the police and social services. In fact, if you are not a Christian, you are bound to think this way. In fact, many Christians themselves think this way. Indeed it goes to show how close the church is coming to losing its identity, and in losing its identity, losing its very soul. And it is a certain kind of funeral: But if that is so, it means that, appearances notwithstanding, in baptism our deaths are now behind us. Which, in turn, means, that we are released from our obsession with death, our fear of death, our denial of death, all of which speaks of our enslavement to death â€” from which baptism frees us. For not only is death now behind us, above all life is now ahead of us. But again, a very specific kind of life: For as Paul continues: We are all going to die. One day Adam is going to die too. For in being baptised into union with Christ, Adam becomes a son and brother of everyone else who has been baptised into union with Christ. He has been born anew, of water and Spirit John 3: Not so, Christians say: And not only because baptism is, ultimately, supernatural, but also because as I have tried to suggest it is quite unnatural, and a quite unnatural way of life follows from it, a way of life that contradicts the way the world and his wife go about their business. And, finally, we will also try to teach him not to become an eye-for-an-eye kind of guy but a turn-the-cheek kind of geek, who is kind to everyone, who takes a punch rather than gives one, who prays for those who wish him ill, who lives at peace even with his enemies. If you want a life of ease, pleasure, and success, a gated and protected life among your own, then the last thing you want to be is baptised.

3: 58 Most Popular Family Poems - Heartfelt Poems about Family Bonds

The family is a haven in a heartless world. ~Attributed to Christopher Lasch The truth is maybe we are just average. But the way I see it " families where parents get up every morning and go to jobs that are hard so they can get their kids through school and through life, and struggle to make it all work and manage to do it with dignity and a.

Thank you for being the reason I smile. I sometimes forget to say thank you to the people who make the biggest difference in my life. Who help to make the bad stuff bearable, and the good stuff much more fun. So thank you from the bottom of my heart for being my friend! Give thanks in all circumstances. Dear Lord, I want to thank you for the beautiful people you have blessed me with. Because of your friendship I have learned to love and accept myself the way I really am. Knowing that I have friends who appreciate and love me, is the best feeling in the world. You guys are wonderful! I am currently under construction. Thank you for your patience. Be thankful for what you have. Oprah Winfrey Today, take time to thank the people that have done you wrong. Without knowing it, they have made you stronger. A special thank you from my heart, to a person so special in my life. To a person who means a lot. A special thank you from me to you, for making life feel like new. A very big thank you! Your friendship is a special gift. Generously given, happily accepted, and deeply appreciated! Thanking God everyday for my family, my health, my trials, my success, my tears, my laughter. Everything which makes me and matures me. God gave you a gift of 86, seconds today. Thank you for the beautiful ways you touch my life. Everything comes to you. In the right moment. When life was tough on me and I was all alone! You came in and guided me through the ups and downs. Thank you so much! Dear Universe, thank you for the miracles in my life. Thanks for not giving up on me. We must find time to stop and thank the people who make a difference in our lives John F. Kennedy Thank you for simply being there. Dear God, thank you for today, yesterday, and tomorrow. My family, my joys, and my sorrows. For all that made me who I am. Showing gratitude is one of the simplest yet most powerful things humans can do for each other. Thank you from the bottom of my heart! Although it has no bottom for you. A grateful heart is a magnet for miracles. Thank you for giving me the opportunity to be grateful. Upon waking, let your first thought be: Thank you for all the small things. To my friend! Worries in my life are halved because I can share them with you. Happiness in my life is doubled because you never let me feel blue. Today I am grateful for all the people who are loving and kind to me. In appreciation of you, and all that you do. Because of you, I laugh a little harder, cry a little less, and smile a lot more. Gratitude is not only the greatest of virtues, but the parent of all others.

4: Living in an Imaginary World - Scientific American

"Think of your family today and every day thereafter, don't let the busy world of today keep you from showing how much you love and appreciate your family."» Josiah "A family is a place where minds come in contact with one another."

