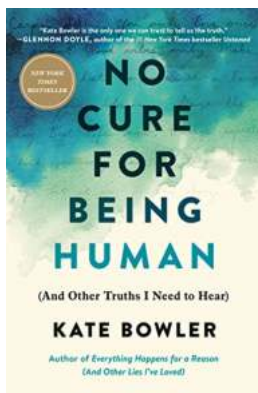


And Other Truths You Need To Hear

Life is a beautiful journey filled with joy, laughter, love, and success. But it is also full of challenges, pain, heartbreak, and failures. We often find ourselves seeking guidance, inspiration, and motivation to navigate through these ups and downs.

While some truths are universally known and accepted, there are other truths that we often overlook or intentionally ignore. These truths have the power to change our perspectives, transform our lives, and help us become better versions of ourselves.

In this article, we will explore some of these truths that you need to hear. Brace yourself, as they might challenge your beliefs, push you out of your comfort zone, and ignite a fire within you to take action and pursue your dreams.



No Cure for Being Human: (And Other Truths I Need to Hear) by Kate Bowler (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 2374 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 208 pages



The Truth About Self-Love

One of the most important truths we need to hear is the significance of self-love. We often prioritize taking care of others and neglect ourselves in the process. However, self-love is not selfish; it is essential for our well-being and personal growth.

Remember that you are worthy of love, care, and happiness. Take the time to prioritize self-care, set boundaries, and practice self-compassion. Embrace your flaws, celebrate your achievements, and let go of self-judgment. When you love yourself, you can better love and support those around you.

The Truth About Failure

Failure is not the opposite of success; it is a stepping stone towards it. We often fear failure and avoid taking risks, but failure is inevitable on the road to success. Embrace failures as opportunities for growth, learning, and resilience.

Understand that failure does not define you; it simply provides valuable lessons and insights. It is through failures that we discover our true strengths, develop resilience, and ultimately achieve our goals. Embrace failure as a necessary part of your journey and keep pushing forward.

The Truth About Change

Change is the only constant in life. We often resist change, clinging onto familiarity and comfort. However, true growth and transformation can only occur when we embrace change and step outside of our comfort zones.

Embrace change as an opportunity for self-improvement and personal development. Embrace the discomfort that comes with change, as it is a sign of progress and growth. Embrace the unknown, and trust that every change brings new opportunities and possibilities for a better future.

The Truth About Authenticity

In a world dominated by social media and societal expectations, it can be tempting to conform and wear masks to fit in. However, the truth is that our authenticity is what sets us apart and allows us to shine.

Embrace your uniqueness, quirks, and imperfections. Be true to yourself, your values, and your passions. Surround yourself with people who celebrate and support your authentic self. When you embrace your authenticity, you attract genuine connections, experiences, and fulfillment.

As we wrap up our exploration of these truths, remember that knowledge alone is not enough. It is through action and implementation that we truly benefit from these truths. Reflect on how these truths resonate with you, and identify areas of your life where you can make positive changes.

Start by incorporating self-love practices, embracing failure as a learning opportunity, welcoming change with open arms, and embracing your authentic self. Remember that these truths are not meant to be mastered overnight but rather embraced as a lifelong journey.

So go forth with courage, determination, and an open mind. Embrace the truths that you need to hear and watch as your life unfolds with newfound wisdom, fulfillment, and success.

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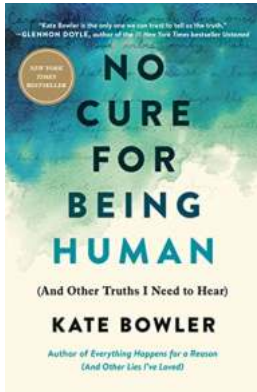
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NEW YORK TIMES BESTSELLER • The bestselling author of *Everything Happens for a Reason (And Other Lies I've Loved)* asks, how do you move forward with a life you didn't choose?

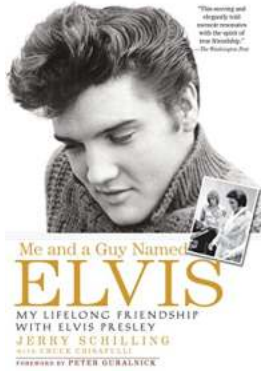
“Kate Bowler is the only one we can trust to tell us the truth.”—Glennon Doyle, author of the #1 New York Times bestseller *Untamed*

It's hard to give up on the feeling that the life you really want is just out of reach. A beach body by summer. A trip to Disneyland around the corner. A promotion on the horizon. Everyone wants to believe that they are headed toward good, better, best. But what happens when the life you hoped for is put on hold indefinitely?

Kate Bowler believed that life was a series of unlimited choices, until she discovered, at age 35, that her body was wracked with cancer. In *No Cure for Being Human*, she searches for a way forward as she mines the wisdom (and absurdity) of today's “best life now” advice industry, which insists on exhausting positivity and on trying to convince us that we can out-eat, out-learn, and out-perform our humanness. We are, she finds, as fragile as the day we were born.

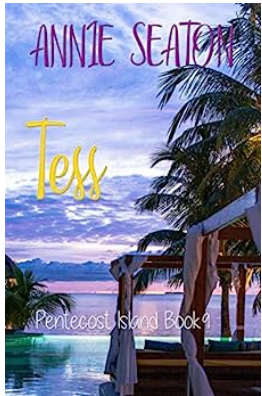
With dry wit and unflinching honesty, Kate Bowler grapples with her diagnosis, her ambition, and her faith as she tries to come to terms with her limitations in a

culture that says anything is possible. She finds that we need one another if we're going to tell the truth: Life is beautiful and terrible, full of hope and despair and everything in between—and there's no cure for being human.



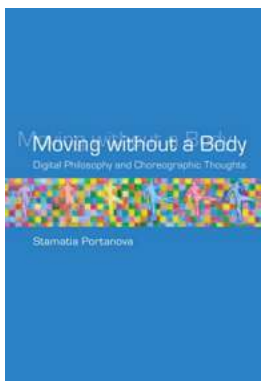
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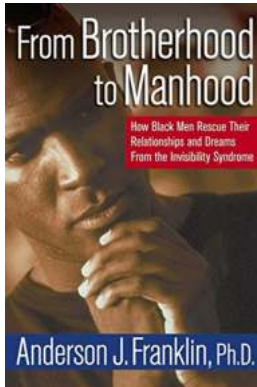
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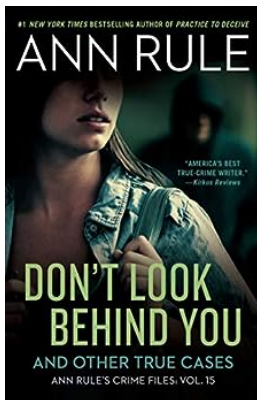
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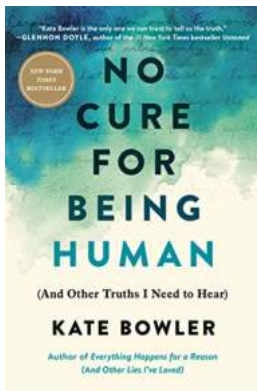
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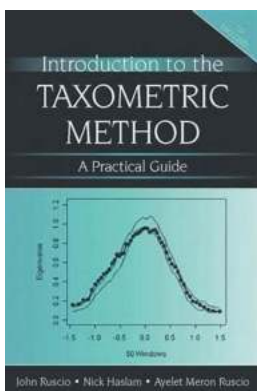
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