

Audio book in chinese

📺【有声书】《少有人走的路：心智成熟的旅程》| 帮助过千千万万痛苦的人走出困境 | The R...

To be mature in mind and action, you will need to face the difficulties and challenges all the time.

### 1. Why being mature is difficult?

A mature person: face the reality and address the issue, confident ( not arrogant), introspect, be alert and ready for bad things, etc.

If we just escape from the reality and pain, we will never be mature in mindset.  
We might feel bad/down, even though our body is in good shape.

### 2. How to become mature?

Discipline :

- 1) delay satisfaction : deal with the problem first
- 2) be responsible
- 3) be honest and truthful
- 4) be balanced : show/release the emotion when necessary, know current priority and adjust yourself accordingly(to give up something less important)

Love : it drive the discipline

### 3. What is the ultimate goal of being mature?

Figure out your true intention : listen to your subconsciousness, respond accordingly