GILLETTE UNIVERSE

VOLUME 8

THINK BEFORE YOU SHARE

what silence protects that speech cannot

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INTRODUCTION

Before we begin, just one question: are you willing to read without defending yourself?

Because what follows does not attack others. Ask yourself.

Every person, eventually, is faced with an invisible choice: to speak or to hold back.

No one recognizes it as a choice, because it happens in a matter of seconds. A hastily written message.

A confidence spoken at the wrong time.

A thought shared without considering who will receive it.

The problem is not what is said. It is **when, to whom,** and **why.** This book was born from a series of consequences. Not from abstract reflections, but from events that have left measurable marks: compromised relationships, lost trust, opportunities gone forever.

The reader will not find instructions. They will find past situations where silence would have changed everything.

From here on out, it is not about judging others. It is about recognizing the exact moment when you, too, could have stopped.

If you are willing to watch it, continue.

If you are looking for reassurance, this is not the place.

PARTITION

The book is composed of self-contained episodes. Each story is complete.

Every mistake is sufficient.

There is no need to read them in order. Read them **carefully.**

PROLOGUE

Not everything that can be said needs to be said.

And not everything that is shared can be taken back.

From here on, every word has a direction.

Sharing

Roberto was a young sports fan and belonged to aWhatsApp group with his teammates. One day, after a particularly tough match, one of his teammates, Luca, made a crucial mistake that won. Frustrated and angry, Roberto decided to vent his anger in the group, harshly criticizing Luca.

Without thinking twice, he sent the message, hoping to find understanding among his teammates. However, the reaction was quite different. Some members of the group defended Luca, pointing out that everyone makes mistakes. The discussion escalated, and the group split into two factions. Luca, hurt by Roberto's words, decided to leave the group, and even considered quitting the team altogether.

Roberto realized the grave mistake he had made. He deeply regretted his words and wished he could turn back time. He decided to contact Luca personally to apologize. He explained that his reaction had been impulsive and born of frustration at the time. Luca, after hearing Roberto's sincere apology, decided to forgive him.

To prevent an analogous situation from recurring, Roberto decided to adopt a more thoughtful approach to communication. Before sending any message, he took a moment to consider the potential consequences of his words. He also decided to foster a more positive and constructive atmosphere within the team, encouraging open dialogue and mutual support.

Thanks to these changes, the team was able to overcome tensions and rebuild a keen sense of unity. Roberto learned an important lesson about the importance of reflecting before sharing one's opinions, especially in times of tension and frustration.

Personal Data

Federica was a young entrepreneur running a small online business. One day, she received a request for a collaboration from an extremely popular influencer. Excited about the prospect of raising her business, Federica immediately decided to send some personal information and details about her business, without thinking twice.

Unfortunately, theinfluencer was not who she claimed to be. Federica found herself the victim of fraud, and her personal information was used for fraudulent purposes. The situation worsened when Federica discovered that her bank accounts had been compromised, and she faced serious legal and financial consequences.

Deeply shaken by the experience, Federica decided to take steps to protect herself and her business. She attended cyber security courses and learned the importance of verifying people's identities before sharing

sensitive information. She implemented advanced security measures to protect her clients' data and decided to educate other entrepreneurs about the risks of online frauds.

Federica began hosting seminars and authoring articles for industry blogs, sharing her experience, and offering advice on how to protect personal data. Her story became an example of resilience and awareness, demonstrating the importance of thinking before sharing sensitive information.

Shared History

Giovanni was a young teacher who loved writing on his personal blog. One day, he decided to share a very personal story about a difficult family experience. He wrote a long post detailing the pain and difficulties his family had gone through, hoping his story could be of help to others in similar situations.

The post received a lot of positive reactions, but also some criticism. Someof Giovanni'sfamily members felt offended and invasive by the publication of such personal details. The situation escalated, and Giovanni found himself faced with family tensions and misunderstandings.

Giovanni realized the grave mistake he had made in sharing such intimate details without his family's consent. He decided to apologize publicly and remove the post. It took him sometime to rebuild his relationship with his family, but he eventually regained their trust.

From that episode, Giovanni learned the importance of thinking before sharing personal details, especially when they involve others. He decided to adopt a more respectful and thoughtful approach to managing his blog, always consulting with those involved before publishing personal stories. Thanks to this experience, Giovanni was able to balance the desire to share his experiences with respect for others' privacy.

The Secret Project

Luca was a talented young engineer working on a secret project for his company. The project was crucial and could revolutionize the industry they operated in. However, Luca was so enthusiastic about the project that, during a casual chat with a friend, he revealed some details without thinking twice.

Luca's friend, also an engineer, was curious and started asking questions. Without realizing it, Luca continued to provide more information. A few days later, he discovered that his friend had shared the information with others in the industry. News of the secret project spread quickly, jeopardizing Luca's company's competitiveness.

His boss called him in for an interview and harshly reprimanded him for his recklessness. Luca felt deeply guilty and realized the grave mistake he had made. He promised never to reveal confidential information again and to be more thoughtful in the future.

To remedy this, Luca decided to take corporate security courses and learned the importance of maintaining confidentiality. Overtime, he managed to regain the trust of his superiors and contribute to the project's success. His experience became an example to his colleagues, demonstrating the importance of thinking carefully before sharing sensitive information.

The Voice Out of the Chorus

Giulia was a young journalist enthusiastic about current affairs and politics. During a press conference, she had the opportunity to pose a provocative question to a prominent politician. Without thinking too much, she asked a question that sparked controversy. Her question was deemed inappropriate and offensive, causing embarrassment to her newspaper.

The newspaper editor called her to a meeting and explained the importance of carefully considering questions before asking them. Giulia felt humiliated and realized the grave mistake she had made. She promised to be more thoughtful and professional in the future.

Giulia decided to take courses in ethical journalism and learned the importance of asking respectful and pertinent questions. Over time, she managed to regain the editor'strust and build a solid reputation as a journalist. Her experience demonstrated that, even in high-pressure situations, it is crucial to think before acting.

The Group Chat

Marta was a college student who belonged to a WhatsApp study group. One day, after a long day of classes, she wrote a venting message in the group chat, harshly criticizing a professor. Without thinking twice, she sent the message, hoping to find solidarity among her classmates.

The next day, she discovered that one of her classmates had forwarded the message to the professor. The professor, deeply offended, decided to take disciplinary action against Marta. The situation escalated, and Marta faced profound consequences.

Marta realized the grave mistakes he had made and publicly apologized to the professor and her classmates. She decided to delete the message and adopt a more thoughtful approach in her future communications. She took communication management courses and learned the importance of thinking before writing impulsive messages.

The Impulsive Tweet

Antonio was a young entrepreneur running a small tech startup. One evening, after a stressful day, he saw a tweet from a competitor that deeply irritated him. Without thinking too much, he responded with a tweet full of anger and sarcasm.

Antonio's tweet attracted the attention of many users, including customers and investors. Negative criticism spread quickly, and Antonio realized he had damaged his startup's reputation. Concerned, he decided to delete the tweet and publicly apologize.

Antonio learned a valuable lesson about the importance of thinking before sharing opinions online. He decided to adopt a more professional and respectful approach to social media, avoiding impulsive and negative comments. Thanks to these changes, he was able to rebuild trust with customers and improve his startup's reputation.

Involuntary

Elena was a young photographer who loved sharing her work on social media. One day, during a photoshoot, she snapped some personal photos of a model. Without thinking twice, she posted them on her Instagram, expecting to receive positive feedback.

However, the model felt offended and embarrassed by the publication of the photos without her consent. She decided to take legal action against Elena, accusing her of invasion of privacy. The situation escalated, and Elena found herself facing legal and reputation al consequences.

Elena realized the grave mistake she had made and publicly apologized to the model. She decided to delete the photos and adopt a more thoughtful approach to sharing her work. She attended professional ethics courses and learned the importance of obtaining consent before publishing personal photos.

The teaching

One morning a telegram arrived home: "Ministry of Education, Your Excellency is summoned to Rome on June 6th at 11:00 a.m. for professional communications." On the appointed day, I arrive in Rome early in the morning and head to the Ministry. I enter the wrong way, but luckily a guard directs me to the correct gate for guests. I change entrances and arrive at the secretary's office, who kindly welcomes me and shows mea seat in the waiting room. After less than ten minutes, she asks me to move to a large meeting room, where no one is waiting.

Shortly afterward, atall, slim, elegant blonde woman arrives, wearing perfect, sophisticated makeup. Very politely, she introduces herself and shakes my hand, emphasizing her role at the Ministry: Chief Director. "I only speak with the Minister and the Undersecretaries," she says, immediately making me understand the importance of our meeting.

I immediately realized I should not act like an idiot, crack jokes, or misrepresent the meeting as if it were a game. I retreat into silence, ready to listen, but she immediately says, "Let's be open; I won't eat you up." Before explaining the reason for my invitation, she asks me to tell her something about myself. "Some of my colleagues at the Embassy, where you've worked over the years, have spoken highly of you, and that's the reason we're meeting." He asks me specific questions:"You don'thaveadegree, you only have a Diploma in Commercial Accounting, which entitles you to teach in Italy only at the Institutes of Surveying, Law, Geography, and Political Economy. Is that correct?" I reply, "Yes." "How did you manage to teach in five embassies, without qualifications---Communications, Sales, Logistics, Business Planning, Training, Coaching, Performance?" he explains.

Embassies considered my qualifications recognized in various countries. In the United States, we followed local regulations; in Canada, the United Kingdom, and Australia, my qualifications were endorsed by the campuses around the world where I taught. I also hold a U.S. management certification.

"Okay," he says. "I'd like to offer you, here in Rome at the Ministry headquarters, a six-month training internship for our staff, to be divided into two sessions: one intermediate level and one advanced level. We'll offer room and board, four flights to your city, and a competitive salary." The offer is tempting. I replied that I will think about it and let her know. I get up to leave, but she does not get up and continues asking me

questions about my personal life. Curious, she wants to know if I am married, separated, if I have children, where I live, if I have a partner. She even asks me if I like her and what I think of her.

I watch her in silence and smile. I asked if she would give me a minute to do something. She asks me what. "Do I have to plan carefully to figure out how to kidnap you and bring you to my castle?" I say, laughing.

As I walk away, she lunges at me for a double hello, and I give her a gentle kiss on the hand. My day at the Ministry ends here. I initially thought it was a tragedy, but instead I have found a job opportunity.

