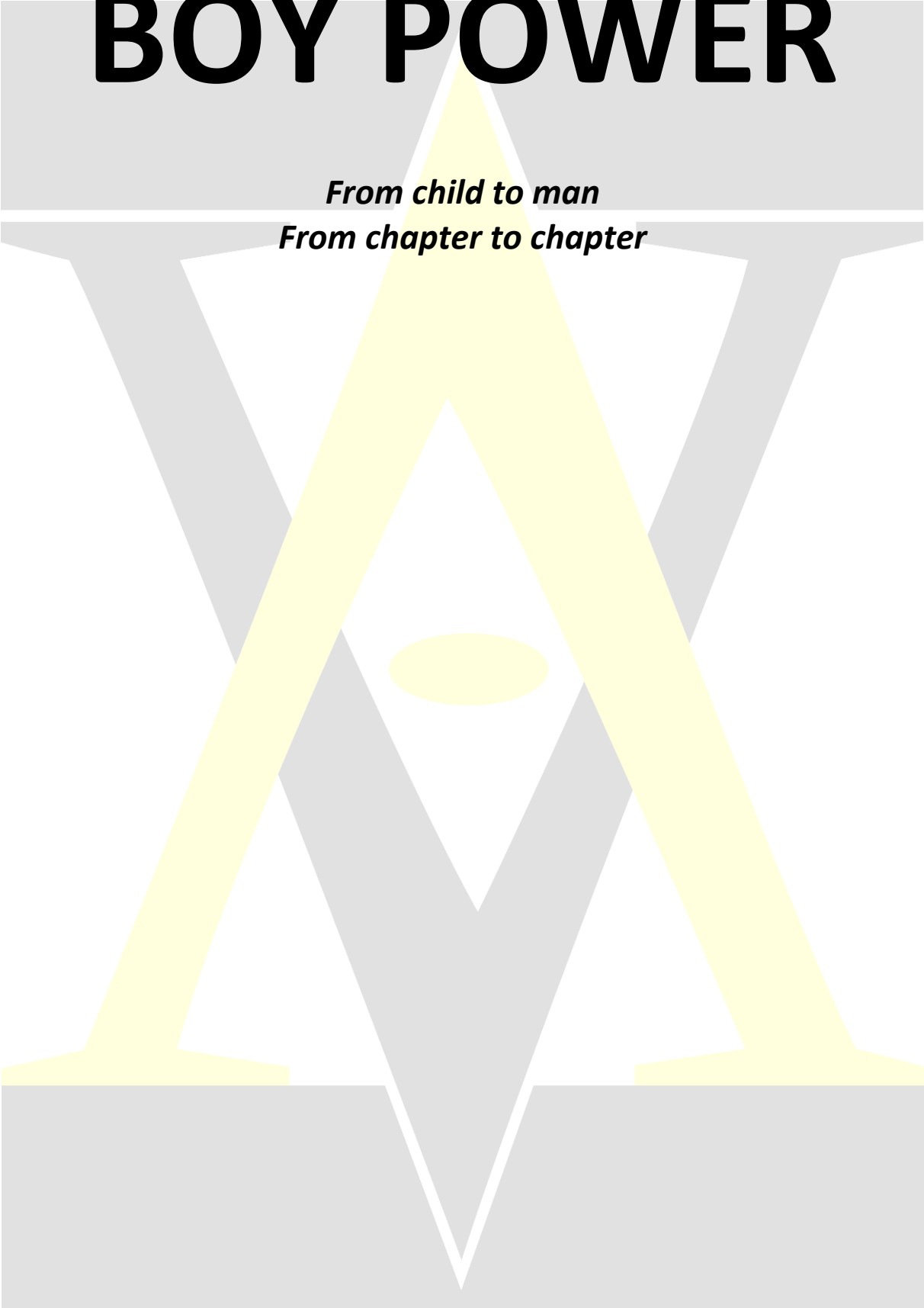


BOY POWER

From child to man
From chapter to chapter



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Word of thank

I would like to pay my respect and thanks to the many people who did help me with writing this book.



Difference between East and West puberty in boys

When we compare the position of the childhood boy of the West and the East we see big differences. In the West a boy is just a boy, he has no real pressure to create a position, not much pressure from his parents to reach the best position in school but also there is no difference in his position and that of his sisters or other family members. The difference between girls and boys hardly exist. When you read on it will become an even greater surprise to see the differences of the boys in time of puberty.

Chinese boys suffer (?) of different pressures. First of all the force of motherly love. A boy in China is often victim of his mother's extreme love and care. Yes, extreme because most mothers pamper their boys to the extreme. Often the boy does not need to do anything in the house and his 'orders' are followed as precise as a soldier will do when following the orders of the General. Boys hardly have responsibilities in or around the house and in social ways.

The real pressure a Chinese boy has is to be the best of the class, to score the highest possible marks in school. In fact in a Chinese boys life the only real pressure comes from the school system. The constant force of examinations and competitions between students gives a high but controllable pressure to the young boy.

To most people the mothers care is not a good or bad question. The fact is that no good or bad is applicable in this issue at all. We discuss this as a part of the development of a free spirit and not as a good or bad issue. When a boy is constantly pampered by his mother it will create a rather unnatural emotional instability and dependability in the boy. He will develop a natural attachment to the mother that is stronger than his longing to set up his own independent family. With other words the emotional freedom of a pampered boy is limited.

In current China we can see that many mature men have emotional problems to connect with a future fiancée or even get married without the approval of the mother. It is a well-known fact that the mother in law is often a nuisance to the daughter in law, something that is very destabilizing to families and leading often to divorce.

Western boys, when entering the puberty, behave completely different from their Chinese counterparts. Most Western puberty boys become hard to deal with, irresponsible and very hard to get them to study well. Their behavior is in many ways contrary that of Chinese boys. The hormone level of the Chinese and the Western boys are scientifically proven the same. In fact we have no biological scientific reason why the boys are so much different in behavior. It is only possible to explain the differences from an environmental point of view. In this book we will try to give that explanation.

BOY POWER CHAPTERS

1 / The first signs of change

When does a boy turn to be a man? Most readers will think that it all is happening during the "most important part" of the life of every man, his puberty. But when we study closer the general lives of men we will discover that puberty is only a physical change in the life of the boy to become a man. Most men will only turn to be a real man at around age 30 – 35.

In this book we will treat puberty as what it is in the current society, the first step to move from boy to manhood and not as the most important step in life. Males are always behind the females. The

first time we are losing out in speed is the moment of conception. To become a male we have to move as embryo through the feminine state before we create the male organs. As man we have to move on one extra round.

This extra round comes again when we get into puberty. The girls around you seem to become woman faster than you. Friendships between girls and boys slowly turn sour and it is no longer easy to share your life with lady friends. The time you could walk hand in hand or even embraced each other is over. For most it will be a time that you get hurt deeply by people you love the most.

When you enter puberty it is like entering the real battle field of life. You will have fights, arguments and sometimes worse with people you normally like, respect or love and sometimes you even do not know why it all happens. Everyday you wake up not knowing which way your mood will swing and what you will go thru in emotions. Life becomes a roller-coaster of daily emotions and contradictions.

Your puberty and the relationship with your parents all depends on the environment and, most of all on, the way your parents have treated you from birth till now. Important questions such as ;

A – are your parents happy together

B – are you a single parent child

C – you spend most of your time alone or in (good) company

D – your environment with friends or enemies

In our China we also have to consider the school as an important part of our changes in life. The system does not leave us much space to focus on other things than our study. Schools presses us to have top performance every day and the best marks. To archive this we need to what is with all our friends and others.

To grow from boy to man in current China is not easy. Being a boy brings a lot of responsibilities for the future and also a lot of pampering from female family members. Due to the single child policy, which will be changed in the near future, a boy has no chance to enjoy the large family and the social systems which are related to that. A more pressing problem is the fact that often the father is not available for his role as parent and the son cannot focus on him for a proper development as male. With other words the fact that your father is often not home makes you have a missing factor in life.

Being a male means that you are always in competition with other males. The first competition is delivered in school by your grades . But the male spirit is more challenging. We want to be involved in adventure, in fighting and dangerous things. To explore and create is our nature. But this nature is suppressed by the female around us who do not wish us to be harmed. All their efforts to keep us away from harm is giving them a feeling that they do care much for us, to show their love to us. We need to be grateful and thankful but how often do we get irritated and want to go against all what they do for us just to show we are no longer a child. You will have the feeling of aggressive behavior that cannot be explained , an unreasonable feeling of being misunderstood and want to destroy something. These feelings are confusing but reality of the changes to become a man.

On our way ahead to manhood more dangerous challenges are awaiting. One of the most destructive is addiction. In my book Addiction I describe clearly all dangers of this, in this book I will mention some slidely to make you clear what is ahead of you.

In this book we will make steps as you will do in life.....

A from playground to sport field

Remember the time you were playing outside ? It was a nice time. Surely not for all of your friends and people you know. Teasing and fighting with kids from your age or even older was no fun or what

about an over active teacher who did correct us all the time. At home you got the worried parents and who urged you all the time to study hard. Sometimes we loved the care and sharing from our family and friends. At other times we were tired and wanted change.

Now you have reached an age that you are too old for the playground and too young for the adult world. An awkward feeling to know that you are an in-between all the time. Often you look at the kid on the playground and want to join them, play like you always did and enjoy the leisure time. But inside you there is a little voice calling you back. The voice is telling you that you are no longer a part of that and you need to move on, find another purpose in life.

Some boy will show the fact that they miss the playground a lot by teasing and harassing the little kids by disturbing their play and sometimes even destroy the happy time the kids are having. It is a form of jealousy that they are no longer able to enjoy this unconditional freedom of being a child.

When you move from primary to secondary school the playground becomes a sport field. From a little competition and gaming all becomes competition. No longer a free spirit but a team player or an individual competitor is made from you. Many boys do not like sport due to the never ending force to compete with others. If you are not good in a sport you surely do not want to compete in it , right ? But the teachers demand a competitive approach in nearly every sport.

Becoming and being an adult is all about competition. To get yourself a girlfriend is not easy and often you have to compete with others to get the hand of that girl you want, even it is just for friendship. You will have to compete to get her attention and later also her time. If girls are not of your interest you need to compete in other ways to get male friends. Get their time and attention. When you have their attention you will constantly compete for who is the strongest, the most intelligent, the fastest and so on. Boys and men are always in competition with each other for nearly everything they do. To understand and control the competition is one of the purposes of growing up to be a man.

A sport field maybe not the place you will exhale your besrt results but it will teach you more about life. Are you standing in the filed being a mature person, a muscular / strong man, maybe a tactical / tricky player, a fast person or one who will try to cheat himself out of the game. If you are a player you will take time to be better in the game and study its rules and regulations, train harder to become better. If you do not like the game you will search for alternatives to avoid playing, become a different assistant to the team or maybe a person who wish to be a leader. When you start every option is open. It is all up to you.

The adulthood is the same. You will never have a moment of peace when you are with more than one men in a place. You always have to compete for even the most silly thing. For instance ; who is the first at the coffee machine. In an office or a factory the competition is all about who is faster or more productive and the harder you work , the more people will consider your leadership or importance. You are as important as your deeds and not your words.

