

The background of the cover is a vibrant, abstract mosaic of various colored shapes, including triangles, squares, and irregular polygons. The colors range from bright primary colors (red, yellow, blue) to more muted tones (green, purple, pink). The mosaic is layered, with some shapes appearing to be on top of others, creating a sense of depth. The overall effect is a colorful, textured surface that resembles a collage or a piece of modern art.

# Best After

**Basic Instructions  
on Being a Human**

**Eini Neve**

Best After



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Basic Instructions on Being a Human

**Eini Neve**



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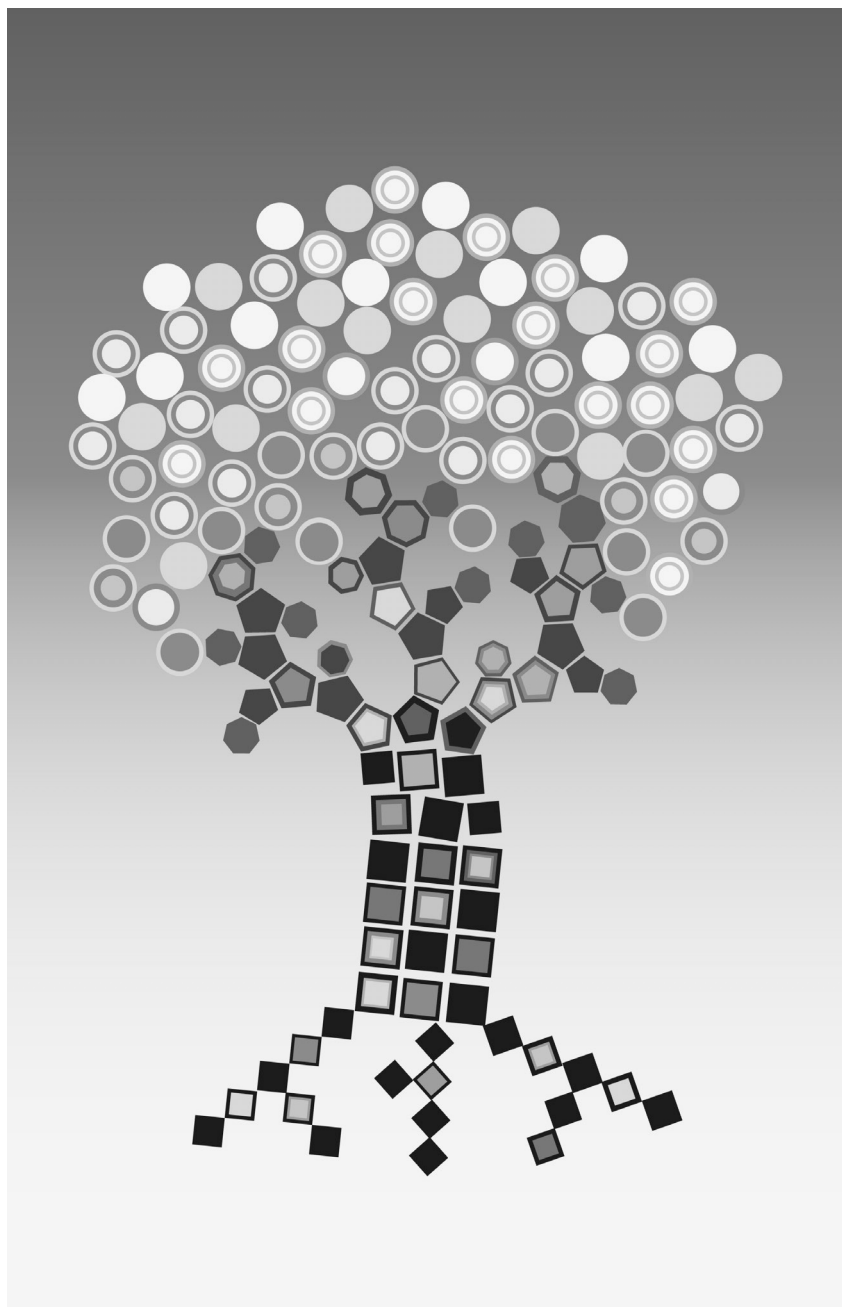
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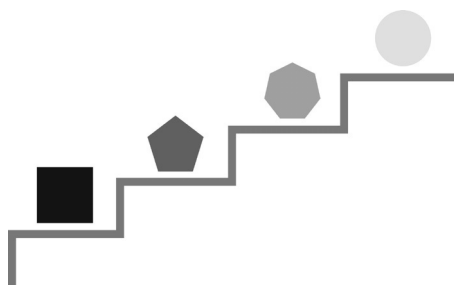
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# 1 Getting started