Me and My Worldview by R. Knowing about worldviews has nothing essential to do with whether I am a child of God, a true believer or not. Understanding what a worldview is, however, can bring vital clarity, not only to what I believe, but how I believe what I believe. And what difference does that make? I think of it this way: God created me to be a creature who knows, learns, makes important life-determining choices. I am a creature whom God will hold accountable for how I interpret the world and myself in it. The more believers understand the intellectual and psychological apparatus with which we believe and what difference it makes, the better off we are, because understanding confirms what we believe, our perspectives on life and human experience. When I understand how a worldview functions in the process of people making sense of their worlds and making choices for living their lives, I realize how people can come to a seemingly straightforward issue such as abortion and end with opposite opinions. So what is a worldview? It is a set of basic beliefs—about God, the world, human beings, history, death, knowing, as well as much more mundane things—that make up what a person assumes to be true. A worldview or vision of life is a framework or set of fundamental beliefs through which we view the world and our calling and future in it. The vision may be so internalized that it goes largely unquestioned; it may be greatly refined through cultural-historical development; it may not be explicitly developed into a systematic conception of life; it may not be theoretically deepened into a philosophy; it may not even be codified into credal form. Nevertheless, this vision is a channel for the ultimate beliefs which give direction and meaning to life. It is the integrative and interpretive framework by which order and disorder are judged, the standard by which reality is managed and pursued. It is the set of hinges on which all our everyday thinking and doing turns. Although a [worldview] is held only by individuals, it is communal in scope and structure. Since a worldview gives the terms of reference by which the world and our place in it can be structured and illumined, a worldview binds its adherents together into a community. Learning about what a worldview is and how it works will undoubtedly be more interesting to some than others. But having a worldview is not open to choice. Every person has one—acknowledged or not. The question might be posed, then, Do I want to understand my own worldview and how it works? Consider a fictitious scenario one which resembles hundreds of true incidents on university campuses where knowledge of worldviews and how they work help a young Christian university student: Sally, a freshman majoring in English literature, sits in class the first week only to discover that her professor is aggressively hostile to Christianity and anyone who takes the Bible seriously. She has come from a good Christian family with a solid pre-college public education. She loves literature and writing and is excited about being able to study great English literature. Wishing to find help in her academic dilemma, some friends advise her to attend a short course being offered to help Christian students in the secular university. Sally learns about the difficulties of being Christian in a secular university, but she also is given the opportunity to learn about the concept of a worldview and how worldviews work, even in the perspectives of her hostile professor! A new framework for thinking opens for her. In worldview training, one learns that everyone has a worldview structured around a few basic questions about reality. In some worldviews primary reality is God or spirit. In others it is matter and energy. What is a human being? How do we define the true nature, meaning, and destiny of humankind? On what basis do we establish morality and ethics? How does a person or society decide what is right and wrong, and on what grounds is ethics determined? On what basis do we believe what we know is true? How does a person know? How do we justify or verify our knowledge and our process of knowing what we think we know? What is the meaning and significance of death? Is there an afterlife of any kind or does man merely return to the basic material elements of which he is obviously made? The answers to these and many other worldview questions indicate what basic worldview or parts of different worldviews a person holds. But in a complex, sophisticated, visually mediated culture barraging its receivers with intimidating and seductive worldly perspectives, this task can be difficult indeed. But that project begins by

first understanding that we all have worldviews, whether we realize it or not.

5: Gutenberg College Great Books.

You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you.