But not all persons play fair. You know from the game there are many who cheat in the game, who play along the lines and skip corners where possible. It is you who need to decide what kind of person you wish to become.

B when boys are no longer boys

Upon a time in your life a boy will be no longer a boy. There is no exact time we can point to as the moment of turn over. Boys become men due to experience and emotional change. It is possible to give some moments in life of which we are sure that they will have great impact on the change.

- a- falling in love and being in the love affair
- b- breaking a relationship and this may be a good friendship or a love affair
- c- the death of a love one or best friend
- d- sexual events. Hereby we have to remark that these have to be voluntary and not forced !
- e- great stress situation at which direct action is needed, these situations can be of financial cause but also a fire, car accident, violent happening or else.

These events have a drastic impact on the mind of a boy. The main reason is that under mentioned circumstances the boy will have to make decisions of which he knows will have a permanent impact on his life. At such moment the boy realizes that he will never be the boy he used to be as he will have lost his "innocence". We can say that the not the event itself is causing the change inside the brain of the boy but the natural hidden response.

A boy's brain has not grown up yet but there is already a core of manhood. For some persons this manhood can be suppressed by him or the environment for a long time. This suppression is cause by pampering of direct influential persons like the parents or care takers.

In the past there was a specific moment where boys became man after passing a test. These tests were called initiation rituals. In current days we still can find these rituals when you wish to enter a special club or even a University. Passing such a test implied that you past a certain barrier, you did cross the border between a newbie and a member. Becoming a member of a special group gives members a clear distinction from all others. Currently there is no such thing anymore for a boy to be tested and become a man in China. In other countries you still can find this rituals, or parts of the original.

-----\here I want a sample of such a ritual/-----

Love can change a lot in a boy's brain to become a man. In other parts of the book you will read of self-satisfaction and the importance of that to understand your own body and responsibilities in life. But falling in love is something different from having a sexual encounter. You can fall in love without ever get a return. Many people fall in love with a movie star, a teacher or a person you see as very special. That is all very normal. It is said that more than 60% of all boys and girls fall in love in puberty with a person they will never be able to reach. Age difference her does not matter as there is no real physical contact. As long as you realize that there will never be any real chance for you to be close to that person. It is important to keep distance from persons of whom your age difference is more than a few years. The reason is to avoid problems for both parties. Firstly to protect yourself from most unwanted and unpleasant experiences such as sexual harassment or even worse and second to avoid embarrassing the person with your unexpected and often undesirable attentions. In our current world adults are often in danger when confronted with "fans" with a high age difference. For tem it could cost their job or more. They will be often rather ruse or even angry to avoid any suggestion in that direction. Be aware of this and you will safe both faces.

Breaking a relationship is another moment in life your decision will have a long term impact. Breaking a longtime friendship changes your life directly and you can feel the impact almost instantly. Your days will be less filled with his or her attention. It will leave you with (many) empty moments in which memories of good times will hunt your mind. These emotional moments strengthen your will power but also challenge your emotional stability.

Breaking a love relationship has an even deeper impact on your life. You have shared more than moments of friendship, you're feeling was deeper. It was a "matter of the heart "we can say. Love is something we feel not only in the brain it has a direct effect on the chemistry of our body. When you fall in love you have the so called "butterfly in your stomach ", this is a chemical reaction of your body on an emotional situation. In your brain some chemicals are produced which stimulate your neural system, this stimulation causes all kind of strange feelings in your body that makes you feel more happy and more energetic. When you break a love relationship the exact opposite is happening. Your body will produce chemicals that will make you feel down and depressed. Both situations come and go and never will take longer than a few weeks or months at the most. Time has always been the best healer. But you do need to share your feelings to improve a fast recuperation.

The death of a love one can shake your world severely. Suddenly you realize that life is only a short and ending happening. You realize that the person you was so much use to talk to or maybe even admire is no longer available for you. He or she is gone. Sometimes that will leave you with many responsibilities. If that person is a close family member the event has an everyday impact on you. Maybe you have to take over a lot of duties and responsibilities or you have to continue a task.

Sex can make a boy into a man. Being with a woman makes a man to a leader. When you are a male you should take initiatives and at the same time learn to know the borders of what is allowed and wanted and what is not. During your first sexual contacts you need to know what you like and prefer but also listen to the wishes and demands from your partner. When you are young sex is an adventure that needs to be explored well. You have to take your time to try all kind of movements and positions to see if you and partner fit together. In the past the man was only interested in his own satisfaction and did not need to care of the woman's wishes. Time is changed and the man must consider the wishes of his partner well. Satisfaction is no longer a man's happiness. It is the duty from the modern man to take well care of the final satisfaction of the woman.

Great stress situations are very important triggers to grow up instantly. When you encounter a situation that is very stressful, such as a bankruptcy, a natural disaster or accident you have no time to think but need to respond instantly. This situation (except the bankruptcy) has a minimum response time and every action you take has a large impact. Your decision is important and could influence the life of others. At such moments being a real man is most important. There is no time to play or be a boy anymore.

C what is happening, changes that occur

2 / changes in your body

Your body is an important vehicle in which your mind houses. Slowly you become aware that from boy to man is also a physical step. Many things will change and these changes are not all so very nice. You will gain some and lose some it is said. Your voice will change, most of the time this change will

influence anything you do in singing classes. A changing voice can end any career or wish to become a singer.

Your hair start to grow on many different places, sometime itching or irritating your skin especially in your face or groin. Muscles all over the body starts getting stronger, hand and feet grow and so many other parts slowly change.

A **the phases of change explained**

When the first signs of growth start your body will get covered with short hair and in your face some flossy hair starts to grow. Chinese man has lesser hair growth than other races. This has some advantage as you do not need to shave that often. BUT if you want to be hairy you can start shaving and the hair will respond in faster growing back. Most hair will grow under your armpits and in the pubic area

The first and main phase of puberty is the start of growing gonads or testicles. This process is set in motion by the pituitary gland which can be seen as the time capsule of change. The tasks of the testicles are to

- a. Produce hormones which, cause the development of gender-specific traits, and cause the development of secondary sex traits such as Testosterone.
- b. Produce gametes (sex cells = sperm)

Testes in young boys change little in size from about 1 year of age to the start of puberty. They are averaging about 2–3 cm in length and about 1.5–2 cm in width under normal temperature. Testicular size increases throughout puberty. They will reach maximal adult size about 6 years after the start of puberty. After the testicles have enlarged and developed for around one year, the length and then the wide of the shaft of the penis itself will increase and the glans penis and corpora cavernosa start to enlarge to adult proportions.

Corpora cavernosa

The corpus cavernosum are both placed along the length of the penis shaft from the pubic bones to the head of the penis. The spongy tissue fills with blood. The blood comes from arteries down the length of the penis. The blood fills the corpora cavernosa. This causes it to swell. When swollen, it holds 90% of the blood involved in an erection. This increases both the length and circumference of the penis. Blood can leave only through a system of veins around the outside wall of the corpus cavernosum. The expanding tissue constricts these veins. This preventing blood from leaving. The penis becomes rigid as a result.

Intermezzo

The size of men penis can be compared to the size of the bottom of the lady of the same race. Fact is that the Chinese woman has a relatively flat bottom and men do not need to have a size longer than 12 – 15 cm. For Western men the size is measured around 12 – 16 cm and for African negroes this size can go up to 12 – 18 cm. When measuring the penis not only the length is taken in account. The diameter is also important as the woman must “swallow” the penis. Asian men have a diameter from around 25 – 28 mm, Western man between 26 – 30 mm and African vary from 26 – 35 mm. As you can see they do have a larger variation.

The testes have two primary functions

1 / to produce the hormone testosterone (and some others) in Sertoli & Leydig cells

2 / to produce sperm and prepare it to send out (the adding of liquids)

At around age 13 the first parts of sperm are released. Often this happens in the early morning and can be found back in the morning urine. But many boys will have wet dreams in which they ejaculate the produced sperm. The main reason that this is happening is to promote a good functioning system of production, ejaculation, transport and extraction from the body. So never feel ashamed of having a wet dream because the nature is just testing your body on its proper functioning.

Your body is producing sperm but the sperm itself is not yet in full power. It will take some years before the production is at maximum strength. This implies that you are not fully fertile right away. For most boys it will take till around 15 year of age before you are fully able to make children.

During this period the scrotum, this is the place were both your balls are hanging in the “bag”, will grow larger and slowly become hanging down. It is very normal that one side of the “bag” is lower than the other side. The ‘bag’ is never equally shaped.

Growing takes place, in most part of the body, in the night. That is why you need sufficient sleep when you are young. In the night the body is producing also the largest amount of hormones. You will experience a vivid dream world with more sexual fantasies. These dreams are promoted by the hormones your body is producing. The dreams will make you have erections in the early morning as the level of testosterone is at the highest during that time, this will be all your life. It can happen that you feel your body causes spontaneous ejaculation and you feel a wet fluid coming out. As referred before your body is testing all its functions well. To avoid this happening in the daytime you have to find well suited underwear. For some boy this can be tight fit and others prefer lose boxers, it is always a personal choice.

The penis is not only for urinating, that is something you found out already. But the combination of urinating and ejaculation can cause some serious under skin problems on the penis. If you are not a Muslim or Jew – these religions will cut the .top part of the skin of the penis away – your penis top is covered with a part of skin. This skin can be narrow in the beginning and it is hard to pull back. Many people will tell you – especially religious persons – that it is not good to play with your penis. But what I tell you is NOT playing it is an important part of hygiene. The skin on top of the penis need to become flexible and trained to be able to slide back. Under this skin is a mushroom shaped part of the penis.

Intermezzo

Hygiene ;

During your life you are responsible for your body. A lack of hygiene can cause all kind of diseases, from skin irritation to severe diseases. We have to realize that there is a difference between being clean and over clean the body. Taking a shower two times a day or more is not good for your skin unless you also oil this skin every time. It is advised to clean yourself regularly, not too often and not to less. You have to pay special attention to “hidden” parts of your body such as behind and inside your ears, your armpits, your scrotum and penis, both feet and neck. If you start young and make a daily affair of it , it will become a routine that will save you a lot of troubles in your life. Hygiene is to avoid disease.

When you pull it back you will find on top a curved shape with an edge of where, if you pull back far enough, the skin is connecting with the rest of the penis. At the underside the skin

seems to be more connected. In this area a lot of dirt can be stored. You must clean this daily or at least with a regular interval to avoid the dirt to start to rotten or at least irritate your skin. Leaving the dirt at place can cause you serious skin problems and in some cases might cause infertility. If you are not able to pull back the skin all the way at age 14 / 15 it is important you see the doctor for advice.

With the growing of your balls and ability to have sex you must realize that your responsibility for the use of it all grows. Sex is something you mainly dream of at first. But before you ever make sex with anyone you should realize that the given ability to make children must be used at appropriate time and not just at random. Making children is something every idiot is able to do. For that you do not need skill only sperm and a receiver. But the result of your action can be a pregnancy. Later in the book we get back to this responsibility of becoming a man.

At the start of the production of the mentioned hormones other parts of the body will be affected. One important part of change is the voice. Testosterone stimulates the larynx – the voice box – to grow.

The larynx, which is located in the throat at the top of the trachea or windpipe, is like a hollow tube about 2 inches (5 centimeters) high. The larynx is responsible for creating the sound of your voice. That is why we call it the “voice box “.

