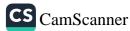
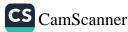
Day:_ Date: Some people busy their past while for others, the past buries them. aloon has Introduction A. (i) Comprehending the essence of the Statement anun, l (ii) Some key concerns behind sticking in the pa become detrimental that past 21 - red hideo (iii) Thesis Statement B. The baggage of past hinders the progress of an individual. (i) Overwhelmingly clinging mobbisth of mexistential exisis Pdipdil Platzon :(ii), The bonds with reality get loosened which foster escapist approach an (iii) Meaninglessness !! in life that ernerges wout of nostalgia. applieta 2/30/11 (iv) The post-traumatic life maby and some's minability



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Date: Day:_ hide busies the past and pre sent. apis ul sab 2 (iv) Burying the past the start of a ri is from maninglessness meaningfulness in c life. fo One's Some coping mechanisms to lessen the tendency of sticking in the past: (i) Practical implementation of the philosophy of Carpe Diern which gives bisth to the tendency of living in the prosent. (ii) Ensuring the manifestation of logotherapeutic notions which will assist one is dealing with the existential problems (iii) Fostering a futurustic approach towards life which shar susrantees a goal-oriented strategy St rate gy



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