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Nota di contenuto	<p>CONTENTS; PREFACE; Chapter One HOW TO OVERCOME SLUMPS; 1. EVERYONE EXPERIENCES SLUMPS; Slumps occur in various situations; Cycles of fortune are accepted as an empirical law; 2. WHAT TO BE AWARE OF WHEN YOU ARE IN A SLUMP; Outstanding people tend to fall into a slump; Tragedies that happen to people because they are elite; 3. THINK ABOUT HOW YOU RANK OVERALL; Look at yourself from a statistical point of view; Ascertain whether your perspective is true from the viewpoint of probability; Promotion sometimes leads to a slump; The abilities required change according to the position</p> <p>Abilities that can only be demonstrated once you are promoted to a managerial positionDon't be shortsighted-open your eyes to the overall picture; 4. A CHANCE TO DISCOVER A NEW SELF; Cultures that cannot adapt to the changing times will perish; German officers insisted that Ieyasu Tokugawa should have lost; How to cope when the old ways no longer work; After experiencing the chrysalis period you can become a butterfly; A slump is also an opportunity to transform into a new person; 5. HOW TO COPE WITH A SLUMP; (Method 1) Focus on your current worries</p> <p>(Method 2) List your current worries and put them in order(Method 3) Sort out each problem in turn; Getting through times when, for some reason, you are not at your best; Example: Overcoming a baseball slump; 6. OVERCOMING THE WORST-CASE SCENARIO; First of all, be prepared to accept the worst; Examples of cancer patients living a long life; Religion makes it possible to overcome the fear of death; Chapter Two TRIUMPHING OVER TRIALS; 1. "TRIUMPHING OVER TRIALS" IS AN</p>

EXTREMELY IMPORTANT ATTITUDE; If you lose your way, always choose the difficult path

At the end of my life, I do not want to regret having dreams that were too smallDestiny always has the next gate ready; You can always take on new challenges, no matter how old you are; 2. MY LEARNING EXPERIENCES AT THE TRADING COMPANY; Differences in ability within a limited timeframe can be reversed in the long run; The obstacle I encountered after graduating from university: trading jargon; I was shocked at how many English words were not in the dictionary; You have to plug away at learning words you do not know; Words used differently in trading companies

After joining the company, I was in a workplace where unknown words filled the airDuring my time at the trading company, all my mistakes roused me to action; 3. KEEP ON CHALLENGING YOURSELF TO TAKE ON UNFAMILIAR TASKS; I abandoned everything and launched a religion without any funds; Learning how to build a religion from the founders and histories of other religions; Studying on my own, and establishing a publishing company and shojas; Leveraging our accomplishments at Buddha's Truth cram school to establish an incorporated educational institution

The launch of a political party with believers and staff who had no experience in politics

Sommario/riassunto

I have cited many examples from the four great saints - Shakyamuni Buddha, Jesus Christ, Socrates and Confucius - to Jan Hus, Joan of Arc, Lincoln and Shoin Yoshida. People who have left their mark on history did not necessarily sail smoothly through their lives. No matter how much you suffer, the Truth will gradually shine forth as you continue to endure hardships. Therefore, simply strengthen your mind and keep making constant efforts in times of endurance, however ordinary they may be. Eventually, you will come out of your slump and overcome your hardships. And, as you try and aim to revers