The appointment

It was a holiday, her schedule was not tied to work commitments, and Idecided to call her and ask ifshe wanted 14 to hang out. I was going to miss her so much that I could not bear her refusing. Icould hear her voice as if she were happy; her acceptance was instantaneous, asif she had been waiting a long time. This was exactly the moment.

I arrived at her house at 8 pm, parked below, and sat on a low wall. I knew her routine and knew she would never be on time. Seeing her arrival, dressed in her elegant yet never vulgar red dress, gave me ample confirmation and one certainty: I wanted her all to myself, but I did not have the time.

I invited her for a walk. The street was not the best, but hearing her walk quietly in her heels was further confirmation of her uniqueness: she was special. She asked me ifI were hungry and what I would like for dinner, but my response was simply a nod to say, "Let's go wherever you've already decided." He took me to Bagheria, where we found a homemade cart on tires. We ordered bread and panel le, a gift and success for the people of Palermo and formy Palermo. Then we escaped to Mondello, to find the best cannoli in the world. Neitherof us would give up, and when we got all covered in sugar and cheese, he never missed the opportunity for a shy kiss.

I was not young, but many emotions resurfaced, and my mind immediately fed on them, just long enough to say, "Come with me." At 10:00 PM, I found a flower shop open and bought 120 long-stemmed red roses. She was waiting in the car, not wanting me to ruin the surprise. When I brought her the flowers, she started smiling and stammering, could not hold them in her hand, and asked me how she could take them home. She was beautiful, surprised by everything that was happening.

One more drive, and at midnight I took her back to her house, but not before she looked at me puzzled and wondered why. She was looking for a conversation, wanting to know more, whether there would be a continuation. Unfortunately, we were on a date the whole time.

I trust you.

One of the first statements we receive from our families, when we are young and called upon to assume our first responsibilities, is that it must not produce any result different from what is expected. This level of trust usually grows with results that make the person consistently dependable, without surprises that alter their actions.

Even in a school setting, a teacher finds himself assigning responsibility only to someone who offers the assurance of seriousness to the point of saying, "I trust you." And the first outing with his girlfriend, where

the experience cannot be measured and she, frightened, defenseless, weaker, advises him, saying, "Be careful… I trust you!" In the world of work, at various operational levels, responsibilities must always be delegated, and while there is no official framework that says, "I trust you," the results achieved are also the fruit of proper management, procedures, analysis, and careful research. And who could forget the home, when the spouses go outwith other couples, and the woman immediately points out to her husband, "Don't be stupid with my friend, because you know I still trust you." The final scene of this hilarious reflection is the doctor's visit, who informs the relatives of their family member's impending demise. But one of the couples does not give up and asks the doctor if, he is sure. And he says, "Trust me." Trust is an attitude that values positive events, which expresses certainty in what is said, but which is often not shared truth. However, in the moment, it produces a feeling of great tranquility, in saying: "I trust you!!!"

Falling in love

To all of you who are experiencing this moment, or who have experienced it and are waiting for new love, or who have had to endure the loss of a loved one, this chapter is dedicated to you. May you draw comfort and reflection from a phrase found on a social network, which has never been more precise and accurate: > "If you like someone physically, it's not love but lust. > If you like someone because of their intelligence, it is not love but admiration. > If you like someone because they are rich, it is not love but interest. > But… if you don't know why you like them, > Only then will you understand… that this is love." Love is still that invincible thing, and no one can ever take it away from us. It is a feeling that defies time and hardship, which pushes us to search and never give up at the first hurdle. No matter how many times we fall, love always lifts us up, gives us hope, and makes us feel alive.

Never stop at the first difficulties, at the first acquaintances, keep searching and living. Love often comes by itself when we least expect it. And itis in those moments that we realize that true love needs no reason; it is a pure and unconditional feeling.

Followers

Being a leader and having followers is a huge responsibility.

It is not just about making decisions, but about inspiring, guiding, and supporting those who follow us. Every leader must be aware of the influence they have on their followers and the responsibility that comes with this position.

Followers, on the other hand, place their trust and hopes in the leader. It is a reciprocal relationship, where both parties must commit to the common good. A good leader knows how to listen, understand, and value the contributions of his followers. And followers must be willing to collaborate, offer their support, and trust their leader.

Being a follower does not mean being passive but actively participating in the decision-making process and contributing your ideas and expertise. An effective leader knows how to create an environment of trust and collaboration, where each follower feels valued and an integral part of the group.

Collection

I had found a job, a stroke of luck, hired by a company to work as an entertainer in Africa. Paid room and board, vacation time, bonuses, and a good salary, with the option of extending the contract from six months to a year. The interview had been conducted via Team Chat, and all I had done was tell three jokes and three stories. That was enough to convince them to hire me and make me their manager, too.

The meeting was in Rome, on a September day, with the flight departing at 11:15. I immediately remembered I had a problem I needed to solve finding the money. I paused for a moment to reflect and looked at the conversation with the people I had shared my story with. No one had shown any emotion; they were all people to be excluded. Then there were the relatives, all on my wife's side; no one would help me. And finally, my friends with limited financial resources, asking and being turned down would not have been good for either of them.

To whom should I turn? I focused on a few former clients, with whom I had maintained good relationships. They all made a small online transfer. Then my lawyer Carmelo, who did not refuse me his support. Meanwhile, the Mason brothers were excluded by law, because asking them was never well received and was considered denigrating. I stopped on the side of the road to count, as small children do.

I did not need much; all I needed was to get to Rome and have 30 days of autonomy there, considering I had paid for everything. €600 was enough. I set off from home by car towards Fiumicino. Once there, I began the grouping procedures: ID cards, vaccinations. The company manager called me and said, "Don't worry, come here. You oversee the group, and I will give you the envelope with the €1,500 cash fund to manage if anything is needed. You don't have to issue receipts, just meet their needs." Luck has never abandoned me, and here I am under a lamp, drawing my stories, far from home, with the rustling of the evening, in a starry savannah and the occasional animal call to remind us of where we are. Whata world of mine, it seems big, but for me, every nation is like a room, with a tiny home inside.

The Rich Man

A 60-year-old billionaire was asked how he became so successful, to which he replied: 1. **Rule 1:** If you do not come from a rich family, then a rich family should start with you. 19 2. **Rule 2:** Learn to say "NO" without feeling like you have betrayed your father, mother, or the entire nation. 3. **Rule 3:** You will not be criticized by someone who does more than you. You will be criticized by someone who does less than you. 4. **Rule 4:** A winner is just a loser who tries again. 5. **Rule 5:** People get angry when you do not let them take advantage of you. 6. **Rule 6:** The goal is to be rich, but so that no one knows you are rich. 7. **Rule 7:** Do not share your results on social media or social media---only nonsense. People will think you are unsuccessful because you hate progress. 8. **Rule 8:** Being lazy is disrespectful to those who believe in you. 9. **Rule 9:** Bees waste no time telling flies that honey is better than manure. 10. **Rule 10:** Six months of discipline can completely change your life.

One day

There has never been a precise moment to decide to review our lives and take stock of the things that interest us and that are enormously important. Sitting in an armchair, looking outward, you find the sea captivating

you, in an abstract and un focused gaze, or the mountains with the darkness of night lights. And then how could we forget the stars and the moon, the only dream markers for all humanity?

Everything comes together in constant alignment and sharing with the arrival of the Day, the time of struggle, challenges, conquests, of life. At my age, I had topics to discuss; despite my youthful neglect of studies, I had made up for as much as possible through experience, travel, and reading, along with the Internet, the world that had welcomed me and continually gifted me with new things.

One morning at 8:00 a.m., I received a call from a journalist by profession. He gave me his contact information and phone number, along with that of his publisher, and asked me to schedule an interview at a hotel in the city. This time, his curiosity was due to my first book, which had been published widely and was attracting considerable interest.

I go to the appointment, and instead find the gentleman who made the call, but a colleague of his apologizes for the delay, mentioning a need that has arisen in the editorial office that cannot be postponed. We introduce ourselves; we have a coffee, and she immediately asks me if I have any problems speaking to her or making reservations. No one.

She comments on the book, the stories, and the curiosities, asking if they are all true, and then she wants to talk about… women. I did not know her sources, but she had learned that I was not impervious to the allure of women, that I spoke five languages, that I was an accountant, and that I taught communications and training in embassies around the world. There was no logic to any of this, and she had become interested in everything, curious to know who I was.

I tried to get out of my corner, as boxers do, asking how all this could relate to the book. She said, "Let's start there, then the rest will follow." I do not teach because I amnot a professor and I do not have the qualifications to attend schools and universities. I am a consultant and offer my expertise and 40 years of market knowledge in exchange for a fee. If NASA calls me for a consultation, they just need to calculate the fee. Is that clear enough? Yes.

Now tell me: we are talking about women.

What do you want to know? I do not have everyone's phone numbers. There is no point in telling them about women's superiority or their brain power; everyone knows that by now. Women are my universe; I cannot dream of a world without them. I have always been loyal and fair, but never boring, and most have always respected me and never forgotten me. I explained to them not only to use their bodies, but often to combine their brains. This creates success and a man's dependence, from which he will never be able to separate himself.

I said not to be aggressive, to plan carefully without disturbing each other, with mutual respect. Never steal money from a man; it is not smart. Because he knows how much you steal, but you will never know how much you left him. Dialogue and understanding are essential in heterosexual couples;other types of couples are not destined to live together because of infidelity.

It is always a woman who decides the success of everything, it is her natural inclination, because having a unique visibility in the human world is an advantage for her.

I just have one more question, if I may: What are you doing now?

I am working on a project for an American company where I teach ordinary wives how to become exceptional lovers. I have put all my knowledge into it.

And are you succeeding?I have started with the first student now; she is the producer'swife. Then we will see the others.

The Cell Phone

We have changed our habits and consequently our way of doing things, prioritizing personal comfort over general well-being. Wefind ourselves owning at least one cellphone with one or two SIM cards, and in some cases even two phones to meet professional needs, personal interests, and occasional love affairs.

I have paid attention to only one aspect of phone management:ifit breaks, where do I recover my data? Your phone contains entire phone books, email data, archived private conversations, photos, videos, and conversation memories, which, if not backed up regularly, are lost. When the worst happens, we panic and wish everything would go back to normal, but it does not. That is the hardest moment, because trying to restore a history of use is difficult, almost impossible.

