

# DESTINY



SWATI KHARE NIGAM

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# *Before I begin*

With due respect and regards firstly I thankful to my father shri Arvind khare, my Mom smt. Rita khare, My inlaws Dr. Ashok Nigam, smt. Laksmi Nigam, My pillar, supporter, my husband Manish Nigam, love to my siblings, preeti Khare, Nishant khare, Mansi shrivastava, Shruti, shubham shrivastava, priyanshi shrivastava my brother Harshit Khare and My sister Ankita Bhatnagar, My sisters in law.

Anjali Nigam, Sonia Nigam, My motivater shri Balgopal Nigam My jijaji, My idol late P. Tiwari ma'am who was my principal, also my Grandparents shri Kashiprashad khare, and smt. shanti khare.

My dearest loving daughter Angel who is not only angel by her name but actually an angel for me, who always supports me, have patience and help me to do what I would like to do, blessed to have these people in my life.....

My first novel named as "Liabilities of Life", This is my second novel, Its a non-fiction book, where I wrote my experiences which really help the people to know about the reality of life, I am really glad that you pick this book to read as this book is the result of my determination for this book, It's a research on many cases and I hope you all are co-related with these situations.

This book is actually a literature of life, I hope that after reading this book, some of yours thoughts and view will change forever, To my all the precious readers, I am thankful if you write yours suggestions, critics on my mail id I.e [swatinigam500.sn@gmail.com](mailto:swatinigam500.sn@gmail.com) for further better improvements.

SWATI KHARE NIGAM



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# *Deal or No Deal*

Whatever the Things that are happening in our life or things that are happening in the world right now, especially the ones which is covered with pompous show of status and class might seem like a really big deal, right? We give the priority which is very important to us, and what is actually very important??, some things or work seem very important to us, but why? We can say that's because "they are important" or they are really "big deal", as may be because its gives you money, name fame or something for yours livelihood, but usually it's the fact that we think about them that makes them important.

We elevate its importance is what's being called "The important work". As if it's not done, it will make us unhappy this is one of the most interesting cognitive biases and the very powerful one. Differently able are often unhappy, but they are not unhappy all the time because they spend most of the time experiencing life as what they have, and accepted it.:

They think about other things than their disability.

When we think of what it is like to be a paraplegic, or blind, or a lottery winner, we focus on the distinctive aspects of each of these conditions. The mismatch in the allocation of attention between thinking about a life condition and actually living it is the cause of the focusing illusion.

Like when focusing illusion might present itself.

Thinking that more money can make you happier, and thus making more money is essential?. Thinking that buying a bigger house or a new car will make your life better? Feeling excited about a new shiny device, believing that new features are the utmost importance for you? Thinking that living in a better environment make more progressive results in future?

If you pause for a second and think about it, you can doubt whether anything that you feel is important, is actually important. Try to remember all of the things that you felt were a big deal. Were they?

It's also one of the things that makes it really hard for us to evaluate our own happiness and well-being or that of other people. One students were asked two questions, one about their overall life satisfaction and another about satisfaction in a specific component of life—dating.

We could probably assume that the sequence of questions should not affect the answers, and indeed that's was the case when the students were asked about overall life satisfaction first, but when being asked about their dating life first, the answers about overall life satisfaction were highly correlated with the answers about dating life.

Which means that by focusing on their dating life, students elevated it's importance and thus measured their overall happiness based on it. Other studies found that similar things happen when we ask questions about marriage, health, and pretty much any aspect of life.

One important thing to keep in mind, is that as human beings, we have a tendency to focus on the negative. Combine it with the focusing illusion and we have a time-ticking bomb. We start to assign a lot of importance to the negative aspects of our life, our partner, our job, our marriage, etc.

And it's a vicious circle because the more we think about that particular negative thing, the more important it becomes to us and so we think about it even more. That's one of the clearest ways to depression.

So anytime something feels like a big deal—ask yourself “Am I making it important by thinking about it?”

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