

**Francesca
D'Agostino**

**366
Thoughts
for a
Different
Year**

*Perpetual Diary
of Wisdom*

The SeBookLine by Simonelli Editore

SeBook

***Special thanks
to Laura, Kathleen & Nicola
for helping me
with the english translation***

January

1.

*Every day has its source of life,
breathe it and feed it.*

2.

*Eliminate anger from your life
to make room for joy.*

3.

*Don't waste your energy on negative things,
but use it to fulfil a dream and improve
yourself.*

4.

Hold your hands to feel that you are alive.

5.

*If you believe in it,
every dream comes true.*

6.

*The mind is the guide,
show it the serene way.*

7.

*Don't turn around; don't glance
at your future, but live today
because now you are alive.*

8.

*Look at the world with love in your eyes
and the world will be love.*

9.

Don't neglect your inner self, stop and listen.

10.

*Every day is an unique day
which doesn't come back.*

11.

*If your soul asks for air, open your arms
and wrap your friends in a warm embrace.*

12.

*Each word said with hatred causes darkness
around you.*

13.

The light gives you energy, open the windows and let the sunlight come inside.

14.

Listen to the silence, it brings you wisdom.

15.

Only tomorrow you will be able to evaluate your actions.

16.

The need sometimes doesn't stop if you don't satisfy it.

17.

Don't increase your fears, they will crush you.

18.

Give a name and a face to your anxiety and you will know whom you're fighting against.

19.

The unknown scares, feed your knowledge.

20.

Conscience is not to hurt either others or yourself.

21.

Don't begin the day as you would begin a fight.

22.

Try not to say you are sorry, it will leave a scar forever.

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TABLE OF CONTENTS

January

February

March

April

May

June

July

August

September

October

November

December

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Literature

«366 Thoughts for a Different Year»
by Francesca D'Agostino

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