We buy a new phone, and statistics show we always buy a higher-end model than the one we already have. Here is the chance to change your SIM and number, given the new carrier's offer, which offers a bargain price: five euros a month.

You start trying to get your numbers back, calla cousin who gives you three numbers, and in a brief time you get everything back. Old loves and lovers are still prohibitive, because the husband is always nearby to offer you a word of comfort, even if he is controlling you.

Your home computer saves you access to the Internet and email, and new credits for the apps are made with the new phone number, otherwise they will not work. Monday is the day your bank and post office must communicate your new phone number for the apps to work, and debit cards from European financial institutions also require this procedure.

After fifteen days, everything is forgotten. A more powerful signal remains in ensuring that the save folders, automatically set, say that whatever happens, they are saved. The ad from years ago said: "A phone call extends your life"… perhaps…

The Letter

We have known each other for six years, though not in personal intimacy, and we have managed our space well, each asserting our own reasons, and we have been happy about that. In March, I sent a letter, which was a cry for help, but which had a different effect:it made you feel threatened. You used the brilliant "nothing happened" technique, and then intervened, punishing and penalizing every moment of my life, in silent mode.

From a declared total availability on the economic level, in February 2023, you started making decisions on your own, screaming "I know everything", without considering the damage you were causing me, knowing that I could not count on you, you were OUT.

You did not share anything which is typical of your character, but I am neither your employee nor your client. I thought I was a friend and a business partner, but when you left me for eight months without money and didn't have the sensitivity to ask me how I was in trouble, denying me even small expenses, even expressing the impossibility of having 300 euros, as if they were punishments, Irealized Ihad given you an important role in my life and that it wasn't what you deserved.

But you did more: you decided on your own that a company should not work, and you continued to ignore me, since Iwas the stupid agent and you were the boss who knew how to manage. I stopped telling you my business and asking for your advice and help when the relationship of respect and trust between us collapsed, but I was still the one who didn't put money at the center of the world, but values, while you came from a different school, very different from mine.

You have always had all the knowledge of the market, but you never gave me contact with defuse situations and facts relating to the company, having to weigh up the things you did, recognizing that they had a different, extremely high price.

You put mein my pocket, and thank you for the lesson, I will never forget it. I thought I was intelligent, with my loyalty, fairness, and justice, but I had to change in the world I was accustomed to.

Betrayal

When I wrote to you a few days ago, I expressed in the letter everything I am rooted in, my convictions, guided by feelings, instinct, and intuition, combined with my experience. In some passages, I noticed a clear change in you, which had not gone entirely unnoticed by me.

I should not blame myself for anything I have done for you, but I want to reiterate how many people I have put at risk for your interests:everyone, I mean everyone, just for you. You represented a bit of the sister I would have liked, instead of my natural self, which is stupid.

Our relationship has reached a dead end. You write and engage in politics brilliantly, while I, driven by passion, would bite you all my life just to make you understand the right things. Butwe must immediately close all activities and do not think I will come to ask you for help. This is an action reserved for the noble of spirit, and you absolutely do not agree, because I have learned what you are, and you are worth none of my teachings. To manage my affairs well, I must find the best solutions myself.

I never do anything by chance; I graduated from an 18-year professional school. Ihope you have gained this insight from years of experience and my personality. Being called intelligent and cultured, when recognized as a genius, is of little use, as I remain swamped by your interests.

I will not surprise you;feelings are like shoes that, overtime, end up doing what they were designed to do. While I like to think of you as a Neapolitan woman who knows how to thrive in the face of local challenges and bring as much as possible home, I want to think of you as a terminally ill patient, without any skills, so that I know there's no need to visit you or even think about speaking to you again.

I can go work for a cleaning company, go back to being an entrepreneur, see flowers at the market, take care of the elderly, or be a patient. Whatever I decide to do, it will always be the best, because even if people are not easily hired at my age, I have so much to offer, and people will not turn their backs on me.

So many surprises and new things in my life, I have not thought about them lately, others have taken my thoughts by the hand. But all that remains is the betrayal that causes me pain, that pain that will never go away and that will stay with you forever.

His Truth

I understand you do not want to talk on the phone. So, I will use your means: I will write to you. We have known each other for years, and I "accompanied" you in your search for "Nando." I followed your arm in arm as you wandered the world in search of something that does not exist and that you have finally found within yourself. But I will not allow you to blame me; I am telling you this with all my heart.

You have always had excellent cooperation from me, and how many times have I asked you to stop because I needed you locally for work? You are too intelligent and cultured not to understand. But in your personal life and at work, you have difficulty: it is about "human relationships." You are incapable of sustaining a relationship on a continuous, if not intermittent, basis, in an immeasurable search for other people's flaws.

The affection that binds me to you kept me in my place, and I delicately tried countless times to convey my thoughts to you. You spent all your money on travel, places, and grants to the "Queens" on service, and then invest in a website. I do not know how many times I have tried not to hurt you, explaining that you had a job here that you needed to cultivate with your enormous skills. Butyou never supported the search fora client, never made serious contact that would help our work. You took, ate, and squandered.

My affection and respect for you also made me function as an intermediary between you and your children. I will never forget Vincenzo's desperate phone calls, and I was always thereto defend that father who had raised a good family. You see, Nando, the difference between you and me is that you needed me, but I did not need you at work, I mean. My feelings have always been of respect, trust, and affection. I do not feel the same way from your parents, and I am telling you this with a heavy heart, believe me.

For a year now, you have been spending more than you earn, and this, obviously, is putting you in a difficult position. But I do not want to present you with a bill for how much you have earned, because there is no need. But please, do not try to atone for me by telling me you have to go to work elsewhere if you have a fortune in your hands and are throwing it away.

Please do not blame me, who does not exist. Do not make me the "right" person to argue with. I am not a member of your family, nor your bank advisor, nor a tax expert. Nor a friend. And I could give you an endless list of people I have seen you end relationships with, forno valid reason. And that is a shame, Nando.

You can give it to everyone. You are a fragile man in some ways, but with a noble soul, good feelings from the heart, and you are intelligent. Know that the affection for you and your family is there and always will be. I hope you continue to publish your works because they are wonderful, and I honestly believe you will succeed. Now let us get to work…

Thank you, but Ido not need anything. Remember that I love you and have always admired you.

Weak Points

Years ago, a well-known Italian prosecutor interviewed a high-ranking mafioso. During the conversation, he asked him, "What really scares ma fios i?" The mafioso looked around, as if not listening, and replied, "Health, children, and money." The prosecutor insisted that criminal activity carried a considerable risk of death, in conflict with his previous statement. The mafioso replied: "Dear Mr. Prosecutor, you are mistaken. I did not say death, but health, and those are two different things. We consider death a professional accident, while being healthy and free from disease allows one to live life to the fullest wherever one may be. This is a blessing." "And the children?"the prosecutor continued. "The first step is for the gynecologist to be careful and not do anything stupid, then, in a cascade, pediatrician, general practitioner, sports medicine, perfect health. No one gets hurt." "And I've always thought that ma fios i only liked money!" the prosecutor exclaimed. "You see, Mr. Prosecutor, the problem isn't having it, but having it available at all times, and our organization must treat this as ifit were a mutual aid bank." "So, being a mafioso is a blessing from God?" asked the prosecutor. "It depends on which saint you're referring to," the mafioso replied. "Each of them has something to give you, each of them has something to tell you, each of them is inside you."

The pre-examination

One of the most challenging aspects of academic life is exam anxiety. This chapter explores the experiences of several individuals who have faced this anxiety and the strategies they used to overcome it.

For many, exam anxiety is a combination of fear of failure, pressure to get good grades, and uncertainty about the future. However, there are techniques and methods to address these fears and transform them into motivation.

Keywords:

• Anxiety • Fear of Failure • Pressure • Strategy • Motivation

Content:

1. **Introduction to Pre-Exam Anxiety:** An overview of the causes of pre-exam anxiety and its impact on students. Anxiety can manifest itself in a variety of ways, including physical and mental stress, insomnia, and lack of concentration. 2. **Personal Experiences:** Stories of students who have faced pre-exam anxiety and how they found ways to overcome it. For example, Marco, a university student, shares how he used deep breathing and meditation to calm down before exams. Maria, on the other hand, found relief in 30 group study, where she could share her worries and receive support from her classmates. 3. **Anxiety Management Strategies:** Practical techniques to reduce anxiety, such as meditation, exercise, and study planning. Study planning is crucial to avoid overloading. Creating a detailed study schedule helps distribute the workload evenly and maintain a sense of control. Regular exercise, such as a daily walk or yoga session, can reduce stress and improve concentration. 4. **Motivation and Preparation:** How to turn anxiety into a source of motivation and effectively prepare for an exam. Setting clear and realistic goals can help maintain motivation. For example, breaking down study material into manageable sections and rewarding yourself after completing each section can make studying less overwhelming. 5. **Support and Resources:** The importance of seeking support from friends, family, and counselors, and using available resources to

manage anxiety. Talking to a trusted friend or family member can ease the burden of anxiety. School counselors and therapists can offer personalized coping strategies. Additionally, there are many online resources, such as meditation apps and support forums, which can be helpful.

Pre-exam anxiety is a common experience among students, but it does not have to be debilitating. With the right strategies and adequate support, it is possible to face and overcome these fears. The key is to transform anxiety into a motivating force and use it to achieve your academic goals.

Routine

Fromthe day we are born, there is always someone who tries to change our lives, and it is not, as we tend to think, always one of the two parents, but in most cases, it is the intervention of relatives and friends.

This Sunday we are going out with the children, thunder the aunt, but dress the boy in that blue suit that suits him very well, and you can dress the girl however you like if she wears red or yellow.

And then at the table, do not give this food to the baby because it is bad for him, and for the little girl I brought the baby food that is now on the market that the pharmacist promised to me.

And do not think it ends there. As you grow older, family pressure eases a bit and turns into anxiety, but strangers always come with other demands.

In relationships, it is always the woman who directs, chooses, and changes the agenda, and then the arrival of children brings the real hidden conditioning.

But the real test is at work, where there is always someone who claims to have proven experience and his dictates are accepted as absolute truth, but not only that, a lotof apparent advice is distributed with the precise desire to have a decisive impact on the final decision and to want to make you change.

