

The problem of the 21st century: what makes people unhappy?

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We live in a time of rapid technological progress, which saved humanity from the need to struggle for survival and made life more comfortable. Modern-day transportation facilities allow us to get to the right place in no time and means of communication enable us to establish a contact anywhere in the world. Due to the improved quality of medicine, we live longer than our ancestors. Education has become more accessible: there have never been so many literate people on the planet.



It seems like we are incredibly lucky to live in this age, yet just by looking at the statistics of mental disorders, and various addictions, concerns arise leading to a rather disappointing realization.



We live in an era of unhappy people.



A hundred years ago, only a few people could grasp such concepts as stress, phobia and depression, but today they have become a part of our lives, reaching epidemic proportions.



Nearly 800000 people commit suicide every year. Every 40 seconds someone gives up on living because of despair and hopelessness.



300 million people suffer from depression. In India alone, there are about 57 million people suffering from depression.



70% of Russians, 85% of Britons and 90% of Americans experience stress on a regular basis.



Every fifth European suffers from chronic insomnia.



In 2000, there were 140 million alcohol abusers in the world. In 2018 – 237 million. It is projected that there will be more than 500 million alcoholics by 2050.

It turns out that the scientific progress simplifies life but does not contribute to the attainment of happiness. Even though modern technology allows us to globally expand the social circle and make friends around the world, people lose touch with each other. They are becoming more aloof, lonely and insecure.

A quarter of Americans admit that they have no close friends. According to the scientists of Harvard University, in 15 years the number of lonely people in the United States and Japan will reach 45% and 52% respectively.

Why then, despite the surrounding abundance, many people are unhappy?

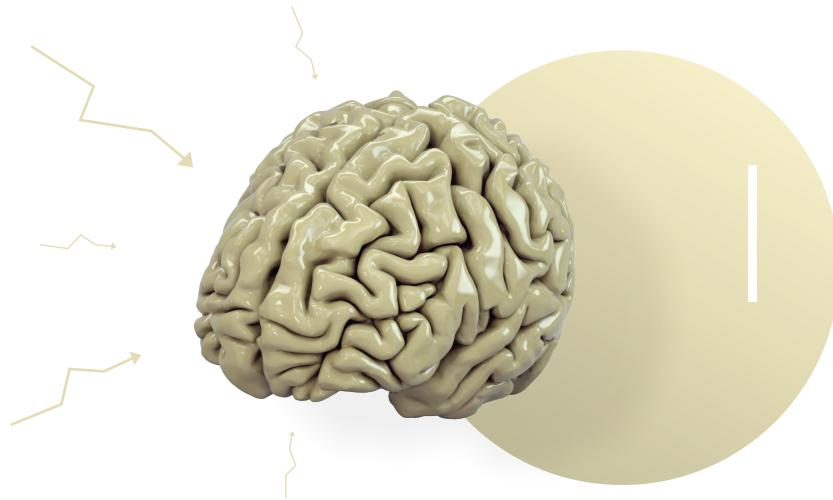


DESTRUCTIVE THINKING

Being alone, some people try to refocus attention by holding on to a smartphone, surfing on the Internet, playing games or listening to music just to stop negative thoughts.

1

Such a lifestyle sooner or later leads to a nervous breakdown, causing stress, insomnia, chronic fatigue and depression.



2

ANXIETY

The 21st century human doesn't know how to stay calm. Body and mind are constantly tense. A person cannot think positively or constructively: an endless rush and the need to process huge amounts of information every day fuel concerns.

Just as a muscle strain that begins to ache, the anguished mind also experiences pain. The pain of the mind is expressed through destructive thinking patterns.

What is the cause of anxiety
in our mind?



FEAR

Anxiety is caused by fear. Fear is the body's natural response to a threat. Within reasonable limits, it protects us from danger.

In ancient times, a human was afraid to suffer a physical pain: to lose one's life or damage health. The harsh climate, the destruction of the crop, enemies and wild animals only exacerbated the fear. Today, in most countries, it has lost its relevance. However, the fear did not go anywhere - a new source of fear has been found.

3



What are we afraid of today?



In the 21st century, the world is affected by the fear of losing livelihood. Because of this fear, people deal with jobs they hate, commit crimes and lose sanity. Sometimes this fear is even stronger than the survival instinct: many people are ready to rush into a burning house in order to take out money and valuable things.

Various business giants exploit this fear by creating a cult of material success and consumption, establishing a dictatorship of fear over mind. A person with poor financial well-being becomes an outcast: the status is lost, just as respect and the ability to consume.

According to statistics, the most common fear among the citizens of Russia is associated with rising prices. The threat of World War ranks second.

This fear spreads like a virus that penetrates the human mind. It can be described as the Lack of Financial Security (LFS) virus. If untreated, the LFS virus can lead to a deterioration of physical and mental health or even death.

Financial instability, debt, unemployment are the most common causes of suicide in Japan.

FREEDOM FROM FEAR

You cannot live life to the fullest if you regularly experience fear – a source of anxiety and destructive thinking. As a result, a person can't evolve and set high goals.

The only way out is to get rid of fear. Freedom from fear opens the door to a completely different world in which there's room for communication, creativity, joy and love.



Intentions are not enough to eliminate the fear. It is necessary to eliminate the cause of fear.

FINANCIAL SECURITY

So, we have realized that the fundamental fear of the 21st century is the fear of losing financial well-being. The reason for this fear is a poor security of material interests, namely the Lack of Financial Security (LFS) virus.

Who is affected by the LFS virus?

Today, not only individuals, but entire countries are affected by this virus. We see signs of this illness everywhere: the inability to pay off debts, lack of funds for basic needs, the threat of losing money.

A person exposed to the Lack of Financial Security (LFS) virus can be easily identified. Anyone who is at least sometimes worried about the financial situation is no longer safe. The LFS virus causes fear, anxiety, and uncertainty about the future.



The mistake of people affected by the virus

Fearing for one's Financial Security, a person begins to work more, staying up late at work. This leads to fatigue and poor health, sabotaging family life. Yet the fear does not go away, it only grows – as if a vicious circle.



Money is not the answer

The existing monetary system is extremely vulnerable and unable to provide long-term stability. Inflation, trade wars, economic and political crises deal ruthlessly with national currencies, ruining the welfare of countries and destroying the lives of millions of people.

Venezuela is a prime example of this. The country is in a deep economic crisis right now. Massive inflation that exceeds 2,600% deprived citizens of their savings, turning local banknotes into worthless papers. People do not have enough money to buy essential goods, they leave their homes in panic and migrate to neighboring countries. Many people resort to hitchhiking, some go away on foot, without even having funds for transport to reach a new place of residence.



How to protect yourself against such a risk and gain confidence in the future?

Answer: achieve Financial Security.

Financial Security is a state in which you are protected from the threat of the 21st century – the loss of livelihoods.



When there is no danger, there is no fear. Along with fear, anxiety and destructive thinking vanish. The quality of life raises to a whole new level. New horizons open up for you.



- ✓ Having achieved Financial Security, you no longer need to worry about the future.
- ✓ There's no need to exhaust yourself with hard work.
- ✓ There's no need to borrow money.
- ✓ There's no need to escape reality, it ceases to be hostile.
- ✓ You can spend more time with your loved ones, more time for rest and self-development.
- ✓ Strength is boosted and health improves.
- ✓ Money for the realization of desires becomes available.
- ✓ Thinking becomes more positive and your goals – global.

We have been specializing in professional Financial Security solutions for more than 10 years.



We have the answer to the question
“How to protect yourself from the LFS
virus?”