Stretched across your larynx are two muscles, the vocal cords. When breathing, the vocal cords relax against the walls of the larynx and completely open up to allow air to get in and out of the lungs. When speaking the vocal cords close together by stretching across the larynx. Air from the lungs is then forced out between the vocal cords, causing them to vibrate and produce the tone of your voice. When you lower your voice, the vocal cords are relaxed. When you make a higher voice, the vocal cords tighten.

As the larynx grows, the vocal cords grow longer, stronger and thicker. Your facial bones begin to grow and create a manlier face curve. Cavities in the sinuses, the nose, and the back of the throat grow bigger, creating more space in the face that gives your voice more room to echo. All of these factors cause your voice to be deeper.

When take a string instruments such as a violin or guitar and a thin string is played, it vibrates and produces a high-sounding tone. When a thicker string is plucked, it sounds deeper and so on till you get to the thickest bass sounding string. This is exactly what happens to your voice. Before your start growing the throat is utilized with only high vibrating strings. Inside your throat the ‘internal instrument’ is displayed to the outer world by the size of the Adam’s Apple.

Your voice may "cracks" or "breaks" sometimes because your body is getting used to the changing size of his larynx, consider it like tuning of the string instrument. Fortunately, the cracking and breaking sound is only temporary. It usually last only a few months. And even during that time, your voice won't crack every time you speak. As every man has gone through this period in his life they understand that you will feel embarrassed while your squeaking voice gets around. People may laugh but under need the jokes and smiles they know every man has suffered the same faith.

Pity enough for you more changes are coming over you. They do not follow a nice pattern of starting, developing and ending but at some moments you seem to suffer all changes in the same day. It is a fact that you have good and bad days. At some days your mood is tested to the limit. Your body will hurt at some places, your physical coordination is a disaster and mentally you do not feel fit. This did happen with every boy. To understand some more we have to go way back in time when we were still in the belly of your mother.

After conception our body grows in several phases. We all pass the fish look and the female phase to become a male. Yes, at first our body was in the shape of the female but not a female. It is suggested that for some she-boys at this point the change in hormones was not strong enough or the availability of certain hormone combinations was not available to make a strong change at physical level and that they, due to that chemical dis balance, are "suffering" this for the rest of their lives.

But when all goes in the standard way the clitoris becomes a penis and the male organs develop. One of the male aspects is the bone structure which will change again during puberty. On to the bones a potential strong muscular system is molded , again for later development. During this time the roots for later development in the puberty time are laid down. The silent time capsule is inserted in every place to come into action at the right time.

Suddenly it has become time and the clock makes everything move and grow. For some boy the growth can be very painful and they can grow a few centimeters in one night. Most boys will never feel anything more than a very unstable body movement. It is normal that on some days you feel that your body is not working well, your coordination is failing and your reaction time seems to be ages. The reason is a fast growing muscular and bone system. They all are first directed to length growth and only after the maximum length is reached the body will start to grow in wide.

To grow a muscular body the growth in length need to be finished first before other growth directions can be realized. It is possible to train hard but due to the growing physic it is not possible for most boys to become a muscular toned male body at a young age.

B getting used to the changing body

First of all I would like to give you one important rule for life ; there is nothing more constant than change. Getting used to your changing body is the beginning of many changes that will occur in your life from now on. Every day can be different so you must be prepared to face a new challenge every day. Your body is not your enemy but a very special instrument that needs to be adjusted every day. Your body is your carrier to the future, your temple that needs to be taken care of. Be aware that you only will be able to life a good wealthy and healthy life if you take good care of this instrument.

All my students are told the same story. See your body as a cyber-robot and you are the driver. Every part is a delicate piece of equipment and replacing will cost you a fortune. Imagine replacing an arm. That easily cost you a few hundred thousand.

To control each part of the body takes time and expertise. When you are young most of your movements are rough and take time to be precise. One of the reasons why young people eat more is that they need more energy for the same movements as the older but because each movement is not specified yet the exact amount of energy is higher. Aging gives a higher control over muscles and takes care of a more energy saving system. When telling this you understand that sport is one of the tools to make your body into a very specialized system to perform the sport at a maximum possible degree. Doing the same exercise many times will make your body able to control each moment and saves energy for the rest of the body. The better a movement is " engrained ' into the body the easier it is made and the more energy is saved to improve the total performance.

Between 12 and 18 the body is going to the most dramatic changes of the body in progressive form in all your life. After 65 the body will go in a decline of physical performance for most people but when you read this it will still be a long time away from you.

Your body is often strange to you. Often you feel a pain here or there. Some pain will feel like dangerous like in your chest and at other time it is like a knife lands into it. Pain is something you will experience all through your life. Most of the pain can be considered a warning for some wrong move

or that inside something has gone into a twist. From all the pain you feel only 20% will need your real attention.

Changes of muscles give a needle like pain. Sometime you will feel like a knife or needle is put into a part of your body, most of the time in bigger muscle parts such as legs, chest or shoulders. The pain is suddenly and holds only a few seconds or less and disappears without a trace. The after pain is in your mind. These pains can be risky for the moment they happen. For instance while driving or during sport. It is important to keep a good presence of mind at all time and understanding that the pain will be over in a short time.

Pain needs to be observed well. When a pain is constantly there for a longer time, say a few days or longer, and the return of pain waves comes with regular intervals it is extremely important to call in expert help from a doctor.

Most pain you will encounter is only temporary. It comes fast and sometimes very hard but will fade away even as fast and hardly hurt is left over. Most pain is felt in the joints, the groin, chest and in lesser extend on the back. Having a headache, pain in the neck or upper back are often due to the physical position you have been in. Examples are playing on a computer for a long time, laying in bed to long or you have been doing something all to sudden.

When you keep in mind that everything in your body is growing and changing you can imagine that a lot of pain should be around during the growing time. Gladly that is not the case. Most of growing and changes are without pain. Being patient is never easy especially when the body is not doing what you want. But all will pass over and soon your body will be listening better .

C how others respond to your changing body

The outer world is of concern to all young people. You are worried how people look at you, what do they see ? Can they see all changes in you ?

The answer is that most people cannot see the changes inside you. They are able to see that your hair growth is changing. But they cannot see if you have pubic hair or not, norr they can see if you shave or not.

What do other see / hear from your changes ;

- 1 / the main thing they will see is a length growth
- 2 / your facial expression becomes more manly (for instance due to hair growth such as beard)
- 3 / your skin and hair becomes sometimes greasy
- 4 / some boys get wider shoulders and / or become more muscular
- 5 / the facial form becomes more manly due to testosterone shaping
- 6 / voice changes
- 7 / your direct response to verbal remarks is different (often more reactive)
- 8 / your taste of cloth change, you start to wear what you like more often
- 9 / the way you approach other people is changing
- 10 / your taste changes in all food and drinks (it often goes slow but steady)

You are living in an observation society. People all look at each other and some take time to remark on you but most others just observe, register and do not react. Your changes are expected and most elderly also understand that you are in a changing body and you have some difficulties coping with that.

Your body is your temple. This phrase will be mentioned all over the book to make you aware that you have ONLY ONE body and cannot replace most of it. The outside world judges your body for what it sees. Most bodies look good while young although in the Western world many your kids spoil their body by waste of food and drinking and become fat. Becoming fat can have many dangerous side effects such as diabetes, heart – and lung diseases, cancer and so many more dangers.

It is important to sufficiently take care of your temple as when there is a “religious service “ such the making of children, your temple will send a message out for the next generations to come. Being fat, unhealthy or having a (transmittable) disease can influence not only the child to come but all generations after that. You are the carrier of genes that can chance the future of your family to come.

As China has become less populated you have to be aware that you are now holder of the genes of your family and have a profound responsibility on your health for future generations to come. So you suppose not to waste that Temple of Perfection that is called your body. It must be taken care of and kept in good condition until the future has been guaranteed by the next generation of your children. Taking care of your looks is important to assist you getting a good girl to make the future family come true. How you can take good care of your looks is another topic of this book you can read elsewhere.

When your body starts changing you will be aware of that first. Your surrounding comes aware only after you start showing signs of it. Most people will hardly ever even notice that you are changing. The idea that they see all changes in you is only in your mind. It happen to be that people I still meet tell me that I have never been changed since my adolescence period. Meaning that they have been or sleeping at that time or they have never taken a good look at me. You can be sure that in over 80% of the cases people never really look at you but only see your existence, not how you really look or who you are unless you are rich and famous.

3 / changes in your head

Your body is changing, that we have already recognized. But all these changes have been put in motion by your brain, the most important part of your body. Inside your brain there is a build in time capsule telling when, what must happen. Everything is done according to a biological clock. YOUR biological clock. This clock is often given from generation past. Depending who is from a stronger family your clock is mother or father directed.

The biological clock turns on the producers of hormones, stimulate the enzyme production and gives orders to all cells

A emotional control

When growing up you get confronted by lots of people and events which create different feelings. Feelings are an emotional development process, they teach you now how to behave in the future. Nature teaches man first primal behavior. These are emotions directly related to the first needs in live such as food, shelter, clothing, sex and survival. In the beginning all those feelings come as a mix. It is hard to distinguish them in the beginning and it will take some years to do it right. Do not be too hard on yourself when you encounter new or heavy emotions.

Emotions are strongly influenced by the level of hormones in your blood. For a man it is testosterone that plays the major role in his development from boy to man. Most of your first emotional changes are sexual related. Sexual emotions are confusing as they are a mix of internal and external impulses.

Internal impulses come from ;

- What you see, hear, feel, smell or taste. They are called the sense impulses. These impulses are connected with old memories and get mixed with the new impressions of the changing hormone environment in your body. Things that are used to be normal now becomes very sensitive.
- Changing emotions due to the hormones directly. In your head you have stored many childhood memories. A child looks at memories much different from an adult. When you are growing up the way to look at those memories will change. During this change memories often get mixed up and will become vague or blare, the unclear side of the memory will take often a stronger position and disturb a settling down of strong memories during this time. This mixing up and changing of memories appeal strongly to your identity. Due to this you will get often problems with feelings as : Who am I ? The trick playing memories can become so unclear that you can get seriously confused when that question keeps popping up.

External impulses that influence you come from ;

- Your family
- Your friends
- Your environment
- Your school
- Currently a source that is becoming much stronger than any other is ; the phone !

External influences are of many different levels. We can divide them in general two category;

- Positive
- Negative

Positive impulses are stimulating and will make you feel better that is why they are called positive. Prepare yourself that you will not get many of these as the current society is very negative oriented and most people find it easier to kick another person down than to build one up.

Negative remarks are most likely to receive in your life. People will only look at what you cannot do good, what you did wrong, what you mess up or where you fail. They will emphasis on that all the time. When you get a B they will complain and ask why you did not get an A. When you get the A they will ask why it is not A+. When you get A+ they will again ask you why you sometimes get less than that. Be prepared on a constant negative impulse toward All you do. For most people it seems more rewarding to kick you down.

Your emotions are most likely to be in a skip. One moment you are up and the next you are down. It happens in seconds and you cannot control it. In the beginning it is impossible to understand what sets the movement in motion. It can be a remark, something you see or else. It is hard to tell in the beginning. After a few months or years you will get the hang of it and will understand what sets your skip in motion and why. When you discover that , you will be able to control it more and more till finally some people can find a good balance in life.