It will be like this throughout our lives, but how much are we willing to change? How many times have we decided to turn our lives upside down? And why does everyone want our body with the possibility of a modified brain?

These are and will always remain the unresolved questions of all humanity, but as I write this, my mind is filled with the thought of my dog.

You might ask: why? It is easy to say: When I take him for his natural walk in the evening, he almost always follows the same path, but lately over the years I've noticed that he's trying to take new paths, to change, to understand, curious, and when I don't allow his request, he throws himself on the ground and doesn'twant to walk, to show that I have a mind too.

It revealed to me a fundamental secret in life:when I do not want to do something, I must get down on myself and say I am not changing.

The Photo

Marco was browsing through old photos in his album and came across a picture of his first dog, a schnauzer who had been his companion throughout his childhood. He decided it was the right time to share it on Facebook, as a sign of affection for his dog and to remember those wonderful times spent together. He

posted the photo, hoping his friends would appreciate the gesture and comment with a few memories of their own. However, shortly after he posted it, something unexpected happened. An old schoolmate commented on the photo, recalling an argument they had had years before. From there, the argument quickly escalated, with other friends taking sides. Thesharing ofa simple photo turned into a public argument. Marco was surprised that such an innocent gesture could stir up so many conflicting emotions. He reflected on how little control he had when sharing something online. He realized that sharing, even when done with the best intentions, can easily trigger unexpected reactions and sometimes lead to conflict. So, she began to think twice before posting anything on social media, knowing that, sometimes, it is better to share certain moments only with people who can understand them.

The Secret

Anna had always loved writing. Shewas an introvert, but she found in her writing a way to express emotions she had difficulty sharing verbally. She wrote intimate letters, reflections she never intended to share with anyone. However, one day, she felt the need to open and decided to post a reflection on her blog. It was a profound thought, something she had felt inside her for a long time, and she hoped it could help someone else to get through an analogous situation. She never imagined she would receive so many responses. Many people recognized themselves in her words and wrote to her, sharing their experiences, but some responses were unexpectedly critical. Somejudged her to be weak, others told her she should not have exposed herself so much. Anna found herself reflecting on how her act of sharing had been interpreted differently. What for her was an act of openness and self-sharing was seen by others as excessive vulnerability. From that moment, she understood that sharing online inevitably involves exposing oneself to the judgment of others, and that vulnerability, unfortunately, is not always accepted as a sign of strength. Anna learned to be more cautious in her sharing, understanding that not all reflections need to be shared with the world. Sometimes, the deepest thoughts need to remain private.

The Gift

Giulio believed the perfect gift for someone was something that came from the heart. When he thought of Sara, his co-worker whom he had only recently met, he remembered her saying she enjoyed reading. So, for her birthday, he decided to give her a book he had read and loved, confident she would enjoy it. However, he never asked her if she was interested in reading or if she had any favorite genres. On her birthday, Giulio handed her the book with a smile, but Sara's reaction was not what he had expected. Sara looked puzzled, almost embarrassed, and when he asked her what she thought, she replied, "Ihaven'tread in years."Giulio was surprised. His generous gesture had not had the desired effect, and he felt guilty for not considering Sara's tastes. He learned that, even with good intentions, a gift should be designed based on the recipient's preferences, not just on what we like. Sharing a thought or a gift, however well-intention ed, can feel inappropriate if the other person's wishes are not considered. From that moment on, Giulio decided he would be more careful to understand people better before making a gesture.

The friend

Paolo had a virtual friend with whom he exchanged messages daily. They had never met in person but had met through an online forum and developed a strong friendship based on sincere and profound

conversations. One day, Paolo decided to open completely, sharing a part of his life that he had kept hidden from many:the family difficulties he was experiencing. He did so in a vulnerable way, seeking some comfort. His friend seemed to understand, but shortly thereafter, Paolo discovered that his message had been shared with other forum members, without his permission. Paolo felt betrayed and humiliated. He had believed his virtual friend was someone he could trust, but he realized that even in a digital context, the things we share can easily become public. He learned that, when it comes to confidentiality, even in the online world, it is crucial to be cautious and choose carefully with whom you share your thoughts. Sharing can be an act of trust, but it can also prove risky if you do not know for sure that the other person will respect your privacy.

The Silence

Tiziana was a private person. She did not like sharing too much about her private life, either on social media or elsewhere. She was happy in her relationship but preferred to keep it out of the spotlight. One day, a friend asked her why she never posted photos with her partner on social media, and if there was any reason. Ti zi an a thought long and hard about the question and realized that her choice not to share was not based on a secret, but rather on respect for her own privacy. She did not feel the need to show everyone how happy she was. Her happiness did not depend on the approval or attention of others. So, she decided to explain to her friend that she did not see sharing on social media as adding value to her life, but as an invasion of her privacy. Sometimes, she thought, sharing is necessary to express one's love or affection, but not always. Silence, in some cases, is more powerful and meaningful than a thousand words. From that moment, Tiziana understood that, while respecting others, she would continue to choose what and when to share. True happiness, he realized, did not depend on showing others what he had, but on experiencing it with the right person at the right time.

Abandonment

The night had accompanied me with thoughts of my children, of when they were little and of how many sacrifices my wife and I made to be good parents, sometimes we succeeded and sometimes we did not.

And then there were the elementary school moments, the usual ham sandwich that accompanied them during recess, and the dismissal time that marked the end of lessons and the inevitable meeting with the teacher who said the same thing: the Frega twins are restless.

My first real independence was in high school, where the scooter represented a sense of worry, telling meto go slowly, not to rush, to be careful of accidents, and to avoid getting hurt. I remember that two months after I bought the scooter, Vincenzo asked me for money, under the pretext of having to help buy a gift for his teacher. It was later discovered that he had changed the varia tor and carburetor along with the muffler to increase its power and increase its displacement from 50 cc to 90 cc, making it faster, on the grounds that the bike with two people would not go uphill.

The two brothers were always close and close, sometimes being twins they exchanged thermometers when taking each other's temperatures, but even when dating girls, they never stood up to a beautiful woman, this was one of the principles I had instilled in me over the years, along with always being obliged to make women smile.

I was once told that, despite their height difference, Vincenzo is 192 cm and Francesco is 188 cm---they had arranged a date with a girl, and to hide their differences they had used the double heels of their shoes, and that the fraud had succeeded.

What kids are mine!!!!!Cultured, good-natured, honest, with a particular propensity for smiling, empathetic, happy, all elements and children of a single success, which saw them enter the world of work and in life.

After unsuccessful romantic experiences for both, partly because they cannot say no to pushy and intrusive women, partly as a social service inspired by their father, love comes for one of them.

My wife and I both saw it on Tik Tok, and we both burst into tears because we felt like this time it was time to leave, this is life, and we must resign ourselves to it.

It is an immense joy, enclosed in a selfish sadness, the moment of abandonment, irreversible, which years will bring you back home, returning many little Frega.

You, my children, always make the best decisions, those that are never popular, but only the fruit of an idea that is born within you and lives within you.

The Lesson

Our first real memories are of school, learning the basics of something we will need one day. The weight of this information is never considered by young people but is only used in sporadic cases.

Family is the obligatory step, along with what is called education, the first real lesson in knowing how to live in harmony with others, respecting the rules and being accepted.

Friends, with everything that concerns us and interests us, all their experiences and related results transmitted in an induced manner, capitalizing on the choice of the best decisions to make fewer mistakes.

The street, the daily encounters, among those who claim to be doing something, sometimes positive, sometimes negative, teaching and exploiting new stories, rich in fantasy and poetry, butin the end, itis still up to us to understand the truth.

Work, whose rules give us the idea of doing the best things, learning to achieve perfection, but sometimes the exact opposite happens, because jealousy and envy prevail, without ever forgetting the priest's rule that always says: never do as I do, but always do as I tell you.

Having reached the age of sixty, a small but recognized milestone of maturity, one begins to have a different outlook on life, one hopes to be able to rely on one's own decisions, and to have enough experience to be able to teach others something.

Here our values, our knowledge, and our gray hair speak clearly. Yet, it is all false.

Because surprises are always lurking, and they come from someone you do not expect someone who has given you smiles and kindness in the past, but who has always harbored negative feelings, jealousy, and envy in their soul.

His wickedness is the price you must pay, and it is the worst lesson you can ever receive.

As stupid as it may have been, I ignored it, without foresight and accepted this lesson.

After days, the anger passes and gives way to rationality and logic, along with all the personal evaluations. Here, the principles are no longer valid but only values, having violated the first form of education that is taught to all humanity: to be loyal.

But everything has a price, you just must know how much you are willing to pay, money is often not necessary, because in the end everything in life comes back to normal.

Attraction

Three- and four-year-olds will name each color, but it will not be until six years old that their eyesight will be fully developed.

The first in an absolute sense is the sexual attraction we feel towards a person, which translates into a deep carnal intensity, arousing sexual desire in us.

Physical attraction, the desire to be physically close to a certain person, with manifestations of hugs, kisses, and cuddles, is not easily managed.

Mental attraction, where we want to interact with people on a more cerebral level. We are drawn solely to their intellect and the fact that we seethe world from the same perspective.

Romantic attraction seeking a deep, emotional relationship with another individual.

The aesthetic attraction that seeks to admire someone's appearance, won over by their style and class.

The emotional attraction in which we share information about our lives, hopes, dreams, desires.

It takes less than three seconds to determine how much we like someone; attraction is what keeps people together and united.

Because I tell all these things, I have been a victim for over 40 years of knowing people who have difficulty detaching themselves from me and never leave me.

There is no distinction between men and women, no age difference. They are attracted by what I say, what I think, how I behave, and this makes mean unhappy man, unable to have my freedom and privacy to do stupid things.

Then I finally stop and think, and I realize that I have received a gift, and I always try to make the best of it.

Debts

The first debts that initially inspire me are those of gratitude towards those who helped us and resolved bitter personal situations, which could have compromised our normal living conditions.

Our gratitude goes to them for life.

The moment we have money, we are already led to think about how to spend it, it is a natural human condition, irremediably creating the first real form of real debt, in some cases spending more than we have available.

Thinking about turning to a bank or financial institution for a loan becomes a last resort in a situation you will not be able to manage, because the debt will no longer have a fixed term and will become indefinite.

Men capable of contracting copious amounts of debt, with various organizations, and individuals and/or relatives, who resort to banks that have introduced consolidation loans, which represent a solution, but are the most stupid way to pay interest on interest.