I have always wanted to change the world. I remember being four years old, sitting glued to the television on Sunday mornings, not watching cartoons, but utterly captivated by World Vision. I cried about the injustices in the world, and begged my mother to let me sponsor Maria, the girl with the large, sad eyes who was around my age. Having been raised in a middle-class community of about people in rural Newfoundland, I had never seen a stark divide between the rich and the poor. We all seemed to be the same to my four-year-old eyes. My heart broke for Maria, and all of the other children on the show. I vowed to myself that someday, I was going to help people like her. Throughout my childhood, I told everyone that I wanted to change the world. I started volunteering in elementary school, and became a vegetarian at the age of 10. As time went on, people around me began to criticize less, and many friends and family members decided to try some of the things I was advocating. Each time I did something to make a positive impact, it left me wanting to do more. You may think that you need to be a world leader or a billionaire in order to make a difference. I always believed that being a good person is about the small things. You can volunteer as few hours as you would like! You can find an organization within your community, or you can even volunteer online, through websites that will allow you to help for even a few minutes at a time. This can be one of the most satisfying ways to make a difference. You can literally save a life with just an hour of your time. There are so many places and ways you can donate your used clothing. Some organizations even offer pick up services, Donate them to a homeless shelter, or an organization that sells them to raise funds. This can be such a rewarding experience. Spread the word about various causes in your community. See an interesting fundraiser that an organization is hosting? Share it on Facebook! There are so many ways you can help an organization with just the click of a mouse. Donate something you made to an organization that can use it. I make jewelry, hats, scarves, and other crafty things in my free time. You have talents—use them! Join a bone marrow registry. Small acts of kindness can go a long way in making the world a better place. Think about a time when someone did something unexpected for you that brightened your day. Send someone a kind message. Give a small gift. Make something for someone. Tell someone how much they mean to you. Many people will argue with the validity of this strategy to improve the world; however, what you buy reflects what you value. Or, buy organic food products. There are many ways you can change your diet to reflect your values. Make your purchases support your values. Every purchase you make supports something. You can either support a large business that exploits people, animals, and the environment, or you can buy items that are local, organic, or fair-trade. These are just a handful of the thousands of ways you can make the world a better place! Just remember that every single thing you do makes a difference.

6: Create a Virtual Person-Make & Create a Character

Within the family context lies a paradox, however: although most of us hope for love and support within the family -- a haven in a heartless world, so to speak -- the family can also be a place of violence and abuse.

Select Page My Family Essay Family is a social group of people in the society having one, two or more than two parents and their children. Each family member commit to each other to their mutual relationship. Long and Short Essay on My Family in English Family is the most important need of everyone in this world to be secure and go ahead. There are many essential roles of family in the life. Students may get assigned to write essay on My Family topic in their school during exam or any competition. My Family Essay 1 words Family is a group of two, three or more persons living together in one home. Family can be small nuclear, big nuclear or joint family types according to the number of members in the family. Family relationships can be because of the variety of connections like blood, marriage, adoption, etc among members of the family. Healthy family relationships help in promoting good habits, cultures and traditions in the children. A family plays great role in preparing the new generation child for whole life in the community. A healthy family is the need of everyone especially child and old people. My Family Essay 2 words A person without family is not complete in this world because family is an integral part of all of us. Human beings are considered as the social animals living in group called as family. Family plays many important roles throughout the life. A family can be small family, small nuclear, big nuclear or joint family. There are many relationships in the family such as grandparents, parents, wife, husband, brother, sister, cousin, uncle, aunt, etc. A positive family provides lots of benefits to its all members where everyone shares equal responsibilities within the family. Every member of the family emotionally attaches to each other in their happiness and sadness. They help each other in their bad times which give the feeling of security. A family provides love, warmth and security to its all members throughout the life which makes it a complete family. A good and healthy family makes a good society and ultimately a good society involves in making a good country. My Family Essay 3 words My Family is a small nuclear family which belongs to a middle class family. My family contains four members, a father, a mother, me and a small sister. Like other Indian families, we are not a big family. We live in Ghaziabad, India however my grandparents live in countryside. Together with my grandparents, my family becomes a small joint family. My family is a complete, positive and happy family gives me and my sister lots of love, warmth and security. I feel so happy in my family as it care me and fulfill my all the needs. A happy family provides following benefits to its members: Family makes a man grow and develop into a complete human being. It provides security and a lovely environment which helps us to share our happiness and problems. It makes a man social and intellectual. Person living in family is happier than a person living alone. It provides security from the outside conflicts. A family provides happy, active, quick learner, smart and better new generations to the society and country. A family makes a person emotionally and physically powerful, honest, and confident. My Family Essay 4 words My family is a big joint family however a happy family. My whole family live in Varanasi. My family includes various members like grandparents, parents, brothers, sisters, uncle, aunt, cousins. My joint family contains three big nuclear family in which a common grandparents and three parents with their many children. There are many advantages and disadvantages of the joint family which I have mentioned below. Here are some advantages of the joint family: It provides a better pattern of living which highly contributes to the proper growth. Joint family follows principles of equitable economy and teaches quality discipline to respect and share burden of other members. Members of joint family have the understanding of mutual adjustment. In a big joint family, children gets happy environment and same age group friends forever thus new generation of the family goes better in the study, sports and other activities without any hesitation. Children developing in the joint family develop the feeling of camaraderie means become more sociable and free from any discrimination. Members of the joint family become responsible and disciplined as well as everyone follow the orders of head of the family. There are some disadvantages too of the joint family which are mentioned below: They start exploiting other good and innocent members of the family. In some cases, high status and money earning members of the joint family generally insult low status