Interesting ; emotions are nothing else than chemical reactions in your brain. Each emotion is created by the action and reaction of one or more so called neurotransmitters which are available in every part of your body also in your brain. These neurotransmitters will produce a chemical when influenced or set in motion. This chemical is picked up by a next transmitter and so it moves on in the brain and body and sets of reactions. In the beginning the path of the chemicals is random as they have to learn which way they really need to go. In some people this process gets disturbed and dangerous processes can occur. If a set of chemicals does not find the right path in the body people becomes 'different' , some even seriously.

Because the chemical path is very individually each person is different and will have unique virtues. There is no person in the world, not even in twins, that can claim to have the same chemical neural paths in their body. The differences makes men unique among each other. This is something you must accept to get an emotional control. We are all different and can never be 100% predicted as we cannot even predict our own behavior for 100%.

If you want to reach emotional control you have to follow the following steps ;

- Become an observer of your own body and mind. You have to learn not to act or react immediately when something happens. First you have to consider if the situation is threatening you (as sample ; in case of a fire in your house) and you must act and not think or the situation demands distance (in case of a quarrel with a friend). You can do so to practice the following steps ;
 - Look at an object, for instance a flower
 - Describe the object in color, size, measurements, what it is used for etc. you are not allowed to bring ANY emotion in this
 - Touch the object, smell it, listen to it and taste it.
 - Again describe what your senses did pick up without involving emotions
 - Now change and describe the object as emotionally as possible in following emotional groups ;
 - Passionately
 - Hateful
 - Disgusting
 - Fearful
 - In love
 - As last observe the difference in emotions you felt and how it felt to express them clearly and openly
- Start a diary. Write down your emotions every day from waking up till falling asleep. Use a code and do not linger this book around, it is your privacy and nobody is allowed to interfere in your development.

B feelings for girls

Girls come from Venus. Fact, do not doubt it. Do not try to understand them cause they are completely different from you. Accept them the way they are. Nothing complicated. Accept and be yourself.

Easy said, hardly done. You will know when a girl you like pass along. Your tongue gets twisted, you behave like a chicken without head and your guts moves down to your feet. With other words you behave like an idiot.

For straight boys some girls are like magnets and chemical tools to disturb their emotional and chemical system. Chinese boys are often good friends with the girls. This is so much different from Western boys and girls. In the western world boys and girls get separated already in primary school. Girls and boys are considered different in personality and will be treated, conscious or sub-conscious, different by teachers, parents and so on.

For the equality of male and female the Chinese system is better. In fact boys and girls can depend and trust each other more as equal partners. But this equality is only in childhood. When growing up boys get separated from the girls by hormones and environment. If it was only hormones Chinese boy would not have a trouble to find a girlfriend at any age. Pity is that the influence of the

environment on Chinese boys is too much to handle for most. Boys get on the table and thought things by the elderly which are no longer a part of our time. Drinking, smoking , drugs, gambling and many other things do not impress the girls of today. They merely will create a distance between girls and boys. As a drunken guy, hardly able to take care of yourself , you do not make a good impression on girls anymore, they merely will pity you.

Today girls are different from the past. Internet has changed society. The one child policy has changed families. Technology in general has changed girls. They have become so much more independed, strong, self-conscious and career oriented. Girls have proven to be able to have a life of their own. They do not need you anymore. You must become a real man again. A hunter, a chaser , a charmer and go for your goal. Get the girl and win her heart the old fashion way.

It is completely natural to have feelings for a girl. Your environment will first tell you that you only have a change with a girl when you have ;

- Education
- A good position
- Money
- House and car
- Good looking

If that is true 90% of males will never find a woman.

A woman wants a man because she wants ;

- Attention
- Affection
- Respect
- And a good breeder for the children to come, a healthy worth to be father
- A protector of the family

That is what a woman wants first before she will go to the environment options. The options starting with education etc. are only taken into consideration when you deal with or a heartless person or a person who does not want you.

Women do not live like man with their balls and brain but with their heart and soul.

A woman will give you all when you give all of you to her.

Chinese girls are mainly different from their Western counter parts. Western girls have often many boyfriends. Making love for a Western girl is easier than for a Chinese. A Western girl will share her bed faster with a man than the Chinese. The main reason is the concept of love and relationships. In the Western world a girl is considered normal when she finish with a boyfriend for reasons that are good to her or to the boy. Splitting up is easier. A Western man does not make it to a heart affair if his girl is not a virgin anymore. Virginity for Western girls is of no importance anymore, for Chinese girls losing virginity is still a very big deal.

The change of conception on virginity in the West is very recent, in fact it took place during the '60 in last century. The basis is the wish of woman to be boss in her own belly. This change came during protests for abortion rights. Women wanted to proof that they were free of the chains of men. They demanded equality in everything to men. Something that they tried very hard but have not reached until today.

At the same time the "flower power' movement came from the USA. This movement promoted the use of drugs and free sex for all. Large scale parties and festivals promoted this lifestyle. During this time the Western youth was strongly influenced with the 'freedom' thinking that we can do everything we want and we are responsible only for our own deeds. It was a period of 'breaking free'

from the church and a protest against the Government of USA for the war in Vietnam. At that time the USA was involved as aggressor in the war against communism in Vietnam, a war they lost and killed millions of people. The youth of that time was against all violence and aggression of that time. The credo was make love not war. Sexual freedom and actions was part of the protest. For most youth creating sexual freedom was a protest against parental ruling.

You are Chinese so you must learn to control the feeling toward girls. Unlike the Western people you must pay respect for the ladies desire to be loved and cherished and the need to have a long lasting relationship. Woman want to be loved and if you do so right you can have all the sex you wish. Respect and care can make you a happy man in many ways.

C the environment and you

During puberty you will change also in relation to your environment. These changes are often drastic and will last till you get your own children.

The first step from puberty toward adult is the moment you are leaving the playground of your childhood. From active playing with toys you suddenly do not like them anymore. You even start to deny to play with them. They are no longer a part of your life. At least that is what you pretend to the environment as with doing so you give a clear sign that you are changing and becoming a man.

Another step is the interest in TV programs. You will start looking at programs that other people in your new or you desired environment look at. In the first few years you will have a copy behavior. Do not worry, it is very normal to look what and how others do things and try them by yourself. The only thing what you need to do is consider if the behavior is a benefit or a harm to you. Just to give you a sample ; when you go with your family to a party often man drink a lot. Some man drink so much that they even cannot tell the difference between a cat and a dog. These man can even feel proud of being that drunk but in fact they are just silly fools. They will hide their ignorant behavior behind an act of macho talk.

I have been trying to find any good reason or benefit to drinking that much, but even after now over 30 years of working with addicts I did not find any benefit only harm. It is something you must consider well before starting. Keep in mind that when your father is a drunk you have a great chance to end like him when you even start drinking one glass of alcohol. It is proven that children of strongly drinking parents become addicted themselves when starting to drink. So think carefully before starting. This also accounts for smoking and gambling.

School has a great influence on you, no matter what you think it will influence your thoughts and behavior. Do not fight hard against it. Try to accept and understand what is going on.

The Chinese school system is much different from the West. In the Chinese system you are forced to pass a lot of exams and you must get the best marks to win a priority position in the class. If you are bright and wish to study hard you can beat the system by a constant scoring of top-marks. Kids who can do this will need to continue to compete all there life from primary school to university. Girls are more often the winners of the classroom.

But being best of the class does not always have advantages. If you want to be the best, you have to study hard and often a lot. Being the best in something takes effort and a continue flow of positive

energy toward the goal. If you want to be the top of the class you need to put all energy and focus on that. If you are the best you can go to the best schools, best universities and finally you will become a wanted person in the commercial world or a privileged person in politics. Being the best can bring a lot to you. If you can keep your mind focused and stay positive toward the goal.

But going for the best has a downside also. To become the best you have to put a lot of work and time in your study. You are not around at social events, having friends is never easy and you have less time to spend with friends. In fact you have to be in for a rather isolated life.

After I have been praising to be the best I have to come with some numbers. Only 1% or less will be the best. Most of us is less than the best. Why ? Cause we all cannot compete enough with them or we just do not have the capacity. Over 80% of all people never will pass the middle level. Keep in mind that is the majority. So being the best is a minority in every population all around the world, no matter the country.

The question is how your parents or others will react when you accept that you are not a top level person. What will they say when you give up to fight with the best of your class ?

Believe me that they will be upset, angry, some even furious. They will threaten you, warn you, some even hit or kick you. Yes the way to acceptance to be a middle class person in China is one with rocks and stones. It will be harder than to fight to be the best. The Chinese society is focused on being a winner, being the best, the top of the class, the champion.

But when we look at the Olympic games, how many athletes are the winners ? Only 3 can be ! Even there you have bronze, silver and gold. Only one is gold. Hardly ever that medal is shared with another person or group. If you want to calculate the chance to be that person you will be in promiles in less than a thousand of a percent. The chance is rare and low. But still possible for some persons able and willing to give all regardless their personal freedom and life. But again it is very very rare to be the real final winner.

When you did all in your capacity and you know that it is not possible to be the best, learn to accept yourself first. Look in the mirror and know that you want to be as good as what you can be. If you cannot be the number one or two, be a three or ten. Just do what you can and do not expect the impossible from yourself. You are human.

When you come to the point that you are willing to accept your place as a general student it is time to look for your strong points. In your coming life you need to develop your strong points not focus on improving your weak points. Most people are only busy on improving weak points and paying less attention to the strong. This is wrong. In the future we need specialist, people who are good or the best in something. People who know all or nearly all in some specific topic. You must focus your life on what you can do good and have the ability to be one of the best.

If you are good in fixing cars, focus on that. Maybe you are great with wood and you can be a superior carpenter, just do it. The society need specialist, always and everywhere. We do not need only accountants, managers, sales specialists and so on. Did you ever think who will fix your door, your window, do plumbing in your house if everybody was an office person ? Most parents does not think of that. They are more proud of you when you wear an office suit than a work costume. But

they are wrong. In the Western society there is a constant problem of finding suitable specialist for all kind of jobs.

It is good to know that most hand working specialist earn more than office people with years of study or even with a high University degree. In the Western world a specialist earns often the double of a person with a University degree.

Hand working people may have a lower social status in the eyes of the people. But everybody need hand working people more than they need a computer specialist. We all can live without a computer, phone, sales talk and so on. But did you ever try to live without water or food ? That is only possible for a few days. Imagine a leaking water pipe and no repair man or woman. Or what do you think of a day without a car, most people do not know how to travel anymore. If you think in a bigger scale you can imagine the people taking care of electricity, the trains and busses and all other public services. All people who keep these thing working and moving deserve honor for all what they do.

The conclusion of this chapter is that you and your environment do have a lot to share and exchange. Often it will be difficult and you encounter pressure, punishment, anger and other emotions but it all will take time before you and your environment are used to the new you, which is ready for the future. Growing up takes time and effort.

4 / your relationship with your parents

Parents are very important to all of us. Some are lucky to have two parents taking care of them. It no longer has to be always a traditional father and mother. All over the world we see changes that a child has two fathers or two mothers. But more and more we see the single parent family. This is not only happening around you but all over the world so if it is happening to you are sure you are not alone in that faith.

