All human beings are liable to err. To be at peace with oneself, the realization of this fact is essential. Humanity is faced with numerous struggles and difficulties. We should view our own problems as part of a universal struggle and brace ourselves to meet every difficulty with fortitude. To be frantic and desperate on such occasions cannot help the situation. Perhaps the greatest folly is for each of us to keep his troubles to himself. Often the path through our worst worries can be made smoother if we seek the guidance of a trusted friend. But there are limits to human wisdom. The only adequate way to endure large evils is to find large consolations. The key to this search is prayer. The faith in a beneficent "Higher Power" can carry us through our most anxious moments. It has cured many people of their diseases and banished melancholy from their hearts. It was faith in God coupled with hard work, which enabled Alexis Carrel to face ridicule and rejection calmly and finally became the recipient of the Nobel Prize. Finally, how much less we should be if we could see our struggle as part of the struggle of a whole creation intent on growth and renewal. By doing so, we not only make our lives easier, but we also add our bit to the sum of human dignity and faith. (231 words)

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In obdet to achieve satisfaction with themselves, humans must accept that they are bound to make mistakes. The struggle of one should complement the stouggle of whole humanity against muttiple challenges. One should face these chavenges with patience. Shaving problems with true toiends can be mose helpful. Moseoves, one should put complete toust in God while passing through tough times. Also, one should see one's stouggle as a past of stouggle of whole beings for prospecity and happiness. By doing so, one can contribute one's post in honous and faith of humanity. (word = 90) Suitable Title: - The coosect way to struggle