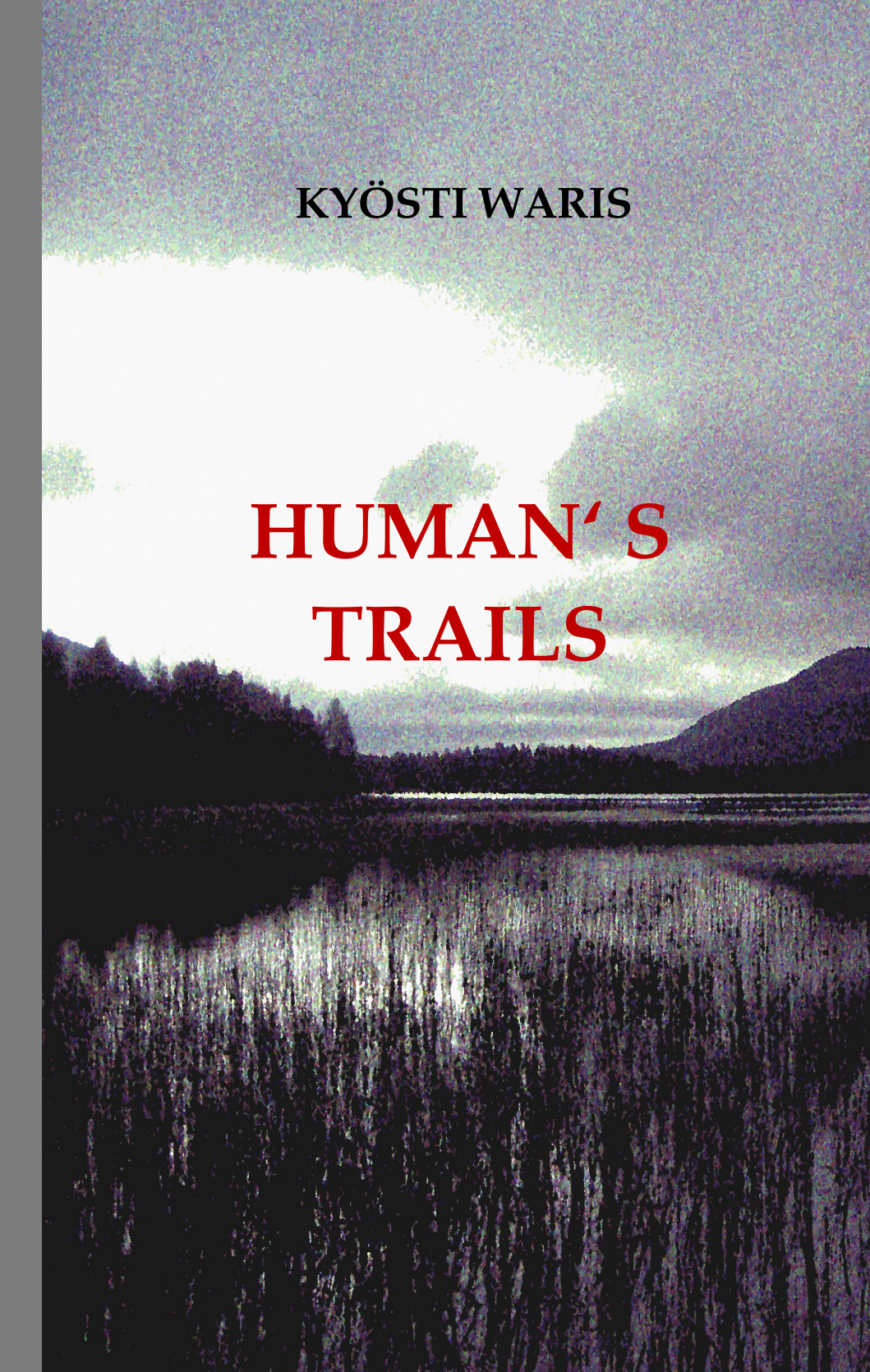


A landscape photograph of a lake at dusk or dawn. The sky is filled with dark, heavy clouds, and a bright light source, likely the sun or moon, is visible behind a break in the clouds, creating a strong glow. The light reflects on the surface of the lake, which is calm and mirrors the sky. In the background, there are dark, silhouetted mountains and a line of trees along the shore. The overall mood is serene and atmospheric.

KYÖSTI WARIS

**HUMAN' S
TRAILS**

HUMAN'S TRAILS

To Human – with Friendship

Author

Kyösti Waris

Human's Trails

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Kyösti Waris

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"Gnōthi seauton" - Know Thyself

A famous aphorism in ancient Greece

Anyone Is Nothing

An aphorism by farmer **Antti Rannanjärvi**
Southern Ostrobothnia Finland, 19th century

In human relationships, love and truth are important. However, the truth is not always love, honesty towards oneself is.

Autor

*I felt a breath of the eternal wind, the whisper:
"Write now if you think you know something". –
I did and came to know the weaknesses and limita-
tions of mine: the neglect and violations of the hu-
man's soul (the child).*

*When a human causes harm to others, he or she
understands having done wrong and is sincerely
sorry. He or she wants to repair the mistake and
the damage as well as to behave better - like a hu-
man. A fake human (imitator, robot) does not un-
derstand that way. He or she will continue to de-
stroy, furiously looking for his or her own benefit
until forced to stop.*

Author

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For the Reader

Iwrote in this book some of my publications of the past few years. They were published on my website and some of them in a local city magazine. The dates of the writings refer mainly to the publications on the internet. The writings are arranged from the newest to the oldest one. I have made some changes to this edition.

In the writings I tell my opinion, not only on everyday topics, but also on philosophical questions relating to people, society and life. My idea has been to take advantage of my knowledge and skills, observations and life experiences that I have got over the years.

One of the remarkable experiences for me was to participate in a discussion concerning



KYÖSTI WARIS was born in Lahti 1946 and graduated from Lahti lyceum. He has completed his doctoral degree (Ph.D.) majoring in psychology and sociology. He is a social scientist, psychologist, sociologist and a health care professional. He specializes in mental health care, in work and organization psychology and in psychology of occupational health care. He is an expert of work-related issues and he has got the training of work mentor.

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He has worked as a psychologist and a Senior Adviser for the National Board of Labor Protection, Ministry of Social Affairs and Health and Ministry of Labor. In the administration his duties included, among others, strategic plans for promoting people's mental wellbeing in work places (mental labor protection).



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