The best debt is still with the Lover, a figure that never consolidates and always lends itself to being increased, in exchange for something.

Bring as an example the advantage of Muslim peoples who see men, having recognized the possibility of marrying more women, sometimes even within the same family, being able to better manage internal expenses and debts, giving a flower for everyone.

Debt is stressful not only for those who incur it, but also for those who decide on it, and for those who are responsible for it: the bank officials who, on Monday mornings, must call delinquent customers with special lists to get them back on their debt.

I could never forget those wives who, despite coming from bourgeois families, constantly ask their husbands for groceries, without any reason or logic, given that the husband pays, without considering the situation and the possibilities.

It would be enough to get them a suitcase and send them back to their parents' house.

There is no shortage of smiles in the dramatic nature of the subject. One afternoon, I was lying on the couch ready to sleep, and my son came over in a faint voice and said, "Dad, the bank!" I immediately got up, but a moment of clarity made me remember that it was Saturday and the banks were closed. Meanwhile, my son was laughing, and after all, I had not yet taken out any debts with anyone.

These guys.

To conclude, the first real debt we have since our inception isthe public debt. It isa gift we have received, and we cannot ignore it. It would be enough if everyone stole a little less and were able to manage public affairs with trained staff, adequate salaries, and appropriate incentives, without improvisation or improvisation.

It is the solution to reduce debt, and everyone lives better.

The Master

He is the one who can use the thing he possesses as he wishes, even being able to destroy it.

He will never become an entrepreneur or a manager, he does not have the Programmatic Brain Structure, but only an individualistic decision maker.

Usually he is uneducated, he finds himself in this job by chance, need or hunger, or he inherits a critical mass of money, or he continues to run the family business as his father and grandfather did.

He keeps cash hidden at home and hasa remarkably elevated level of mistrust. His goal is to accumulate money, and he does not share anything with anyone; instead, he steals information and feeds on other people'sinformation only for personal gain.

He does not know how to maintain personal relationships and his philosophy is to use others first for his own ends and then if there is anything left over the crumbs for others.

His family status is limited to the legal one, and friends should be used only, offering smiles and spreading falsehoods. He does not care about anyone else, only his own business.

He loves evading taxes to get rich, he is afraid of poverty, he does it as much as possible, respecting the law only for his income but he does not share his secret seven with friends at the bar.

In his work choices he is an individualist, he has never shared ideas or feasibility, he only looks after his own interests and does not take others into account.

When touched about personal matters, he pretends not to understand and offers no answers, but if you rob him, he bursts into tears and collapses in anxiety.

This individual must be kept at a distance, alone, he has no impact on society, there is no pleasure in being close to him, because his world is made of paper, there alone is something else.

A Report

We live in an Italy vastly different from the rest of the world, where opportunities or job opportunities do not exist, because the system is designed to place people one at a time, almost never giving them the chance to change.

Further investigations by Italia-Lavoro reveal that we tend to remain long-term in the workplace; employment often ends at retirement age, and never voluntarily. No one wants to leave, but only because they are forced to.

We are hardworking, compared to all of Europe, we have clear ideas about responsibilities and with our inventiveness we are excellent, but we also complain about the low pay that is not adequate for the work and the tasks required of us.

Our average incidence of workplace illnesses is incredibly low, compared to European standards. This means two things: we rarely get sick and we are afraid of getting sick. Therefore, we must be careful to use prevention methods wisely. (Medical certificate).

But there is one aspect the author wants to consider: we Italians are a people who fall in love with everything, and when we must leave our jobs, we never miss the opportunity to suffer.

In these cases, we stay in touch with the colleague who, with his stories, helps us experience that moment of transition for 3-6 months, which will then leave us to make room for the new.

And a colleague with whom we have bonded most, with a fondness not exchanged as a form of respect, but a professional role lived in its entirety, which will always give us the opportunity and reason to think about whether we have done the right thing.

And then one day of retirement arrives, that old ship I have been on for 40 years, always at the same time, the impeccable breakfast, and my wife always wakes up before me to make coffee and say:"Do you have everything in your bag?" All that is over, gone, now comes Plan B, as the English say, and even though thereis a lotof knowledge, the void is always available and needs to be filled.

But a working relationship is also a succession of memories, of strange events, of impossible things, and being able to tell them to friends means smiling at what has been, and at you, whom no one will ever forget, because you are recognized as Unique.

The Motivations

The memory of when I was five years old and my father bought me the Grazie lla bicycle, the best of those years, and immediately encouraged me to try riding it with the side wheels, and after a few days, realizing my abilities, he removed the wheels so I could ride on my own, shouting at me that I was grown up and giving me the right motivation, before he waited to see me fall and graze my knees.

Then I thought about the first day I went to play rugby, Campo Condra, me among thirty people, beating everyone and carrying the ball to the goal. This was the lesson, behind the shouts of the crazy, enthusiastic President and the ever-smiling Coach, who told me I had great ability, and that it would not be long before I would be called up to the national team, where he came from. The only Reggio native in 50 years, still today.

And then in my job at 19, no one bet on me, everyone was always thinking about an imminent dismissal, everyone was focused on wanting information from me, for not having followed procedures, and then after a year becoming Leader in Italy, in the words of the Sales Director and the Area Manager, happy to tell me not to let it go to my head, but to motivate myself to achieve other goals, and then subsequently confirm my Leadership for another 18 years.

My final thought is for doctors: when dealing with a patient on a diet, we tend to encourage and motivate them if the results are not obvious. The same goes for when clinical values need to be included, the system is the same: always encouragement.

Studies on the brains of people with bipolar disorder have shown altered levels of neurotransmitters (dopamine, norepinephrine, and serotonin). Working and caring for people'smindsisnot for everyone, and itis not for everyone, but taking advantage of what you have is truly the only option.

In the presence of good behavior, progress, and valid elements for improvement, reviewing some things on your own, with your own brain, is the only possible path to a better life; filling it with motivation is a smart solution.

Patient notes.

As part of the training improvement processes developed within companies, we Business Consultants use a single protocol to change and transform situations: rough stones into precious metals; impulsive individuals into thoughtful individuals; a state of poverty in need of wealth.

Sometimes we are seen as extremely impossible people, but it does not take much to prove that our secret lies in our abilities.

"Motivation,"for those who have not understood, lies only in targeted behaviors, which allow us to perform a specific action.

The Family

Each of us carries with us our own years, our own experiences, our own expectations, and every now and then we allow ourselves to delve into the secrets of our own rooms, to reflect on our age, and to ask ourselves the usual two questions: Where am I? Where do I want to go?

All the important people in the family are included in the reflections, and we are forced to throw away many choices, with a curse addressed to the wife: "Cursed is the day I married you." The children, well supported by their mother, do not give up on their requests even for a minute, and they know they have an easy game precisely because they know that we fathers are alone against everyone else.

But the real actress is the wife, who after having asked for the latest Vu it ton bag for four months in a row, finally found herself in the shop looking at itand buying it, but she looked at it, she looked at it, I already knew that she was there with her body, but with her mind she was thinking of something else… That is how women are made.

Eating at home is no longer an opportunity to eat what you like, what you want, what you want, but the only opportunity to eat what you find.

Wow betides anyone who has an illness. In this case, your wife is particularly good at it. Her ability to pressure you and show you even what you don't have, by heart, to let you know that you're sick and have no rights, creates a state of aggression that doesn't help, leading you to a less than ideal mental state.

I tried to use all the tact and sensitivity I could muster to explain that it's not worth anyone's pressure, because you know there's no benefit to it, cracks and hatred form in the relationship, and when the bill finally comes, you never know what to expect.

When everything is falling into place, you look outside and the night has already fallen, another day has passed, and Iam still here to tell you about myself, and I hope you enjoyed it.

An Error

When we think we have achieved something and decide to master it, it is the first enormous mistake we can make, because that is when we risk losing everything.

But history also teaches us how mistakes have been made in wars that have led to unexpected victories in battles considered lost.

The story of the horse is an example of this.

Often, a cultural foundation is missing, along with a good family education, where parents never functioned as dictators in communication, instilling principles,and values, but as true communicators who offer advice and surprises, with a light-hearted and non-incisive attitude.

A mistake is also a poorly set up love story or one that did not have the right initial sign, enough to allow it to continue well.

Sometimes, marrying friends or co-workers' leads to the mistake of thinking, "We already know each other," and everything will be much easier.

And instead, all that remains is the bitter anticipation of a failure catalogued in words: nothing happened.

And when two strangers meet, taking certain concepts to extremes doesn't mean playing on the other's intelligence, but on common sense and the desire to continue a journey together, on different cultures and peoples with new identities, remembering that the simplest solution isto let go and leave the mistake behind.

Thereare many mistakes that have gone down in history, and it is common for man to repeat them several times or think of correcting them, but it is all a disproportionate act, because the mistake will always carry within itself with a note of sadness in saying: but if I had done it like this, perhaps…….

I miss you.

It is typical of two engaged couples or a couple in love who find themselves forced to stay apart for some time without the possibility of appreciating the full physical presence of the other.

Even though today technology provides us with various tools to make calls, video calls, shared calls, without time limits and at affordable costs.

But when do we miss a person?

When he dies.

When an illness occurs and cognitive abilities fail.

When someone disappears from other people'slives, without rhyme or reason.

When that void that is created when you say I miss you, it cannot be filled.

There are other things that come to mind when my grandfather, who had long been dead, tried to teach me the art of love… a challenging task, so much so that even today I feel the emptiness of it.

Then a dear friend, older than me and with more experience, tried to teach me, but his natural predisposition was more suited to the essence of the possession and use of women, which was not very compatible with my mentality.

Finally, He arrived, an old man I had met in Africa, who taught me continuously for six months how to treat women, love them, and abandon them, because according to his philosophy, there were women who never deserved to ascend the throne, but to always have to stay in the dirty alleys of the city.

Finally, the teaching of a Tibetan monk, who took only seven days to show me another Universe that I had never known.

Here women are superior to men and can never be managed rationally, or even emotionally, her nature makes her Spartan.

The secret revealed was that when faced with unethical behavior, one must remain silent and walk away, the only true way to win.

Death

He lived with his mother, who took care of him and made sure he lacked anything. She was always extremely focused on him because he was never very attentive;he took after his father.

