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I met my younger self for coffee this morning.

We were both very nervous about the meeting process.

We ordered a caramel macchiato, I ordered an iced oat milk latte.

We told her how she can't wait to get out from under our parents' house and move out to her own house but for her house. (We told her she no longer lives in the under those strict religious rules and the longer have her parents or her strict beliefs of it.)

We asked if we are okay?
Told her most days yes, she was being a little bit more confident than we imagined but the joy of being our family hurts a lot some days.

We asked her if we called the guy from the concert?
Told her YES! And how the past makes 20 years with her. He's better than we ever could've imagined! I show her pictures of our beautiful life now and our two beautiful children.

We were feeling excited, nervous and a little sad about her future.

We were feeling grateful for all we've been through and for being here and that we're.

Hope we meet again soon.

00:00:00:10

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I had coffee with my younger self.

She was right on time, I was 2 minutes early.

She ordered a sugar free red bull, I ordered a matcha with honey, cinnamon, and organic whole milk.

We asked if we just wanted our anxiety, hormonal acne, bloating, fatigue, and Hypothyroidism.

I told her we're fully healed, but now we're diagnosed with the same.

We asked if we ever moved out of our home town.

I told her we moved to a few big cities and currently live in LA in the suburbs.

I hope I get to have coffee with her again soon.

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I met my younger self for coffee today.

She showed up 11 minutes early, so did I.

She ordered an iced caramel latte, I ordered an iced americano with honey.

She wore athletic shorts and a long t-shirt, I wore a suit.

She told me she wants to be a psychologist when she grows up so she can help people.

I told her I went to law school & was a Public Defender.

She told me her family of 5 still lives in an apartment, I told her I own a house & so do my mom & dad.

She told me her dad's business is struggling, I told her my dad owns 3 businesses.

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TikTok Therapy Dr. Jonas E. Halberg, 2025-08-11 Discover How a Digital Phenomenon is Reshaping Young Minds In the era of endless scrolling and fleeting moments a new form of storytelling has emerged one that fits neatly into 15 seconds This book delves deep into the fast paced world of short form content revealing how platforms like TikTok aren't just about entertainment but are influencing the very way Generation Z thinks feels and connects Explore the science behind shrinking attention spans and the powerful algorithmic loops that shape self expression emotional health and identity in real time Through engaging analysis and real world examples you'll uncover the complex dynamics of instant validation digital communities and the delicate balance between creativity and mental well being From laughter that serves as emotional medicine to the nuanced ways trends act like mirrors reflecting inner struggles this book invites readers to understand the hidden layers beneath seemingly simple video clips It challenges assumptions and highlights the ethical considerations involved in blending mental health conversations with viral content Whether you're a parent educator or curious observer you'll gain valuable insights on how TikTok's rapid fire content influences learning memory and social interaction Moreover you'll discover strategies for mindful engagement that can transform scrolling from mindless habit to a tool for positive change Step inside the world where culture technology and psychology collide and witness how 15 seconds can define an entire generation's inner landscape a world where digital therapy meets everyday life in surprisingly profound ways

Filterworld Kyle Chayka, 2024-01-23 The story told here is instrumental to your own Jared Lanier Timely erudite important Ayad Akhtar What happens when our cultural and artistic lives are dictated to us by an algorithm What does it mean when shareability supersedes innovation How can we make a choice when the options have been so carefully arranged for us From coffee shops to city grids to TikTok feeds and Netflix homepages the world over algorithmic recommendations prescribe our experiences This network of mathematically determined choices the Filterworld has taken over almost unnoticed as we've grown accustomed to an insipid new normal But to have our tastes behaviours and emotions governed by computers calls the very notion of free will into question Internationally recognized journalist and New Yorker staff writer Kyle Chayka journeys through this ever tightening web woven by algorithms He explores how online and offline spaces alike have been engineered for seamless consumption How the lowest common denominator is promoted at the expense of the complex diverse or challenging How users of technology contend with data driven equations that promise to anticipate their desires but often get them wrong How the Filterworld is determining the very shape of culture itself Chayka skilfully and compellingly traces this creeping machine guided curation that influences not just what culture we consume but what culture is produced In doing so he attempts to answer to the most urgent question currently facing us is personal freedom ever again possible on the Internet Filterworld is a fascinating history of the rise of the algorithm and an important investigation into where it could take us next if we let it

Neville Goddard For Blockheads and Lazy People Jakab Zoltán, 2025-05-28

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