You will be able to cast a foundation for proper human existence and maturation with these teachings. This book is like a sack of concrete, which gets its water from your reading. From that wet concrete, you will cast an even slab floor as a basis for your mental health and maturation into an authentic adult.

Some cast their foundation on solid ground, while some have a plot that is more challenging. Perhaps a soft or wet ground requires pilings or a steep cliff plot extraction. Challenging construction sites belong to at least those who are dispirited, depressed, easily irritable, constantly angry, guilt-ridden, inefficient, or perfectionists. They need to work slightly harder, and the first part of this book is particularly for them. On the other hand, everyone benefits simultaneously from these early teachings.

This kind of foundation casting theory ought to belong to every person's basic syllabus. Why? Because in roughly 40 percent of families, children get an upbringing, the damages of which are being solved late into their adulthood — if they even get solved. Stop and think about that number for a second. Don't you agree that 40 percent is a huge number? Almost in half of the families, children don't receive sufficient instructions for life. It seems mind-boggling that societies maintain such a blind spot and don't try to stand in for this limitation, for instance, during the children's compulsory education.

What price does mankind pay for the fact that nearly half of its people are missing the basic teachings of how to exist as a stable, contented, and mature human being? The price paid shows itself as bullying at homes, schools, workplaces, and on the internet. It manifests itself as mental health issues. It is visible from the early retirement numbers due to mental health reasons. Take for instance Finland, a small Nordic country with a population of less than 5.5 million, yet 16 people retire early every single day due to mental health reasons (Finnish Centre for Pensions; statistics 2012 and 2013). Early retirement figures due to mental health problems are similar in all the developed, Western countries. This is a second point for you to consider. Aren't such rates alarming? These high level early retirement figures don't even include those who persevere all the way to the statutory retirement age despite their unhappiness and mental problems. These figures don't include those who never retire. With that I am referring especially to those who are victims of self-destruction. These all are some of the indications that nearly half of the people haven't built their houses — that is: themselves — on an even slab. It is hard to build when one doesn't know how to do it.

A negative, unhappy life attitude is widespread. If there was a common root behind such unhappiness, what would it be? I believe and will try to convince you while reading this book that at least one major cause for such unhappiness is deficiency in social maturation. Social maturation could also be called maturation into an authentic adult. Similar findings have been made before. For example, psychiatrist *M. Scott Peck* has earlier said something similar when he expressed that growth in mental health and growth in spirituality is one and the same thing. Spiritual growth and maturation into an authentic adult have, in fact, much in common. The main connecting factor is a highly developed ability to put oneself in another person's shoes. Perhaps spiritual growth and maturation into an authentic adult is also one and the same thing.

Imagine that maturation into an authentic adult is depicted with a long segment, along which one moves as he matures. Then let's put a negative, unhappy life attitude at the beginning end of that segment. From that segment end, we should drag ourselves towards the

This book ought to be a part of every human being's upbringing. No one should be withheld from information on how to cast a solid foundation for one's mental health and maturation into an authentic adult. This book helps to improve self-worth, straighten distortions in thinking and update the outdated silent assumptions. The section on maturation into an authentic adult reveals that some of us are still in a sticky "pudding", while some have budded into a "grain of sand". A brief overview on personality disorders represents information that makes it possible to avoid difficult relationships. This book also helps in finding a purpose in life. That purpose can be found after one first learns to recognize one's basic desires. The final section of the book describes secrets of positive people and the three types of happiness. The basis of this book rests on the classic literature in psychology.

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