or low money earning members. Sometimes, members earning more money give higher and good study to their kids in the costly schools however never share the burden of study of kids of low income members so there may be feeling of discrimination among children of joint family. There is a big chance of separation in the joint families because of imbalance of feelings of generosity, brotherly love, and feeling of oneness. My Family Essay 5 words A small family having one set of parents with two children is called as small nuclear family. A family having one set of parents with three or more children is called as big nuclear family. A family having many set of parents with their children is called as joint family. My family type is a big nuclear family having six members, mother, father, two brothers and two sisters. I live with my family and be very happy. People in the family become very caring and give proper guidance from time to time. My grandparents live in the village in their home where we go in our summer vacations and enjoy a lot. Both, my grandfather and grandmother care me and my brother, sisters a lot. They generally tell us nice stories in the night which we really enjoy. We enjoy every moment with them and catch the moments into my mobile. My parents love and care to my grandparents very much and always take care of their needs. They give lots of needed things to them whenever we go to village. My parents talk to my grandparents with mobile almost every day. I am so lucky and feel very happy to have such lovely and careful members in my family. I really miss my grandparents when I get returned to my home. My mom is very sweet and love and care us a lot. She always gives us tasty breakfast and lunch every day. She cares a lot to my father and he too. She tells us about all the Indian culture and traditions in order to pass to next generation. We happily celebrate every festival with my grandparents in the village and give nice gifts to each other. We live an advanced lifestyle in the city however really enjoys a countryside lifestyle in the village. Both, my mom and dad help us all in doing home work. We enjoy a nice get together in the evening at dinner table and spend some time with each other in the ground. My Family Essay 6 words My Family is the lovely family of the world and an important unit of the society. A small or a big family become of great importance to its members and considered as the strongest unit of the society because various families together make a nice society. A family becomes first school to the children where they receive all the cultures, traditions and most importantly the basic values of life. A family plays great roles in teaching good manners and habits to the new comers in the family. It helps in nourishing a better character person in the society. I am really feeling my good fortunate to be born in a small nice family where I learnt everything in the early childhood. Actually, I belong to the middle class family having six members mother, father, grandparents, me and my younger sister. Every one of us follows the orders of my grandfather because he is the head of the family. We really respect and enjoy his commanding position in the family. He is the great person because he had performed various adventurous activities in his time. He always thinks about our wellness and takes right decision for us. His decision becomes final in all the family matters. He sits on the front chair on the dining table. He takes our class in the early morning and evening to teach us Indian cultures and traditions. He is a very cool personality and friendly person of the family however everyone of us do not have dare to go against him. He is very old however helps us in doing our home works because he was teacher. He teaches us about the tools of success in the life such as discipline, punctuality, cleanliness, moral, hard work and continuity. My grandmother is also a nice woman and tells us nice stories every night. My father is a principal of the school and like discipline very much. He is very punctual, sincere and hardworking in nature. He teaches us also that when you eat time, time will really eat you one day so never waste time and use it in positive ways. My mom is a sweet and very simple housewife. She cares every member of the family and makes a happy environment in the family every day.