Everything was going well, everything was going right, when one day he was called by the hospital and after a few weeks, gripped by malaria, he saw his path that took him directly to heaven where he had been called.

The mother's cries, her screams, her desperation, left alone without relatives and friends, were of no avail, because the pain a mother feels in these moments is unparalleled, something insane.

The father did not fully understand the situation, he did not have the sensitivity or the ability to express himself, and after the burial rite he limited himself to paying the funeral expenses and a cold goodbye.

Returning home, that absence was increasingly noticeable. I entered his room several times and looked at his bed, hoping to find him, that I had been the victim of some mistake, but he was no longer there. (said the mother).

The first step was to reconnect with God by going to church, but Americans are a young people where everyone, by mentality, minds their own business. The atmosphere was cold and unheated. Exchanging words with the priest was a constant challenge, either because he was more willing to confess to you and learn about your sexual habits, or because his faithful traveling companion was a good bottle of brandy, which made him seem very profane and not very sacred.

Whatno one advised me, what would have helped me, would have been to go to a good psychiatrist-psychologist, who would have helped me on a rehabilitation path, of emotional fulfillment that I should have found among relatives and friends, based on good and adequate pharmacological therapy.

Depression was taking over, but I fought it only with work, which helped me forget. I worked much more than my normal hours, thus maintaining my clarity, until one day a friend of mine invited me to a Skype conversation with a man I had never met, officially about a new job opportunity.

Almost immediately, the two meet in conversation-communication, without demands or requests. The man immediately asks if the Lady had children, and she sadly recounts the epilogue, and recounts the details of the death, the Lady's zodiac sign, her depression, and all the suicide attempts, with an ex-partner incapable of understanding.

I was convinced that he knew me, that someone had told him about me, but the distance and the time difference made it unlikely. He did not ask for anything in return, just one request at the end of it all: he asked me to visit the cemetery the next day, bringing only three flowers to his son Louis's grave.

Who is he? I have never met anyone like him! I have been thinking about it all night, but I am still defeated. He did not ask for anything, like all men these days. He has nothing to ask of me. He just gives me the idea that there is always a turning point in life, a second chance, and mine has arrived.

Now you have another chance, you are beautiful, classy, you lack nothing, you will be able to forget her only when you have forgiven God for what he did to you, but we are all part of his plan.

You need to start eating regularly and regain the weight you have lost. Then I will not tell you anything else because I have nothing else to tell you. I am just a thoughtful man who gives you advice.

You always want to know more, it's women's curiosity, it's nature, but there's one thing I want you to know, today you have so many people close to you who love you, because you'rea beautiful person and you knowhow to give so much affection and love, always choose the best, because you deserve only the best.

The Pain

Pain is a reality that accompanies us throughout our existence, in many forms and with varied intensities. What medicine defines as a bodily response, a defense mechanism against injury or tissue damage, is just one of pain's many facets. Butin the context of everyday life, pain takes on other nuances that affect not only the body, but also the soul and mind.

There are physical pains, like those that come without warning, through a phone call announcing the death of a loved one, or when our world collapses due to the loss of a job, a lawsuit, or a financial situation we can no longer control. The pain that comes from the loss of security, of stability, inevitably forces us to confront our vulnerability and make us doubt our ability to react. In these cases, the pain is almost physical, felt in our chest, in our stomach, in every corner of our mind.

There are also more hidden pains, the ones we cannot see but that consume us internally. Like the frustration of not being able to meet our own or others' expectations, the torment of seeing our dreams shattered, the sense of inadequacy that overwhelms us when we feel out of place in a world that seems increasingly distant from us. The pain comes from loneliness, from the feeling that no one completely understands us, that no one can see beyond the facade we have put up with. This type of pain is often invisible, but it can be just as devastating as physical pain.

Then there are the pains, the ones that seem to come unexpectedly and sometimes leave us speechless. Like my neighbor, who was in mourning, dressed in black, her face streaked with tears. We all thought she was crying over a family bereavement, yet her grief was not related to the death of a relative, but to another type of loss. Her lover, who in addition to instilling strong and complicated emotions in her, had regularly paid her $2,000 a month, had died. A pain that was mixed with a kind of material loss, not just emotional. This example makes us reflect on how grief, in its most bitter form, can take on quite different connotations, sometimes difficult to fully understand unless one experiences it.

Pain, in all its forms, isan integral part of our lives, and there is no single measure to quantify it. Each of us experiences it differently, and what feels like pain to one might seem insignificant to another. We can never know how strong it will be, how long it will last, or if we will ever find a way out. But there is a truth that, though painful, can bring us relief: what we are searching for, what we think we are missing, is often closer than we think. We just need to reach out and take it, accepting that pain is a necessary step toward something greater, toward a deeper understanding of our existence. Life is truly strange, but it is also incredibly capable of surprising us.

The Renunciation

Renunciation is a concept deeply intertwined with our life experience. Sometimes, renunciation does not mean giving up or submitting, but rather a conscious choice to abandon something to achieve something greater or more authentic. At many moments in our lives, we are called to make choices, to decide whether to continue pursuing something that has given us security, but at the same time holds us captive, or to give up, opening the door to new possibilities.

Giving up is never easy. It is an act of courage that can be frightening because it involves accepting a loss. Giving up a dream, a relationship, a job, a part of ourselves, means dealing with the uncertainty of the future. Often, the world teaches us to never give up, to fight until our last breath. But sometimes true strength lies in knowing when to stop, when continuing to pursue something becomes a burden that prevents us from growing or being happy.

Throughout our lives, we have faced situations were giving up seemed the only way to free ourselves from the yoke of expectations that no longer belonged to us. I have seen people give up promising careers to pursue their passion, relationships that seemed secure but had lost meaning, dreams that were no longer close to their hearts. Giving up, in these cases, is not a sign of weakness, but an act of self-love. It is the ability to understand that our value is not tied to what we own, what we have achieved, but to what we are willing to let go of to make room for what makes us genuinely happy.

There are, however, sacrifices that hurt us, that leave invisible scars. Giving up on someone we love, for example, is one of the most painful experiences we can go through. But, as in any growth process, even in this case, sacrifice is not an end. There is always a learning opportunity, a lesson that helps us become stronger, more self-aware.

Renunciation teaches us to make space. To make room for serenity, for authenticity, for inner peace. We should not fear it, because every time we give up something that was weighing us down, we leave the door open to new opportunities. Only when we learn to consciously give up can we deeply appreciate what life has to offer. Renunciation, therefore, is not an end, but a beginning, a necessary step to move forward, to grow, to evolve.

The Message

Marta was an ambitious young professional, constantly juggling the daily challenges of her job. One morning, after a particularly stressful meeting, she received an email from her boss with some criticism of her recent work. Frustration surged through her. Without thinking, she began to write a long response filled with anger and resentment.

She hit "send" too soon and, moments later, realized her mistake. Marta immediately felt overwhelmed with remorse. She knew her hasty response could jeopardize her job position and her relationships with her colleagues. Concerned, she went to her boss'sofficeto apologize, hoping to rectify the situation.

Marta's boss, surprised but open to dialogue, accepted her apology. However, he explained to her the importance of staying calm and thinking carefully before responding to stressful situations. Marta learned a valuable lesson: reflection and patience are essential for managing emotions and making informed decisions.

From that day on, Marta decided to adopt a new rule. Whenever she received an email that evoked a strong emotional reaction, she would take a 15-minute break before responding. This allowed her to calm down, reflect, and respond in a professional and respectful manner. Her career flourished thanks to this new habit, and Marta became a model of professionalism and self-control for her colleagues.

Over time, Marta shared her experience with colleagues, promoting the importance of taking time to reflect before reacting. She organized workshops on stress management and effective communication, helping others avoid the mistakes she had made. Her story became an example of personal and professional growth, demonstrating that reflecting before acting can transform challenges into learning opportunities.

Inappropriate

Marco was a young college student who loved socializing and partying. During an end-of-semester party, he decided to take some photos of his friends in funny and sometimes embarrassing situations. Without thinking twice, he posted the photos on social media, expecting them to elicit laughter and positive comments.

However, the reaction was far from what Marco expected. Some of his friends, seeing the photos, felt offended and embarrassed. Some lost their jobs because of their damaged online image. Marco realized the grave mistake he had made. His actions had caused irreparable harm to the people he cared about most.

Remorse hit him hard, and he decided to publicly apologize to his friends. He deleted the photos and contacted those who had been most affected to ask for forgiveness. Some accepted his apology, others did not. The experience taught Marco an important lesson: private photos should remain private, and not all situations need to be shared publicly.

After the incident, Marco decided to take a course on online privacy and digital reputation management. He began to educate his friends and classmates about the risks of irresponsible image sharing. He organized seminars and informational meetings to raise awareness of the importance of thinking before sharing content online. Thanks to his commitment, many students learned to better manage their online presence, avoiding embarrassing and potentially harmful situations.

The Comment

Sara and Anna had been best friends since high school. However, a misunderstanding led to a fight between them.

Hurt and angry, Sara decided to write a scathing Facebook comment, harshly criticizing Anna. She thought venting would make her feel better, but the result was catastrophic.

The comment attracted the attention of mutual friends and family, who began to take sides. The argument escalated, and the situation quickly escalated. Anna, feeling betrayed and humiliated, cut ties with Sara. Their once-solid friendship was now in tatters.

As time passed, Sara realized the damage she had caused with her impulsive comment. She deeply regretted her actions and wished she could turn back time so she could never have written those words. She decided to contact Anna to apologize and try to rebuild their friendship, but the damage was already done.

She decided to take an anger management course and learned techniques to better manage her emotions. During the course, she met others who had made similar mistakes, and together they shared their experiences and lessons learned. Sara decided to promote the importance of respectful communication on social media. She authored an article on her personal blog, sharing her story and encouraging others to think before posting impulsive comments.

Commentary II

Nicola was a football fan and avidly followed his favorite team. During an important match, the team suffered a disastrous defeat due to goal keeping errors. Frustrated and angry, Nicola decided to post an impulsive comment on social media, harshly criticizing the goalkeeper and the coach.

Nicola's comment caught the attention of many fans, some of whom shared his views, while others criticized him for his harshness. The discussion quickly escalated, and some fans began insulting each other. The situation got out of hand, and Nicola found himself at the center of a controversy.