In the last century many things seemed to have changed. But in fact there is nothing changed and we have only gone back in time. In most families the father or mother is working day and nearly all night. Only one of the parents is available and it mainly will be the mother. Father is hardly home. When writing this I realized that this same event happened when we were still hunters, some few thousand years ago. When the fathers went out hunting, sometimes days or even weeks, the mothers had the care for the children and had to work together to survive. The mothers did feed up the children to become hunters.

Most mothers who take care of their sons are too easy, to weak and they tolerate too much. How can you ever be that hunter, the protector, the fighter and defender of the family if you are only sitting behind a computer or be a lazy ass doing nothing? Your family will be killed and in danger and you are not able to do anything. So demand some action from your mother to kick your ass when you are lazy. Yes you need that for later life.

You relationship with your parents can be good or bad it all depends on you. Some parents go too far in cuddling you. They let you do anything you want. They even try to protect you against teachers and friends. You have to make them clear that you need action in your life. You need to move and not to become a fat person who is seriously bringing his life in danger. Keep in mind that becoming a fat person will result in health problems that will bother YOU all your life and NOT your parents. Yes

it seems easy that the food is ready, parents are hardly home, eat fast food and play computer games. It is the easy life but also a fast painful death for YOU and nobody else.

Most Chinese parents do not realize their own responsibility toward your health. Most parents want you to have a better life than they had. They are over caring, over protecting and over feeding you. You, on the other hand, receive all these “blessings” happily and joyfully. This is the life that supposed to be the good life. But it is not. If you are going along the way your parents want you will become a lazy person, a person with less social abilities, a person with no future and bad health. You do need to take life in your hands and search for help when you feel you are pampered too much.

Chinese parents are different from other parents in the world. The reason is that in the past a Chinese family was big. Your parents have had the opportunity to meet that time of many family members still. It has been already a few generations ago since the one child policy was ordered. This was a need and a wise decision for that time. China had to take action to limit the growth of the nation and to order the one child policy seemed to be the only solution at that time.

The difference is that Chinese have “family genes”. Ask any Chinese for his connections with other people and often they are able to sum a list of family members and connections. This is a typical Chinese habit. Your parents all miss that time. Not visually but mentally. They are longing for those old fashion large size families. At this moment you are the focus of attention in the family and receiving what normally was divided amongst many persons.

A your first steps to independence

Your first step to independence is to take part in family activities and if there are no people in the home to take care of, create your own targets. To become an independent adult you have to behave like one.

Your first actions as growing up are often done on the table. Upon family meetings you are challenged by family members to drink, smoke or do other things that you know are not good for you. They will challenge you to see how far you will go, how strong you are and how much pressure you can resist. It is very tempting to go ‘with the flow’ and drink along with all of them. Get drunk and feel like a dog the other day. Do things you have no control of and behave in a way you will later be ashamed of as others will surely make fun of you. It is a great challenge to your independence.

To have your own opinion, make your own decisions and stand on your own ground is not easy. At first you will find a lot of resistance when you start having your own opinion. Many people will start kicking you down, making hard remarks about your insecurity and being so young. Defending your own opinion will even encounter harder resistance and sometimes even violent reactions. Always keep in mind that Chinese grew up with the idea that elder people must be respected, but how can you respect a person who is often drunk or on drugs or gamble and losing all his belongings ?

Respect is something a person must deserve and he or she is not automatically entitled on getting your respect just because they are older than you. A person must deserve respect on basis of his capacities, on what he or she did for the country or people or because of personality. The only persons you may respect entirely because of age are all elderly over 80 as they have proven to be the strongest amongst us.

In our life everything depends on the respect that you give and you get. People have respect for who you are and what you do. Respect is a way to get money and fortune. Because of respect people will give you an opportunity and will think of you when an opportunity comes up. When you respect a person you have positive thoughts about that person all the time. Maybe you know negative things but they are considerably less important to you than the positive facts.

Independence is not only being on your own. To be independed is to make your own decisions and you will stand for the responsibilities. It is important to know that what you do in your daily life will directly reflect on you. Each situation, the way how you handle it and the way you react will build parts of your personality. People will see what is going on and judge you on that.

Independence is also based on how you get around with other peoples opinion. Everybody around you has an opinion about you, they judge you from what they see but often more from what they hear. The way you respond to these judgments and opinions shows how independed you are. Most people consider the opinion and judgment of others very important and let this influence their life. The more the opinion of others is important to you the less independed you are. It is considered independed when you listen to others and take this as information to consider. Use the opinion of others to learn from and not as advises or rules of your life. You are only able to become independed when you be your own judge and not be judged by society.

Independence is self-consideration and being critical on yourself, knowing your own strength and weakness.

B talking with your parents

Parents are never easy to talk to. They live in a different world and different age from you. Often you feel that there is a distance. Let me help you ; yes there is a distance in age and in experience. You must have respect for your parents and your problems are so much different from what they ever experienced , right ? That is what you think now right ?

It is true that your parents were like you in a different time and under different circumstances, but they have had the same doubts, the same troubles in their head and body like you have. Your parents are different, it was a long time ago they had your age. Most of the memories have been put far behind them and the unpleasant memories are buried in their mind. They do not like to think back and often do not want to talk about it. Remembering the hard times of childhood is never easy, they prefer not to be reminded and have to relive the sad times , the hardship, the failures and mistakes and most of all the broken heart of finished love affairs. Most parents want to keep all these memories buried in their past.

Fathers are often more closed than mothers. Why ? the answer is again not so nice for your parents. A father do not want to lose face telling his failures to you, sharing his past he will have to admit he had made many mistakes and he is not the man that you use to see as your great sample. Suddenly you will discover he is just a man like you and he made many blunders, mistakes, failures and more. Before he became your father he was hurt often by friends, family and colleagues. Most fathers even do not like the work they do, did hate the school they visited and the time they spend in school was not what they had expected it to be. In general a father does not want to share his past with his children for this reasons. Some fathers think that they must be ashamed of themselves. But they do

not have to be at all as most fathers have the same or even worse experience . They all have been like you, it was impossible for them to talk to their fathers. So maybe when you ask him to read this part he is willing to chance the past and break the spell on silence by talking to you about his life, his experience when he was at your age. Listen and learn.....

Mothers seem to be easier to talk to. Boys easier turn to the mother as she always seems to be a willing ear for your talks, problems and questions. But your mother is a woman. You are a coming man, your thoughts, feelings and emotions are different. Your mother is the best that can happen to you but she is not able to be the reflection you need to become a man in some cases. But talking to your mother can surely be very helpful. Often it is easier to talk to your mother than to your father. One of the main reasons is availability. Your mother is more often around than your father. Another good reason is that mothers are willing to listen and find solutions more than punish you for what you have done. They are willing to support you to solve problems and avoid difficult situations. Most mothers even actively will help when you are in trouble. Mothers are also very useful to convince fathers about something., so you do need their support in many ways.

Talking with both parents at the same time is seldom possible and often only in serious case scenario's. Keep in mind that talking with both parents at the same time they will need to support each other more than they can support you at such moments. Why ? That I will explain you.

Parents who live together, sleep together must support each other. In a normal Chinese family the mother will respect the wishes of the father more than her own. But that is only when both are in front of you. They need to show a front to you, they need to show you that they are united. But it is a kind of show you see. When they are together they will argue on their differences because men and women never agree in full about something, between them there are always differences. The moment they are together a real woman will directly confront her man with what she wanted to say but could not say. Your mother will protect you and if your father was harsh on you she will be angry with him, even it is not reasonable. Most of the time mothers are overprotective to their son, this can be positive but also negative. If you want to keep a good relationship with father and mother, take care to talk with them always in separate times but when you are confronted with both, know it is time to shut up and listen, do not argue and try to understand the meaning of the meeting. Only ask relevant questions and stick with facts and try to leave emotions as far out as possible.

C talking with family

The new Chinese family is often small, much smaller than 20 years or more ago. Before ever open your mouth to a family member you have to realize that most of what you are going to tell is better to place online on a website that everybody will visit than expecting to talk in secret with a member of your family. Family is something you did not choose but get upon birth. That is a fact you have to live with all your life.

Before you share something with one or more members of your family it is better to test them if they are able to keep a " secret " or they will spill your news everywhere around. The best test is to spread a message to some of them with a little bit different content. Tell some you had arguments on school make it a clear story, do the same story but change school into gym or sportclub and with others you change the place to the community house or other place but let the core of the message be the same. When you hear the place where it all happened you know who is the person who did spread

the message. Every one of them will not bother about the place but about the event itself. YOU on the other hand is interested in the place as that tells you exactly who is the person who will spread the story around.

D- single parent

Living with a single mother or father is not easy. We have to make a differences between living with your father or with your mother.

Living with your mother ; it is easier to live with your mother than the father for a Chinese boy. The mother is often very caring and loving to the boy, they want the best and often are willing to offer their life for the boy. Depending on the social level and the income a boy will have it easier or not. Mothers are willing to spend more for the son than for themselves. For a boy it is easy to lay back in the care of the mother but it also bring some serious consideration of independence later on.

When you become a teenager and your mother is still taking care of you the same way as she use to do will not be good for the rest of your life. Millions of Chinese men are not able to find a girlfriend, cannot live independed or even cannot do any homework at all due to the mothers care.

Mothers do have the best intention for you but sometimes these best intentions can limit your possibilities of having a free life. I understand very well that this goes against the believe of all mothers as they only wish the best for their beloved sons and they have no other intention than to make their son a star, a champion , having a great carrier or even having a good family. They will be a great grandmother to your children but often a serious obstacle to a wife.

As mothers want the best for their son, hardly any woman is good enough to be the wife of their son. Mothers will protect only the interest of their son in the way they see it. In fact mothers protect their own idea of what they consider the best. They do this all with good intentions. But you will need to set yourself free from your mother but never forget what she did and will do for you. She will give her life for you.

How to set yourself free from your mother ? That is a question that hardly will come to the mind of a young boy. Why should you set yourself free from the comfort of love ?

It is important to set yourself free to become an independed real man with his own choices in life, his own decisions and his own carrier whatever that may be, even if that what you do is completely against the will of your mother. To be independed is not to work against a person but it is to make your own decisions. To judge a situation all by yourself, to trust on your own opinion and make mistakes and fail. Learn from falling and standing up again. Learn from pain and tears, from being scared and your fears.

Living with a single mother also will bring responsibilities for later. Your mother will get old and depended, possibly depended on you. When that happens it is your time to 'pay back ' the life debts that are made by her. Yes, being independed does also mean knowing what are your responsibilities to your mother. She has given you life and love and probably did work very hard for you to get you where you are now. When she comes depended it is your turn to care.

When you are young the time you will need to care for her is hopefully long away. Now you need to understand that being a son is taking part in her life and taking some of her tasks. Do not let her do all the job in the house. Take some tasks over from her. You want to keep your mother healthy and alive ? take responsibilities of her. Do shopping, clean the house, paint the walls and take jobs a father should have done. Do not sit back every day and behave like a spoiled child, take jobs and do something for her, relieve her from the hardships of life. Understand that she got you and will do all she can for you, it is also your responsibility to do something back. Thankfulness and respect are paid by action and not only words. Be a man and take her tasks.