7: Public Member Trees

The Top 10 Reasons Being a Dad Rocks My World. Being a dad makes the grind of being an entrepreneur totally worth it. By John White Founder and CMO, My family means everything to me. Every day.

In Brief Inner World Daydreams are an inner world where we can rehearse the future and imagine new adventures without risk. Allowing the mind to roam freely can aid creativityâ€”but only if we pay attention to the content of our daydreams. When daydreaming turns addictive and compulsive, it can overwhelm normal functioning, impeding relationships and work. When Rachel Stein not her real name was a small child, she would pace around in a circle shaking a string for hours at a time, mentally spinning intricate alternative plots for her favorite television shows. Usually she was the starâ€”the imaginary seventh child in *The Brady Bunch*, for example. So she retreated to her bedroom, reveling in her elaborate reveries alone. As she grew older, the television shows changedâ€”first *General Hospital*, then *The West Wing*â€”but her intense need to immerse herself in her imaginary world did not. It was the first thing I wanted to do when I woke up in the morning. There was nothing else that I wanted to do as much as daydreaming. Convinced that she was crazy, she consulted six different therapists, none of whom could find anything wrong with her. The seventh prescribed Prozac, which had no effect. Eventually Stein began taking another antidepressant, Luvox, which, like Prozac, is also a selective serotonin reuptake inhibitor but is usually prescribed for obsessive-compulsive disorder. Gradually she brought her daydreaming under control. Now age 39, she is a successful lawyer, still nervously guarding her secret world. The scientific study of people such as Stein is helping researchers better understand the role of daydreaming in normal consciousnessâ€”and what can happen when this process becomes unhealthy. For most of us, daydreaming is a virtual world where we can rehearse the future, explore fearful scenarios or imagine new adventures without risk. It can help us devise creative solutions to problems or prompt us, while immersed in one task, with reminders of other important goals. For others, however, the draw of an alternative reality borders on addiction, choking off other aspects of everyday life, including relationships and work. Starring as idealized versions of themselvesâ€”as royalty, raconteurs and saviors in a complex, ever changing cast of charactersâ€”addictive daydreamers may feel enhanced confidence and validation. Their fantasies may be followed by feelings of dread and shame, and they may compare the habit to a drug or describe an experience akin to drowning in honey. The recent discovery of a network in the brain dedicated to autobiographical mental imagery is helping researchers understand the multiple purposes that daydreaming serves in our lives. The default network appears to be essential to generating our sense of self, suggesting that daydreaming plays a crucial role in who we are and how we integrate the outside world into our inner lives. Cognitive psychologists are now also examining how brain disease may impair our ability to meander mentally and what the consequences are when we just spend too much time, well, out to lunch. Yale University emeritus psychology professor Jerome L. Most people experience both kinds to some degree. Other scientists distinguish between mundane musings and extravagant fantasies. Most of the time when people fall into mind wandering, they are thinking about everyday concerns, such as recent encounters and items on their to-do list. Humdrum concerns figured prominently in one study that rigorously measured how much time we spend mind wandering in daily life. The subjects then recorded their thoughts at that moment on a questionnaire. About 30 percent of the beeps coincided with thoughts unrelated to the task at hand. Mind wandering increased with stress, boredom or sleepiness or in chaotic environments and decreased with enjoyable tasks. That may be because enjoyable activities tend to grab our attention. Intense focus on our problems may not always lead to immediate solutions. Instead allowing the mind to float freely can enable us to access unconscious ideas hovering underneath the surfaceâ€”a process that can lead to creative insight, according to psychologist Jonathan W. Schooler of the University of California, Santa Barbara. We may not even be aware that we are daydreaming. Aimless rambling across the moors of our imaginings may allow us to stumble on ideas and associations that we may never find if we strive to seek them. A Key to Creativity Artists and scientists are well acquainted with such playful fantasizing. Filmmaker Tim Burton daydreamed his way to Hollywood success, spending his childhood holed up in his bedroom, creating posters for an imaginary

