

ANXIOUS PEOPLE

WRITTEN BY FREDRIK BACKMAN

WHAT ARE THE DIFFERENT WAYS THAT PEOPLE DEAL WITH GRIEF?

There are many different ways people can deal with grief some being expressing and letting out their emotions, having the company of close friends and family, and lastly accepting the reality of whatever they are grieving about.

WHY IS PASSION AN IMPORTANT ASPECT IN PEOPLE'S LIVES?

Passion is a very important aspect of a person's life, as it gives them a sense of purpose in life. When someone is passionate about something they tend to be more resilient when encountering obstacles. Being passionate gives people a sense of joy because they love what they are doing, and it makes them feel good.

WHY IS FRIENDSHIP IMPORTANT IN LIFE?

- Heightened sense of belonging and a sense of purpose.
- Boosts happiness and reduces stress.
- Improves self-confidence and self-worth.
- Prevents isolation and loneliness.

WHY IS FORGIVENESS IMPORTANT IN LIFE?

- Forgiveness can help with healthier relationships, lower stress and anxiety levels, and improved self-esteem
- It can lead to feelings of understanding, compassion, and empathy.
- Forgiveness brings peace that can help you move on with life.

WHY IS HOPE IMPORTANT IN LIFE?

Hope is important in life for many reasons such as
Can reduce the feeling of helplessness:

- Increase happiness
- Reduce stress
- can help improve your quality in life

BACKGROUND INFORMATION ON THE AUTHOR (GIVE FIVE FACTS ABOUT THE AUTHOR)

- His writing style is quirky and unique characters, his books make you think about how everyone struggles with their own personal battles
- He is a Swedish author that writes mainly non-fiction books.
- Grew up in Helsingborg, Scania, Sweden
- He started out writing for different Swedish newspapers such as "Swedish newspaper Helsingborgs Dagblad and for the Swedish men's magazine, Moore Magazine"
- Realized his first novel in 2012 titled "A Man Called Ove" which then was made into a film.

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