The next day, Nicola realized his mistake. He felt guilty for fueling hatred and division among fans. He decided to delete the comment and apologize publicly. He wrote a new post explaining his frustrations and urging fans to maintain a respectful and constructive attitude.

Nicola understood that impulsive comments can have negative consequences and that it is important to reflect before making hasty judgments. He decided to adopt a more thoughtful approach in his online interactions. He began participating in fan groups where he promoted constructive dialogue and mutual encouragement.

Over time, Nicola became an example of a respectful and positive fan. Thanks to his experience, many fans learned to better manage their emotions and express their opinions respectfully. His story demonstrated that even an impulsive comment can be transformed into an opportunity for growth and learning.

The Story

Luca was a diligent employee at a medium-sized company. One day, while on a coffee break, he overheard a conversation between two colleagues about an alleged corporate scandal. Without verifying its veracity, he decided to share the story with other colleagues, adding a few details to make it more interesting. The rumor spread quickly, creating a series of misunderstandings and divisions within the office.

The situation escalated to the point that management had to intervene to clarify the facts and restore order. Luca realized the grave mistake he had made. His impulsive behavior had damaged relationships among colleagues and compromised the working atmosphere. The guilt hit him hard, and he decided to make amends.

Luca called a meeting with his colleagues and management to apologize publicly. He explained that he had shared the story without verifying its accuracy and that his behavior had been irresponsible. Management appreciated his sincerity and accepted his apology but emphasized the importance of always verifying information before sharing it.

To prevent similar situations from recurring, the company organized training sessions on effective communication and the importance of verifying information. Luca actively participated in these meetings and shared his personal experience to raise awareness among colleagues about the risks of spreading gossip.

Over time, Luca managed to regain the trust of his colleagues and rebuild damaged relationships. He learned to think carefully before sharing any information and to always verify its veracity. His story became an example of personal and professional growth, demonstrating the importance of responsible communication.

The Secret

Elena and Giulia had been inseparable friends since childhood. They shared everything, from their most intimate secrets to their daily worries. One day, Elena confided a very personal secret to Giulia: she had discovered she was pregnant but was not ready to tell her partner yet. Giulia promised to keep the secret.

However, during dinner with some friends, Giulia, without thinking, casually mentioned Elena's pregnancy. The news spread quickly and reached Elena's partner, who felt betrayed and hurt at not having been informed directly. Elena, devastated, realized that her trust had been betrayed and her private life had become public knowledge.

Elena confronted Giulia, demanding an explanation. Giulia apologized profusely, but the damage was already done. Their once-solid friendship was irreparably damaged. Elena learned a valuable lesson: not everyone can keep a secret, and trust must be granted with caution.

After the incident, Elena decided to distance herself from Giulia and focus on her pregnancy and building a family with her partner. Despite the pain of the betrayal, she found the strength to move forward and appreciate the truly trustworthy people in her life. Her experience taught her the importance of thinking carefully before sharing personal information and carefully selecting the people she trusts.

The Politician

Giulio was a young man enthusiastic about politics. He followed the news closely and had strong opinions on various political issues. One day, after reading an article about a recent government decision he did not approve of, he decided to write a Facebook post expressing his displeasure. Without thinking too much, he published the post, full of criticism and sarcastic comments.

Giulio'spost began to receive a lot of reactions. Some of his friends supported him, while others harshly criticized him. Discussions became heated, and Giulio soon found himself embroiled in lengthy online

debates. The situation escalated when one of his colleagues, with opposing political views, saw the post and began an intense argument with him.

Online discussions began to affect Giulio'sreallife. Atwork, the atmosphere became tense, and relationships with some colleagues deteriorated. Even among his friends, political divisions created rifts. Giulio realized that his impulsive post had caused more problems than he had anticipated.

Reflecting on what had happened, Giulio decided to delete the post and publicly apologize for sparking such divisive discussions. He began looking for ways to express his political opinions more constructively and respectfully. He joined political discussion groups, where he learned the importance of dialogue and mutual understanding.

One day, Giulio came across an article on how to effectively communicate one's opinions without creating conflict. He decided to apply these techniques in his future posts. Before writing, he took the time to reflect and tried to see things from other people'sperspectives. He tried to use a respectful and inclusive tone, even when expressing disagreements.

Giulio began sharing articles and information that encouraged dialogue and understanding rather than division.

He noticed a change in the response from his friends and colleagues. Online discussions became more constructive and respectful. Even at work, relationships improved, and Giulio was able to rebuild some of the relationships that had deteriorated.

Giulio learned that, while it is important to have opinions and actively participate in political debates, it is equally crucial to do so with respect and thoughtfulness. He decided to use social media more thoughtfully, sharing informative articles and encouraging constructive discussions rather than polemics. Thanks to this approach, he managed to rebuild damaged relationships and become a positive example of responsible political participation.

Over time, Giulio became a promoter of respectful dialogue and mutual understanding in political discussions. He organized meetings and workshops to teach others how to express their opinions constructively. His personal experience demonstrated that thinking before sharing can not only prevent conflict but also create a more inclusive and respectful environment for all.

The Review

Laura was a young woman enthusiastic about food and loved exploring new restaurants. One evening, she decided to try a new restaurant in town that had received many positive reviews. However, the experience did not live up to her expectations. The food was bland, the service slow, and the atmosphere noisy. Disappointed and frustrated, Laura decided to write a negative review on a well-known restaurant review site.

Without much thought, she wrote a harsh and detailed review, criticizing every aspect of the restaurant. She submitted the review and felt momentarily relieved. However, the next day, she received a message from the restaurant owner explaining the circumstances of the evening. The restaurant had just opened and was

experiencing some initial difficulties. The owner apologized for the negative experience and offered Laura a free meal to compensate for the inconvenience.

Laura felt guilty for reacting so impulsively. She realized she should have given the restaurant a second chance before writing such a negative review. She accepted the owner's offer and returned to the restaurant. Thistime, the experience was completely different. The food was delicious, the service impeccable, and the atmosphere pleasant. Laura decided to update her review, acknowledging the improvements and praising the restaurant for its customer service.

From that episode, Laura learned not to judge too quickly and to think carefully before sharing her opinions online. She decided to take a more balanced approach in her future reviews, highlighting both the positive and negative aspects, and always giving the restaurant the opportunity to respond and improve. Laura became a respected and impartial reviewer, appreciated by readers and restaurateurs alike.

The Video

Tommaso was a teenager enthusiastic about technology and social media. During a school trip, he decided to record a video of his friends pulling funny and sometimes embarrassing pranks. Oncehome, without thinking twice, he uploaded the video to YouTube, expecting to receive many views and positive comments.

The video quickly went viral, but the reaction was not that for which Tommaso had hoped. Some of his friends felt offended and humiliated by their portrayal in the video. Their families and teachers learned of the video and were not at all happy. The situation escalated, and Tommaso found himself at the center of a storm of criticism and rebukes.

He realized too late that he had violated his friends' privacy and damaged their reputations. Deeply sorry, Thomas decided to remove the video and publicly apologize to his friends. Hisapology was sincere, but not everyone was ready to forgive him right away.

Tommaso learned an important lesson about the importance of privacy and respect for others. He decided to change his approach to social media and be more thoughtful before posting content online. He attended digital education courses and began raising awareness among his peers about the risks of irresponsible image and video sharing. Thanks to his commitment, he managed to rebuild some damaged friendships and become a positive role model for others.

The opinion

Federico was a young professional working as a consultant for a large company. One day, after a particularly frustrating meeting, he decided to vent on social media. He wrote a long post harshly criticizing the company, its management, and the decisions made during the meeting. Without thinking too much, he published the post, hoping to gain solidarity among his friends and colleagues.

Federico'spost attracted the attention of many, including his superiors and colleagues. The criticism sparked discussion and controversy within the company, creating a climate of tension and disagreement. His boss called him in for a meeting, explaining that his post had damaged the company's reputation and caused discontent among employees.

Federico realized the grave mistake he had made. He apologized to his boss and colleagues, trying to explain his frustrations and promising not to repeat the same mistake. He decided to delete the post and take a more constructive approach to expressing his concerns.

He learned that impulsive and public criticism can have negative consequences and that it is important to think carefully before sharing opinions about your work. Federico decided to adopt a more professional approach, using appropriate channels to communicate his concerns and suggestions. He attended courses in effective communication and stress management, improving his interaction skills with colleagues and superiors.

Thanks to these changes, Federico was able to rebuild trust with his colleagues and become an example of professionalism and respect within the company. His experience demonstrated the importance of reflecting before sharing opinions and criticisms, and of adopting a constructive approach to addressing work challenges.

The Secret

Elena and Chiara had been inseparable friends since college. They shared everything, from happy moments to daily struggles. One day, Elena confided a very personal secret to Chiara: she was going through a tough time with her partner and was considering leaving him. Chiara, shocked by the news, promised to keep the secret.

However, during a conversation with a mutual friend, Chiara casually mentioned Elena's secret, unaware of the potential consequences. The mutual friend, concerned for Elena, shared the news with others, until the secret eventually reached Elena's partner. The situation quickly escalated, causing tension and misunderstandings in their relationship.

Elena discovered her secret had been revealed and felt betrayed and vulnerable. The trust she had placed in Chiara had been shattered. Feeling responsible for the chaos she had caused, Chiara realized the grave mistakes he had made. She apologized to Elena, explaining that she had not meant to hurt her and that she had simply spoken without thinking.

Elena appreciated Chiara's apology but knew that trust had been compromised. She decided to take some time to reflect on their friendship and how to rebuild the lost trust. Chiara learned a valuable lesson: secrets should remain secrets, and sharing personal information without the person's consent can have devastating consequences.

Over time, Chiara worked hard to regain Elena's trust. She was patient and respectful, demonstrating with her actions that she had learned from her mistakes. Eventually, Elena decided to give their friendship a second chance. Although trust never fully returned, both learned the importance of reflection and mutual respect.

The Rushed Email

Chiara was a young manager at a consulting firm. She managed a team of ten people and was often under pressure to meet deadlines and maintain quality work. One morning, during a particularly hectic day, she

received an email from a dissatisfied client. The client complained about delays and defects in the project, threatening to terminate the contract if the issues were not resolved immediately.

Chiara, already stressed about other issues, read the email and felt overwhelmed with frustration. Without taking the time to think, she began writing a defensive and irritated response, explaining that the problems were due to the client's constant requests for changes. She hit "send" and only after a few minutes realized the inappropriate tone of her response.