horror film series. Why should daydreaming aid creativity? It may be in part because the waking brain is never really at rest. As psychologist Eric Klinger of the University of Minnesota explains, floating in unfocused mental space serves an evolutionary purpose: Some researchers believe that increasing the amount of imaginative daydreaming we do or replaying variants of the millions of events we store in our brain can be beneficial. Yet to enhance creativity, it is important to pay attention to daydreams. Such subjects score higher on a standard test of creativity, in which they are asked to describe all the uses of a common object, such as a brick; high scorers compile a longer and more creative list. Ut Na Sio and Thomas Ormerod, two researchers at the University of Lancaster in England, conducted a recent meta-analysis of studies of these brief reveries. They found that people who engaged in a mildly demanding task, such as reading, during a break from, say, a visual assignment, such as the hat-rack problem—“in which participants have to construct a sturdy hat rack using two boards and a clamp—“did better on that problem than those who did nothing at all. They also scored higher than those engaged in a highly demanding task—“such as mentally rotating shapes—“during the interval. Allowing our mind to ramble during a moderately challenging task, it seems, enables us to access ideas not easily available to our conscious mind or to combine these insights in original ways. Our ability to do so is now known to depend on the normal functioning of a dedicated daydreaming network deep in our brain. The Mental Matrix of Fantasy Like Facebook for the brain, the default network is a bustling web of memories and streaming movies, starring ourselves. Louis, who first described the network in It consists of three main regions: The medial prefrontal cortex helps us imagine ourselves and the thoughts and feelings of others; the posterior cingulate cortex draws personal memories from the brain; and the parietal cortex has major connections with the hippocampus, which stores episodic memories—“what we ate for breakfast, say—“but not impersonal facts, such as the capital of Kyrgyzstan. It was not until , however, that cognitive psychologist Malia Fox Mason, now at Columbia University, discovered that the default network—“which lights up when people switch from an attention-demanding activity to drifting reveries with no specific goal—“becomes more active when people engage in a monotonous verbal task, when they are more likely to mind wander. In an experiment, participants were shown a string of four letters such as R H V X for one second, which was then replaced by an arrow pointing either left or right, to indicate whether the sequence should be read forward or backward. When one of the characters in the string appeared, subjects were asked to indicate its position first, second, third or last, depending on the direction of the arrow. The more the participants practiced on each of the four original letter strings, the better they performed. They were then given a novel task, consisting of letter sequences they had not seen before. Activity in the default network went down during the novel version of the test. Subjects who daydreamed more in everyday life—“as determined by a questionnaire—“also showed greater activity in the default network during the monotonous original task. In Smallwood, Schooler and Kalina Christoff of the University of British Columbia published the first study to directly link mind wandering with increased activity in the default network. The researchers scanned the brains of 15 U. Each was asked to push a button when he or she saw any number except three. Periodically the investigators also interrupted the subjects and asked them if they had zoned out. Again, activity in the default network was higher in the seconds before the moment they were caught in the act. Notably, activity was strongest when people were unaware that they had lost their focus. Defects in the default network may also impair our ability to daydream. A range of disorders—“including schizophrenia and depression—“have been linked to malfunctions in the default network. In a study neuroscientist Peter Williamson of the University of Western Ontario found that people with schizophrenia have deficits in the medial prefrontal cortex, which is associated with self-reflection. In patients experiencing hallucinations, the medial prefrontal cortex dropped out of the network altogether. Although the patients were thinking, they could not be sure where the thoughts were coming from. On the other hand, those who ruminate obsessively—“rehashing past events, repetitively analyzing their causes and consequences, or worrying about all the ways things could go wrong in the future—“are well aware that their thoughts are their own, but they have intense difficulty turning them off. They may spend hours going over some past incident, asking themselves how it could have happened and why they did not react differently and end up feeling overwhelmed instead of searching for solutions. Experimental studies have shown that positive