Living with your father is often completely different. Most fathers will not stay alone for a long time. A man will search for a woman in his life soon after divorce or separation. In this part I will show you two situations ;

- Alone with your father
- When a stepmother comes around

Living alone with your father is a very rare thing in China. Your position will be unique. A father is different from a mother. Most fathers will divide the tasks in the house and you will have to do your part of the daily jobs. Fathers have a job and often a carrier. For you as a youngster it is important to respect his carrier. A Chinese man is proud of his carrier or hate his job, nothing much in between. When living with a father you will have to face often time spend alone. That is not easy. A father will tell you that he is sacrificing his live for you. He will make you feel that he is doing it all for you and expect return favors.

The house is often just a practical place with no special things in it. Man hardly ever are able to decorate a house well unless they are working in the field of decorations. Cooking is often a critical point as most man still consider that a female job unless you do so professionally. In a father only family is the food not always, or better most of the time, not healthy. You need to consider your food very well and if needed consult others if the quality of your food is good enough.

Fathers will pay attention to your study results but not much to the time that you spend on your study. Most fathers will not help their son in difficult time and push them to work harder without giving clear solutions of how to do it. The reason why they do so is not the fact they do not want to help but just do not know how to do it.

Chinese males have often emotional blockades. If you encounter emotional times such as feeling depressed , bad or just sad or when feeling love sick, it is better not to expect much consideration form your father. When he is confronted with emotions most men will close down their senses and start to pull out of the situation. It will be hard to get them talking, a discussion on your problems is never easy. It is important you keep trying to make your father move, let him read this part and maybe he will become more open.

TO the FATHER ; A son is a treasure. He will be able to assist you in life and maybe even be your caretaker in the future. But your son is a man like you. He has his emotions, his good and bad days and needs support and help. Your son knows that Chinese man are strong and have a high self-control. But the new time needs new ways. These new ways are more emotional and sensitive. You will need to talk with your son, be open for his emotions and share your past experiences. Your son will learn from your life, your happy and sad moments, he will love to get to know his father's life. When you be yourself you will not lose but gain his respect. China is changing and you are expected to change with it. Help your son and you help China to change to a positive future.

When a stepmother comes around the situation in the house will change. The changes are often a lot. A woman in the house will set new rules. Your role will change, your position becomes different. Getting a stepmother is like gambling for you, some are good, some are bad but most are neutral, you will keep distance when they do not bother you too much and they keep distance as you do not likewise.

Stepmothers come in all different kind. If the stepmother come with kids it is often an easier situation as you get somebody to share your faith with. Both have landed in a situation they did not want or desire, the adults planned it and you undergo the faith. It is important to realize the fact that the woman knows very well that she enters your house, your life and that there will be opposition to her from you side as she enters your territory. You do not know what did your father tell the lady before she comes into the family. Give the lady some space to become part of the family and if there is another child, give time and understanding as he or she is in the same position as you.

What can you do if the stepmother does not fit with you ?

Love is blind and it strongly depends on your thighs with your father how much he will take your position in consideration when deciding how the relationship with the new woman works out. When your relationship with your father and your stepmother is bad your first option is to turn to family and if that does not work out to a teacher. Keep in mind that a bad home situation always influences the rest of your life. In the past you could move to grandparents or other family and so they are also an option for you. Do not stay in a bad situation but look for solutions. Do not worry about their feelings to much as they have chosen to live and love together.

When you read the old stories about stepmothers they are always scary. Keep in mind that those stories are exceptions and not the general rule. If ever some situation like this happens to you, be prepared and find a solution, if moving out of the house is that solution , do so. Do not expect help but do expect opposition and anger. Your decision is never taken for granted. You will have to fight for your rights. It is your life and you have to be aware of that.

5 / how to behave in school

Chinese school system is a very demanding system. Compared to most Western countries the system offers very little space for self-development and you need to compete all the time with others. There is no time to complain about it and surely no way to fight it now. You have to accept it the way it comes to you and make the best of it. Believe me, it is foolish to fight an almighty system that is based on top-down orders. All your teachers, headmasters, directors and so on receive orders from higher ranked persons who will receive orders again from higher rankings up till the Ministry. Not one of the "in-between" persons is able to change the system.

School is something that will pass by faster than you can imagine while reading this book. For most the school is a place to work hard, have heavy competition with others, trying to get the best marks and study hard every day and night to pass exams. But during your schooltime you make friends for life, you learn how to cooperate with others to cut study short, find easier ways to get the best marks and you learn how to cope with pressure. Chinese kids can handle pressure must better than their Western counter parts. In that case you can be proud of yourself that you can handle all this stress.

A in the class room

The best way to behave in a Chinese classroom is to listen and follow orders even you do not agree with them. Going against the system is near to impossible. One of the most important reasons is the size of a class and your relative number in the class. Most classes are over 30 (I have encountered classed of over 70 persons) and this is often a much bigger number than Western classes.

To develop your individuality in such a large size class is not easy. You are one of the mass. If you want to be seen you need to stand out with something positively. In a Western class you can make name in a negative way with making a lot of noise and so on. If you do so in China they will remove you from school and you will not be able to get your diploma as at other schools you will be refused. The Chinese system is much more closed than the Western. Schools do inform each other on nasty students, so when you are send away of one most others will not take you in.

It is better you find a way to stand out positively. Help your fellow students, be good in sport, be an outstanding student, make great drawings. Express yourself and find the best inside of you to stand out and be supportive to the class. Not all students can and will be the best of the class, so if you are not find other ways.

Negative behavior in China is not advised. The system is made to punish and it will do so hard, often very hard and without any consideration of the effects on you and your family or future. Learn to negotiate and find ways how to move thru a system that is made for the large crowds and not for the individual.

B you and your teachers

Being a teacher in China is a hard job. Most teachers do not get education enough to be a perfect teacher. Most have to learn their job the hard way. After a few years of training the new teacher is confronted with large size classes and a system that does not allow them any flexibility. Most teachers complain a lot to their bosses about the load of work they get, the size of classes, the inflexibility of the system and the fact they cannot get the best of their students.

Most Chinese teachers start with hope and spirit but that will die after a few years of working in a school. Many teachers become hopeless and depressed. They want to do the best for their students as they consider it so very important but the system does not allow them to do differently. Every year they get the same lessons, exams, numbers and more.

Teachers are all human, even you may think that some of them are robots. The system has made them often like a robot who is following orders of the "top". Just follow the orders because of duty and punishment as every teacher is accounted for the results of their students. It is a constant competition. The school is measured by the height of marks of the students. Teachers in general hate the system like that. No freedom and no development.

When you want to communicate with a teacher you have to consider what I wrote. Sometimes you will be very upset or angry of a lower mark, a strong remark of the teacher on you or even on another student. It is their duty even they do not like to do it. To communicate is to understand a person's position. If you know the other side and show respect and understanding it is much easier to ask for a favor and create understanding for your position. Most teachers are very willing to help if you address them with the right respect and interest for their specialty. You will find very helpful

and understanding personalities beneath the hard and often cruel acting teacher performance. Just give it a try and see the results.

6 / your interest in others is changing

At a certain moment you realize that you start looking at other people with 'different eyes' . Suddenly girls are no longer just friends, some become attractive and others are no longer worth looking at. Some girls you use to like become repulsive., others the other way around. Your feeling becomes unstable and often you are in doubt with yourself and what you feel. Some moments you are happy and at others you feel sad. When you look at some scenery your emotions become overwhelming while at other moments you see the sun as a dark object. Everything becomes so strange and uncertain. You get angry easy and the feeling of a strange aggression is often around you especially when people start making remarks on you.

All this mixing of emotions make that the interest in others is changing completely. Your vision of what you like and want

A falling in love

Man fall in love in a different way from girls. You become a man so you need to know the difference before you start any relationship. A woman looks for security, stability, attention and continuity. Man look for attraction, affection, attention and common interest. Most girls want to adjust themselves in a relationship at the beginning and will change during the relationship.

Falling in love can happen suddenly but also slowly in an unexpected way. The first signs of falling in love are simple. It is not possible to get her out of your mind, you need to think of her all the time. Other signs that you have fallen in love are (keep in mind these signs does not need to account all at the same time for you)

- You feel more energetic
- Need to have often contact with her
- Cannot stop talking about her
- Look for things to please her
- Often feel sexually aroused when near her
- Wish to look at your best, show your best side to her
- When together you can talk for many hours
- At some time you just sit and say nothing together feeling happy and united
- Want to touch her all the time
- Want to show her to the world as yours
- She will go ahead of all your friends
- Nervous when you cannot reach her
- You do not want to hear any bad news about her
- Love makes blind and often it happens when it seriously hit you.....

Keep in mind That falling in love is the first stage of a process of love. In love you have different stages that you need to remember when growing up ;

Everybody is able to fall in love. Your emotional attitude toward the new partner is strong. But the stage of falling in love never takes longer than one year. During that time your body produces many different feel good hormones and you are often in a very good mood. The “chemistry” of love is actually a real hormonal chemistry. When you fall in love the “machine” of the body starts the “chemical factory” As you understand no chemical reaction is everlasting. There is a start and an end. With falling in love the `machine` will run slower and slower and without realizing it the falling in love period is over. A new period starts.

Being in love is a state of mind and no longer the butterflies organize your life. Both will realize that a serious time has come, a time to think of the future. Make plans and concentrate on a common efforts. Each of the partners start to long for some privacy and personal space again. Communication starts to change and you start to see each other’s mistakes. Often this is the time the first quarrels occur.

In the two years to come you both will explore each other’s personality. The role of friends and family will play a more important part in the relation. When both are able to make future plans involving each other , you can be sure that the relation is serious and created to last longer. In the third year of the relation you enter a critical time.

In every relation we consider the first three years critical as in that period the relation will suffer from many different kind of internal and external stress impulses. Many relations do not survive the third year. In the Western world most woman start to see man in their real shape, the good points but a growing number of bad points. Suddenly the woman realizes + is this the man I would like to spend my life with , would I like his to be the father of my children . In the past a woman did not have the opportunity to think that way. Going to bed with a man followed by pregnancy and children. Her responsibility for the sake of the children would give her no way else than to stay with the man even she did not have any feelings for him. In the past most relations were considered a peaceful coexistence of persons instead of a love affair.

Your relation did survive the first three years and you enter a period of building a future. Your plans are serious and intertwined with each other. No longer you think of an individual target but a common one. Woman do prefer this time the most as they are able to feel real stability in the affair. The ground grows solid and they start daring to walk on it. Man are just getting use to a routine. Most men do love routine. They are able to plan a next year holiday, a new car and even a new house that must be paid for in the 30 years to come. The family planning is steady and thoroughly. Till new chances occur. Often a new chance for man is a new affair. Most affairs are what they are, just affairs. Married man seldom will leave the wife for a lover. For man adultery is a period of tension, a new impulse to their own marriage. Often the man becomes a better lover to his own wife and brings revival in the love life, much to the surprise of the wife who was already used to her straight eight hours of sleep every night.

After around five years the man and woman start to look like each other more and more. They start taking over habits, speech and even body language. In fact we can say they start synchronizing. Body and mind become more interlinked than ever before. In a good solid relation this process will continue the rest of the existence. Quarrels decrease, the partners solve disagreements with silence and body language instead of loud noise. Individual happiness no longer counts.