Concerned about the potential consequences, Chiara decided to approach the situation more professionally. She contacted the client by phone, apologizing for the tone of her email and explaining that she had been under pressure. During the call, Chiara carefully listened to the client's concerns and proposed concrete solutions to resolve the issues that had arisen. The client appreciated her sincerity and willingness to find a solution, agreeing to continue collaborating with her.

From that episode, Chiara learned the importance of thinking before sending emails, especially in tense situations. She decided to adopt a new rule: every time she wrote a reply to a difficult email, she took the time to reread the message, check the tone,and ensure it was professional and respectful. This new habit significantly improved her client relationships and her company's reputation.

Chiara shared her experience with her team, promoting the importance of effective and professional communication. She organized training courses on email management and customer communication, helping her team develop essential skills for their work. Thanks to these efforts, the quality of customer interactions improved significantly, leading to greater customer satisfaction and business growth.

Chiara became an example of leadership and professionalism, demonstrating that thinking before acting and communicating thoughtfully can be effective in a company'ssuccess. Her story inspired others to take the time to think before sending messages or making impulsive decisions, helping to create a more harmonious and productive work environment.

The Calm

Calmness is one of the most precious qualities we can cultivate in our lives. In a world that seems to move ever faster, where information and emotions continually overwhelm us, finding moments of calm becomes a real necessity. Calmness does not mean the absence of emotion or action, but rather the ability to maintain internal balance, to remain centered even in highly turbulent situations.

Often, calm is the result of a conscious choice. It is not something that happens by chance, but a process that requires discipline and patience. Learning to breathe deeply, to slow down, to not let external pressure overwhelm us, is an art that is honed over time. Calm allows us to see things more clearly, to respond rather than react, to act with awareness rather than impulsiveness.

In my experience, I have learned that calm is an infinite resource, but you must know how to nurture it. In moments of difficulty or frustration, the instinctive reaction is often to act without thinking, to let ourselves be overwhelmed by emotions. But when I learned to pause, take a deep breath, and reflect before acting, things became clearer. Calm does not prevent us from facing challenges but helps usdo so with greater awareness and clarity.

Calm is also the key to healthier and more harmonious relationships. In a conversation, when we are calm, we can truly listen to the other person, understanding their words and emotions without filtering them through our immediate judgment. In family, work, or friendship relationships, calm creates a space where we can communicate more deeply and respectfully. Frenzy, on the other hand, often leads to misunderstandings, conflicts, and unnecessary tension.

Another aspect of calm is its healing power. When we are at peace with ourselves, when we find internal balance, our body and mind relax. Calm reduces stress, lowers blood pressure, promotes sleep, and improves our overall health. It is not just a state of mind, but a true cure for our physical and psychological well-being.

However, achieving calm is not always easy, especially in times of crisis or grief. But it is precisely in these moments that calm becomes essential. When everything is falling apart, when we feel like we have no control over anything, calm is that silent strength that allows us to resist and find our way again. It isan invitation to pause, to look within, and to remember that even in the storm, we can be as firm as a rock, if only we learn to let go of what troubles us.

Calm is not the end of movement or emotion, but its transformation into something deeper and more conscious. It is a haven to which we can always return, a place where external chaos cannot touch us. Cultivating calm is an act of love towards ourselves and others, because only those who are at peace with themselves can offer peace to the world.

The Review

Laura was a young woman enthusiastic about food and loved exploring new restaurants. One evening, she decided to try a new restaurant in town that had received many positive reviews. However, the experience did not live up to her expectations. The food was bland, the service slow, and the atmosphere noisy. Disappointed and frustrated, Laura decided to write a negative review on a well-known restaurant review site.

Without much thought, she wrote a harsh and detailed review, criticizing every aspect of the restaurant. She submitted the review and felt momentarily relieved. However, the next day, she received a message from the restaurant owner explaining the circumstances of the evening. The restaurant had just opened and was experiencing some initial difficulties. The owner apologized for the negative experience and offered Laura a free meal to compensate for the inconvenience.

Laura felt guilty for reacting so impulsively. She realized she should have given the restaurant a second chance before writing such a negative review. She accepted the owner's offer and returned to the restaurant. Thistime, the experience was completely different. The food was delicious, the service impeccable, and the atmosphere pleasant. Laura decided to update her review, acknowledging the improvements and praising the restaurant for its customer service.

From that episode, Laura learned not to judge too quickly and to think carefully before sharing her opinions online. She decided to take a more balanced approach in her future reviews, highlighting both the positive and negative aspects, and always giving the restaurant the opportunity to respond and improve. Laura became a respected and impartial reviewer, appreciated by readers and restaurateurs alike.

Laura decided to share her experience with friends and family to raise awareness of the importance of being thoughtful and fair in their reviews. She organized a small, themed evening, inviting friends to discuss their restaurant experiences and the importance of supporting new and growing establishments. During the event, Laura explained howa positive and constructive review could be effective for a business, especially in the first few months of opening.

The stories and anecdotes shared throughout the evening helped create an atmosphere of awareness and mutual respect. Laura suggested everyone take the time to reflect on their experiences before writing a review, and to always consider the impact their words might have on the owners and employees.

Over time, Laura continued to write reviews, always maintaining a balanced and constructive approach. She became an authoritative voice in the world of online reviews and was often contacted by restaurateurs for advice on how to improve their services. Thanks to her experience and commitment, Laura managed to turn an impulsive mistake into a valuable lesson, demonstrating the importance of reflecting before sharing one's opinions.

Embarrassing

Tommaso was a teenager enthusiastic about technology and social media. During a school trip, he decided to record a video of his friends pulling funny and sometimes embarrassing pranks. Oncehome, without thinking twice, he uploaded the video to YouTube, expecting to receive many views and positive comments.

The video quickly went viral, but the reaction was not that for which Tommaso had hoped. Some of his friends felt offended and humiliated by their portrayal in the video. Their families and teachers learned of the video and were not at all happy. The situation escalated, and Tommaso found himself at the center of a storm of criticism and rebukes.

He realized too late that he had violated his friends' privacy and damaged their reputations. Deeply sorry, Thomas decided to remove the video and publicly apologize to his friends. Hisapology was sincere, but not everyone was ready to forgive him right away.

Tommaso learned an important lesson about the importance of privacy and respect for others. He decided to change his approach to social media and be more thoughtful before posting content online. He attended digital education courses and began raising awareness among his peers about the risks of irresponsible image and video sharing. Thanks to his commitment, he managed to rebuild some damaged friendships and become a positive role model for others.

To ensure his apology was genuine, Tommaso began volunteering at an organization that focused on digital education and privacy. He collaborated with experts in the field to create educational materials for teenagers, explaining the importance of thinking before sharing content online. He participated in workshops in schools, sharing his personal story and the lessons he learned.

Over time, Tommaso became an ambassador for privacy and digital awareness. Thanks to his commitment, many young people began to consider the consequences of their online actions more carefully. Tommaso realized that, despite his mistake, he had managed to transform his experience into a positive force for change.

The opinion

Federico was a young professional working as a consultant for a large company. One day, after a particularly frustrating meeting, he decided to vent on social media. He wrote a long post harshly criticizing the company, its management, and the decisions made during the meeting. Without thinking too much, he published the post, hoping to gain solidarity among his friends and colleagues.

Federico'spost attracted the attention of many, including his superiors and colleagues. The criticism sparked discussion and controversy within the company, creating a climate of tension and disagreement. His boss called him in for a meeting, explaining that his post had damaged the company's reputation and caused discontent among employees.

Federico realized the grave mistake he had made. He apologized to his boss and colleagues, trying to explain his frustrations and promising not to repeat the same mistake. He decided to delete the post and take a more constructive approach to expressing his concerns.

He learned that impulsive and public criticism can have negative consequences and that it is important to think carefully before sharing opinions about your work. Federico decided to adopt a more professional approach, using appropriate channels to communicate his concerns and suggestions. He attended courses in effective communication and stress management, improving his interaction skills with colleagues and superiors.

Thanks to these changes, Federico was able to rebuild trust with his colleagues and become an example of professionalism and respect within the company. His experience demonstrated the importance of reflecting before sharing opinions and criticisms, and of adopting a constructive approach to addressing work challenges.

Over time, Federico began actively participating in company improvement groups, proposing ideas and solutions to solve the problems he had initially criticized. His commitment and dedication were recognized by management, and Federico was promoted to a role of greater responsibility. Thanks to his ability to reflect and communicate effectively, Federico contributed to creating a more harmonious and productive work environment.

POST-SCRIPT UM

This book does not ask to be shared. That would be a contradiction.

If something has been bothering you, it concerns you.

If something makes you smile, you are already over it.

If it did not cause you any harm, it was not your time yet.

Introduction

Every sharing mistake stems from an illusion: that the consequences are manageable. 76 We always think about it before speaking, before writing, before pressing "send."

This book is not about exceptional gestures, but rather ordinary choices made at the wrong time. Words spoken to vent.

Confidences exchanged for intimacy.

Silence ignored because it seemed like weakness.

Here you do not learn what to say. You learn **when to stop.** If you read on, do not expect absolution.

Expect uncomfortable recognition.

Aphorisms

• Not everything you feel the need to say is worth hearing. • Trust is lost faster than it is built. • Sharing is not a right: it is a responsibility. • Silence is not a lack of courage, it is control. • Words do not come back. Consequences do. • Talking too much is often a way of not thinking. • He who listens without reacting has already made up his mind. • Lightness is not innocence. • Every "send" is a signature. 77 • Keeping silent at the right time is a form of intelligence.

Epilogue

You do not stop making mistakes. You stop doing them the same way.

After these pages, the difference will not be what you say, but what **you choose not to say.** And in a world that talks too much, this is already a position taken.

Close

This volume is part of the Gillette Universe, the ongoing series written by Ferdinando Frega from 18 years inside The Gillette Company and 23 years of international management across four continents. These are not memoirs. They are not manuals. They are the documented record of a man who lived inside one of the world's most iconic brands and chose to write it down without filters, without nostalgia, and without asking permission. Each volume explores a different dimension of that experience — identity, choice, desire, fracture, silence, and what remains. The complete series is available free at gillettenarrative.com. No store.

No conversion. Just access, and — for those who want it — a relationship. We don't sell books. We build relationships.