distraction—for example, exercise and social activities—can help ruminators reappraise their situation, as can techniques for cultivating mindfulness that teach individuals to pay precise attention to activities such as breathing or walking, rather than to thoughts. Yet people who daydream excessively may have the same problems ignoring their thoughts once they get going. Indeed, extreme daydreamers find their private world so difficult to escape that they describe it as an addiction—one as enslaving as heroin. A year-old woman in Oregon, she started an online forum called Wild Minds <http://www.wildminds.com>. Since childhood, Rose has conjured up countless imaginary characters in ever changing plots. The deeper she delved into her virtual world, though, the more distressed she became. I would look at a book and zone out after every word. They all want to talk about the silliest things. Many people posting to the site express relief that they have found others like themselves, emerging from a cocoon of loneliness and shame to share their experiences: Schupak is convinced that compulsive daydreaming is a unique disorder, characterized by an inability to control it and the deep distress over the condition. In Schupak and psychology researcher Jayne Bigelsen published a study of 90 compulsive fantasizers—75 women and 15 men—garnered from Web sites such as the Yahoo group Maladaptive Daydreamers <http://www.maladaptivedaydreamers.com>: The self-selected respondents devoted between Many said everyday activities paled by comparison with their vivid inner worlds, and some drifted in and out of their alternative reality in the midst of conversation. Nevertheless, 88 percent said they anguished over the amount of time spent fantasizing, even though most were gainfully employed or students. Nine percent had no friends or meaningful relationships, and 82 percent kept their daydreaming habit hidden from almost everyone. Some evidence suggests that maladaptive daydreaming could be a distinctive disorder. Eleven years ago clinical psychologist Eli Somer of the University of Haifa in Israel recounted cases of six people consumed by fantasy lives packed with sadism and bloodshed. All had suffered some form of childhood trauma. One had been sexually molested by her grandfather. Another described his father as a brutal man who humiliated and physically abused family members. Somer believes that this mental activity emerged as a coping mechanism to help his patients deal with intolerable or inescapable realities. Attitude may also be important. He does not consider his inner adventures harmful but rather sees them as a boredom-banishing sport—one that likely helped to propel him into his profession. How do you know when you have tipped over from useful and creative daydreaming into the netherworld of compulsive fantasizing? First, notice whether you are deriving any useful insights from your fantasies.

8: 67+ Thank You Quotes to Express Appreciation and Gratitude

Even though its easy to forget at times, family is the most important thing in the world. This could mean your mother, your father, your siblings, your spouse, your grandparents, your aunts, your uncles, your cousins, your in-laws - but for some, its simply those with whom we share unconditional love.

Getty Images Being an entrepreneur is a grind that can mean working long hours. Success never comes easily and it can be a struggle at times to keep chasing the dream. Every entrepreneur needs external motivation to give them the drive they need to keep pushing forward to make their company a success. For me, that motivation comes from being a dad. The feelings of anticipation. The rush of the delivery. Then the sense of utter joy and amazement once the baby is delivered! My family means everything to me. Every day truly brings about something new and amazing. There are so many blessings that come with fatherhood. However, in order to write a blog not a book one must condense their thoughts considerably. So, with that in mind, I give you: The moment your kids come running up when you walk in the door makes the pains of the work day go away in an instant. The one to guide and protect them. There is nowhere else in life that you can receive that kind of unconditional love and admiration. The sound is even better when it is your own children. Nobody will ever laugh at your jokes the way your kids do. As dads, we get to play the role of the family comedian. How fun is that! They are even better when they come from your own little mini-me. Being a dad has defined me and has given me a sense of purpose in everything I do. Feb 8, More from Inc.

9: Famous Quotes About Family

Family is a unique gift that needs to be appreciated and treasured, even when they're driving you crazy. As much as they make you mad, interrupt you, annoy you, curse at you, try to control you, these are the people who know you the best and who love you.

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