We enter the last stage of the relation + dependency. Both partner are no longer able to function individually. The body and mind are so much connected that the dead of one will surely followed by a fast dead of the other partner. It is a common knowledge that when partners have stayed for periods of over 40 years together that their lives are so mingled that at the death of one the other will follow within two years. Woman are always looking for this kind of relations while man seem always to be scared of this ending. Honesty needs to tell that for 90% of men it is better to end a relation this way as if they would never survive as individual at old age.

BUT in the West a new trend has started amongst elder people. Men and women over 60 start to appeal for divorces. The main reason is that they are bored of each other. Life has become to monotonous for them, they want to seek adventure. These adventures are often something's like traveling, sports or jobs. In this age group new relationships are hardly ever the reason for divorce. It is interesting to see that these divorces are based on pure individual and in fact rather egocentric principles. This is something to keep in mind while growing up and wanting to move to the West.

B not much feelings for girls ?

Some boys do not feel much or anything for girls. This is very possible. In fact we have a fw reasons why they cannot feel this interest ;

- Too much focus on study or hobby, these boys are only busy with their interests or study and have no feeling or interest in any other thing. This interest will develops later, in some cases even much later.
- Too high stress from parents of family. When you get a lot of 'introductions' of girls by parents, family or friends, you automatically will start to refuse and fight any feeling towards girls. Your refusal to deal with them or even give them way will become a lifestyle. This will work against you in the future. Sometimes it is better to make use of the situation to protect your future interest. Have a meeting, maybe a nice evening or more but do not give up on yourself. Keep on give life a chance.
- A last option is that you do not like the other gender at all. Your feelings are more toward boys. In Chinese society the liking or even loving of boys is still not fully accepted like in the West. It is not the intention of this book to go deeply into this topic. I advise you to find some likeminded but be very careful. As you have developed this new feelings you need to find out the right people that will not make use of you. Please do not get around with elder males but direct yourself to organizations which are more reliable due to size and control.

7 / sexual activities both ways

One of the major changes in behavior, chemistry and mind is related to the sexual activity you want to have. The hormones in your body, specifically testosterone, are responsible for a complete change of body and mind. This changes are not possible to control for you. The hormones often will take over your free will and it is a hard job for you to control your emotions. You can become suddenly very aggressive or active at moments you do not want to be like that. From now on girls and boys are no longer just friends, you will always have sexual thoughts in your mind, no matter how hard you try to suppress these. For some people sex can become an obsession, they will start doing everything to find a way how to satisfy themselves. Many boys will start searching the internet for sex related items and some will lose themselves in a world of picture sex on the web.

It is very important to understand your own changes and desire. You will need to take time to research your feelings and explore the changes in your body. It is not a matter of hiding from it or feeling dirty. Everything happening to you is nature, so be open toward it and accept what is going on.

But there are limitations to what is normal and accepted. I would like to give you here some idea's what is not normal or accepted in society just to make you understand and watch out for ;

- Torture animals to feel happy or get satisfied
- Have special feelings for children much younger than you
- A need to feel physical pain to get sexually aroused
- A need to over power a person to feel sexually aroused (this is often rape related)

These are just some samples that will bring you into deep problem and finally will bring you into big conflict with society and the law. If you encounter such feelings it is important to search for help of psychological specialists.

A active with your own body

It is important to know your body well. To understand your body you need to explore it. It is important to understand what is happening inside your body before you start to explore it. I advise you to take some biology classes / books to read the full content of what is happening to your body on a chemical level.

First of all you need to know how to explore your own body. To do this you need two things. First observation and second a mirror. The observation is to look around you and see what is going on with other boys and girls. Can you see the changes ? Are you aware that they behave different , move different and even look different now ?

When you look at them what do you see ? Can you see that the girls get breasts ? That the boys start talking different and their voices change ? Look at the girls when you start talking to them, are they turning their head now and start giggling ? When you talk at the boys do they behave different to you, are they more aggressive or intimidating now ?

So many changes around you to see but in the mirror you will see your own changes. When you stand there alone in front of the mirror you can see the differences. Your chest is changing, your throat feels strange and also looks different now. At many places hair start to grow. Under your arms, in your face and around your genitals. Your balls get a different shape and the tube is longer than before and is often more itchy.

When you see a girl you feel itchy at your groin. Sometimes you even feel it growing, it start to move by itself. Some mornings you wake up and your underwear is wet. In the beginning you will think that you did urinate in the night, but that is not the case. What happened is that during your sleep you have got an erection and an ejaculation. The reason why you get this happening is that your body is checking the function of all organs.

B sex with a partner

8 /internet, abortion, addiction, self-mutilation and other things

Your changing situation will make you explore the new things in life. During this exploring you will not only encounter the positive things in life but a lot of negative things will come your way. It is important for you to be aware of the negative to change it into the positive. In this book I will mention things you probably never heard of or will ever encounter but the saying is that a 'warned person counts for two'. It is better to be well prepared in life than encounter the serious topics without any knowledge at all and be on hands for advise when you need it the most.

A internet

Do I use or mis-use my internet connection?

It is important for us to know about over-use of the computer.

In this book we are working on prevention of over- and mis-use of the computer to avoid addiction.

The first step to understand the problem is to answer the following questions:

Internet Abuse Test

1. You find yourself spending often more time on internet than you actually planned. We can set the rules here on 2 or more hours every day of the week.
2. When I am busy with internet or gaming an add extra time every time when I plan to stop.
3. I try to change my internet/gaming behavior but feel like it is not possible.
4. When I am not "online" I feel anxious to get online as soon as possible.
5. I get easily irritated when people "disturb" me while I am busy with internet.
6. I spend often time behind the computer in the evening till late night and get to less sleep, so I feel not good in the daytime at work / school.
7. Internet helps me to solve my problems. I feel better when I am behind the computer.
8. My friends and family is complaining of my use of internet.
9. Lately my school/ job results are not as good as in the past when I did not use internet a lot.
10. I feel strangely guilty toward others for my internet use. I often apologize or start telling stories about my reasons why I use internet. Some of the stories are even lies.
11. I am getting very upset when not able to log on to internet.

If you can answer 2 or more of these questions with yes, you have a problem and it is important to recognize this. Now you know that there is a problem we better get to the solution. A first step to a long term solution is the fact you did realize you have a problem. That is the biggest step of all. Most people will ignore the problem and continue the life.

Another test is to answer the questions:

- You do not take care of your personal hygiene well as in the past.
- You have health problems such as dry eyes, pain in shoulder, elbow, wrist, hands.
- You suffer from depressive moods.
- You feel a lack of self-confidence in an increasing amount.
- You have obsessive and uncontrollable thoughts.
- You are using stimulative products such as energy drinks, drugs or medicines.
- You deny to be depended on gaming or internet.

If you answer more than 2 questions with yes you do have a problem but it is not sure if these problems are directly related to internet or gaming and you should have counseling with a professional.

In 2009 – 2010 a list is compiled from most visited sites. The top of this list in Asia are shopping sites. But not very far from the top we find Gambling, gaming, relationship & sexual oriented sites. The most alarming fact of this list is that it concerns millions of visitors and in large numbers. Asia currently has nearly 3 billion inhabitants counting for over (nearly) half of the world population.

These numbers are so scary if we know that less than 20% still has access to internet. If we go to a level of over 50%, online sales for these sites will be over billions.

Internet is also often used for other things such as searching and dating.

B abortion

What is abortion ? Abortion is to take away a living embryo from a pregnant woman or girl. It is taking a life, but not always a murder. But what does abortion mean to a woman ?

Imagine your mother gets pregnant. A child is growing in the womb of her. It is a small life very venerable and easy to be hurt. After a few weeks it has life and could become your brother or sister. But one moment your mother comes home and tells you that she must take the baby away. The man who made your mother pregnant does not want it. You see the tears in the eyes of your mother as the baby is already connected with your mother as you was long ago. It hurts your mother to know the baby is not wanted and it hurts even more that the baby must go.

Gladly your mother has enough money, unlike many girls in her position who has to suffer of the illegal abortion clinics. These clinics have gruesome methods of removing the unborn, they are often not clean and dangerous for mother and child, many girls die from this kind of abortions or get seriously injured. But your mother goes to a proper clinic. The day she goes in is a sad day for her. You can see and feel from your mother the pain she carries of the knowledge to say goodbye to her child.

The operation takes only a short time, the **fetus** is removed quickly without much harm to your mother. When you visit her in her bed in the hospital her eyes look at nowhere, they seem so sad. Tears are rolling down her face and she mumbles often that she is sorry. She is praying for the soul of the baby. Her mind is broken and she knows it will take time to recover.

After she left the hospital she is still not your old mother. It look like she has some dark spots on her soul. In everything you can see she is changed. You do not understand why until you are confronted with your girls and that baby you do not want to have..... remember always what happened or can happen to the person you dare to make pregnant. Think of this story before you act and understand what you do to a woman when you ask her to take the baby away. You are always responsible for what you do ! When you make a woman pregnant understand your responsibility, do not let her carry hell in her soul for the rest of her life, it is worse than living in prison.

Abortion can only be done for a woman if the woman fully agrees on it and takes the actions all by herself without pressure of others such in case of rape, sex with an unwanted person etc. Only when she decided it can be agreed upon.

You can help to keep the girl out of problems. Before you have sex with a woman always buy preventive products such as condoms. Use this condoms to protect yourself against all kind of disease and to make the girl pregnant. You also can make it very clear to the girl to protect herself using anti-pregnancy pills (contraception) to avoid unwanted pregnancy.

C smoke / alcohol and drugs (addiction)

What kind of addiction are around

This book is written to inform you about the most common forms of addiction. It is impossible for me to name all addictions. In this book I mention many but will focus on the main common addictions which deliver the greatest discomfort to the most people.

Legal

I have separated the addictions in legal and illegal. The separation is based on the law and availability. This book explains you the legal products more extensively as they are more common and you be confronted with them in immediate surroundings.

Alcohol

Ones a person told me that “Chinese men learn to be man on the dining table”. Being a man was directly linked to the use of alcohol. In China but also worldwide the use of excessive alcohol is a real problem. This problem is hardly ever felt by the addict but so much harder by family and friends. In Chinese society the use of alcohol is nearly a duty, a must to proof manhood, a symbol or strength and pride. The more you can drink the higher your status on the table. Alcohol divides man from the boys. We all know the sayings. In this book you will read that these men causes a lot of problems more than the boys ever can imagine.

Smoking

The next best thing in addiction is smoking. It seems that smoking does not hurt anybody. In recent years it is proven that smoking not only is dangerous for the smoker but also for the surrounding. A smoker has a very high degree in chance to develop cancer of the most severe kind. If it was only the cancer we did care about the society would never feel the burden of addiction. But the cancer patient needs treatment as we are human and have to take care of our love once. Every smoker thinks they can stop at any moment they wish. Smoking has proven to be a harmful difficult and very persistent addiction.

Gambling

It is called one of the major typical Asian addictions. Gambling seems to be the best developed and strongest addiction is Asian countries with Chinese as leaders. When you read this most of you will smile, think that it is not really that worse to gamble once in a while. But how many of you are playing monthly, weekly or some even daily a lotto, a bet or even a game with a bet. Many will do so. Are you sure it is harmless? Imagine that most gamblers no longer posses things, everything they own, there family owns is part of their input in the gambling from the moment they be addicted. Nothing represents value to them than the win and losing of the game, the moment of excitement and adrenaline.

Food

Everybody needs to eat every day. We all do it. Are we all addicted? The answer is: No we are not, we need food to survive. But when food becomes a compulsive attraction and a need to continue eat takes over from hunger and eat when needed we consider it an addiction. Most food addicts become fat, real fat to super fat. In China we see an increasing amount of giants who are no longer in control of their food intake. Most food addictions go together with other addictions as it seems to be a complementary addiction.

Computer and electronics

In recent decennia new addictions have taken control over people. All started with a game, an innocent looking game. Nobody saw harm in playing on a computer with a machine. But a group called the Who told the story of superior addiction to machines in the '70's in the Rock Opera “Tommy”. Computer gaming has taken over from the machines and have proven to be far superior in attracting new people and special young addicts. In this book I pay extra attention to the addiction,

which is often combined with the mentioned food addiction, of our young generation and the dangers we are confronted with in the future.

Less common like sex, sport, clothing, fetish etc.

It sounds strange but people can get addicted to almost anything. I know lots of people who are not able to function well without the daily cup of coffee, how many people cannot live without a pray, a religion or believe or what do you think of a person who has is addicted to his hobby such as chatting on the internet. In the cinema and TV we are daily confronted with the shopping addiction, the neurotic need to be slim, be the best and so on. In this book I will make a clear distinction between compulsory behavior, neurotic disorders and addiction.

At first I would like to give you a sample to show the real difference. A man, mainly people who do this are man, is looking for sexual oriented pictures on the internet. In the beginning he started to just look at them. Slowly he developed a need to collect them. After this he starts to look for more extreme pictures. From pictures he changes to movies. As his soft stage has past already his taste for movies is also extreme. After a while he will start to fanaticize how he can be a part of the "scene" and starts looking for addresses, contacts and so more on the net. He starts to arrange meetings and seek direct participation. From participation he goes on to develop his own fantasy and is drawn in a world of unrealistic behavior. This will continue to develop till something bad happens and he returns to a realistic world view, often only when it is too late and his life is destroyed. This is not an addiction this is a psychological development and can be seen as a compulsory behavior syndrome. We can see a development and change of behavior and surrounding. Addicts try to continue a lifestyle with less changes.

Illegal

We consider everything illegal as the national and / or international law has classified it as such. In this book it is not the right place to discuss the right and wrong of the law. We accept the law as it is and must understand the effects of the products which are the basis to prohibit them.

Soft drugs

In most countries the laws make a differentiation between soft and hard drugs. It is an arbitrary decision in most cases but there are good reasons why the lawmaker did so. In most countries the difference is made on ground of addictivity of the product. The question is how long it will take to cure a user, how heavy is the need of the user to go back and reuse the product physically and mentally and at the last part how much is the physical need for the product after stop using it.

Another reason is that most soft drugs are of plant origin. Hash, Marihuana and others are originally made by the use of organic products such as leaves, plant parts and oils. The effect of the product is scored by smoking or eating. The product always needs to pass organs before the effective part enters the bloodstream. In all these products THC is the active ingredient. It must be said that currently some products contain such as high THC level that the border between soft and hard drugs has become very thin.

Medical use

Marihuana is a softdrug that is used by the medical world for centuries. Its positive benefits are known with diseases such as Asthma, schizophrenia, psychological disorders, aggression, ADHD and so on. The benefit is proven and the use under controlled circumstances is recognized in different countries. The production of the Marihuana is under strict guidance and control of licensed farmers and suppliers.

Effects on the mental state

Softdrugs are considered to have direct effect on the psyche of a person. It causes hallucinations, disturbed reality vision, a different mental alertness (most users call it better hearing, more clear eyesight, much broader smelling capacity and some even say their mind is more clear)

Dangers of use

On the contrary of what is suggested by the name "soft" the use of these products can have dangerous side effects. When used by a person as medical substance the target is clear and the results are checked by a team of medical experts. To use these drugs for fun can have strange effects on certain people. It is a fact that 80% of the users have no other effect than simple relaxation, a feeling of well being and hallucinations. But 20 % and in some countries even more of the users have real bad side effects. One of the most common is loss of concentration , suddenly fall out , psychological pathetic fear syndromes of all different kind and last but not least a food disorder. Many users lose the feeling to eat. In fact they replace the lack of energy with energy drinks. These drinks are full of carbohydrates and caffeine. The use of these drinks gives a fake form of energy to the body. This energy must get fuel from somewhere in the body and will take all fat reserves as target, even these needed to protect the body.

Hard drug

All harddrugs are considered fast addictive drugs. In fact this is not a true statement because the drug itself never is addictive right after the first use. Most users describe the first few times of using as a disaster, a failure and a bad feeling. But when a person start using hard drugs they cross a mental barrier, a line of social and moral acceptance. Every user know that the move to start using hard drugs is bad, they know that they will get addicted and also know that the moments are good but the rest of the time they will feel bad, sometimes even very bad. But to take harddrugs need a special mind set, you show to yourself that you dare to do it, you want to cross the line. You wish to become: "outcast" and be real different from society, it is a choice. Only in very rare cases I found that addiction to hard drugs was because of external pressure, a sample of these cases is often found in prostitution where unwillingly woman are force on drugs to work for the money.

Degree of addiction

It is a fact that hard drugs are very addictive and dangerous. We even can state the fact that most users become outcast due to criminal and disturbing behavior but there are cases that people still can function as ordinary citizen even when addicted. They are masters in hiding their true nature.

Addiction to hard drugs shows different stages of addiction. The first period is considered a trial. A user is searching for a position in society and discovered a total new world when living amongst people of the drugs scene. The stories of crime, adventure and more are very attractive. Mainly because every user mixes reality with his/her own hallucination related experiences. The real world becomes much better, faster, more stupid and so easy to manipulate. It seems a world where everything is possible to the new comer. Users call each other friend and behave like they are your best buddy, while trying to steal all your drugs at the same time. The unreliability, the manipulative and cheating nature of the user has only one purpose: get the daily supply of drugs for him / her self.

Social and economical effects

The most common found social effect of drug use is criminality and prostitution. Hard drugs are expensive and often the quality varies a lot. When the quality is low a user need to "score" more of the same product to reach the desired state of mind. This implies that when the user gets a good quality of a product he / she will be less criminal as they need less products. When the quality is bad the user need to score more to get the desired effect.

To get drugs the user need money. Because of the disoriented state of mind, lack of concentration, bad food and living situation, users often do not have a permanent housing, they cannot work. When

not able to work only few options are open. Steal, deal or sell yourself. All three have influences on the family cause they are often the first victim of the stealing user (called a junk). A user will lose all friends and family members will keep distance. A user gets itself into a state of isolation of separation and slowly drives him/her self into the arms of the "UNDERWORLD". This underworld is often literally. In most cities users live under bridges, in holes in the ground, underground tubes and so on.

Criminality

As mentioned the social effect of using is large. Most users / junks enter criminality the moment they become real users and in need of daily products. The first drive is money. With money they buy the drugs. When a user still looks in good shape they are able to get good prices for stolen product. The deeper they fall in addiction their body and looks deteriorate the less they receive for goods and they need to steal more, this is an ongoing cycle until caught and brought to prison. But the most dangerous phase for young people is the beginning when lucrative deals are offered to them in trade of drugs. They are offered to transport drugs worldwide, let criminals use their name for shady deals and being used to set up special rip deals. A rip deal is a gangster term for stealing money and / or drugs from other criminals. Most of those deals go wrong and many people have died when involved. Hard drugs are strongly linked to criminality.

D self-mutilation

Self-mutilation is a way to attract attention and show a serious conflict with the outer world. Most persons who start with this will begin with cutting themselves in arms or legs with knives until bleeding. They start carving their body.

Carving and cutting are signs of serious mental problems. These problems can be of physical but mainly of mental origin and are a call for attention. The call is very loud as the bleedings are clearly seen by many people but often hided from shame by the cutter. Cutting is the beginning of suicide attempts. The basis is a permanent dissatisfaction with the body and status of life.

Cutting comes more with females than with males. The main reason is that girls start with small cuts and can hide these cuts by saying it was an accident during taking away the hairs. For boys this is not possible. A boy will cut deep and leave bigger scares. For a boy scares are no problem as he can make up stories to others of the cause of the cuts. In the beginning the boy's lies are taken as heroic acts by his age group peers.

My advice if you see a person with cuts in arms or legs, the main areas of cuttings, to have a good talk and ask for the reasons. It is important to listen to this person to understand the reasons and maybe you can help with the causes and find a solution.

E running away

What is running away from home ? Running away is when you plan to leave your home for a long time or for always. In the Western world this is often used by young persons to show their dissatisfaction with the situation at home.

Running away from home is a drastic and typical Western behavior. To leave your home and safety is a drastic measure and often has serious consequences. For a Chinese leaving home is cutting away your roots. Your roots to the future and the past. If you ever consider this please understand that what you plan to do will influence every new day in your life from the moment you leave.

Before you decide to leave home talk to a teacher or trusted person and explain what is going on. Ask for help ! Do not just leave without trying hard to find help.

9 / protect yourself !

Protect yourself ? Why should you ? What can be dangerous for you ? You are strong and you can conquer the world. Your physic is changing and often, for instance when you play the computer or with your friends, you feel that you can beat the world with the tip of your fingers. But let me wake you up. Most challenges for you will not be knights on horses, gun shooting criminals and dangerous ghosts. Your real dangers are hidden behind a wall of friendly gestures, behind a smile or sweet talk. The real treats in your life come from people close to you or the person you least expect it from. In this chapter I will write the real dangers of modern life.

A the danger of meeting an adult

On internet or in the real world adults do not always have friendly reasons to approach you. Many adults have become strange personalities. Some of them have got the idea that young boys are sexually attractive. These adults are a danger to your future and need to be avoided. It is important you know and understand when a person has normal or not –so-normal requests on you.

If a person approach you who is an adult it is important to find out the reasons why the person wish to contact you. Your start is to investigate the background of the person first. Get to know the full name and address, try to collect as much information as possible and write that all down in a file. If possible combine this with pictures and remarks.

When you study the literature most cases of danger to young men found are directly related to males but I would like to warn that females are no less dangerous than males. Young growing men are very attractive for women also. For some women a young clean virgin boy is the ultimate of pleasure to them. So I also warn you to be cautious with elderly woman also.

Adults do not always have wrong intentions with you. In fact most adults you will meet are good and have only friendly attention to who you are and what you want. In general they give you the attention with a little distance. A normal person will not come close to you or touch you. He or she will avoid having direct physical contact and will avoid talking about certain topics unless you start about it.

B crime never pay only sucks

Criminality is interesting. For many boys and men criminality seem to be very attractive. Before you ever start with any criminal activity you have to be aware of the fact that being a criminal is not a hobby but a job, a job for life. Being a criminal has only two options, you will end in jail or death. The options are simple and clear. A good criminal will end up death and will have some good time before he is killed, cause a good criminal will never end in jail. If you are not good enough in your job you surely end in jail. Some end there for a long time, some are returning visitors of the jail. They come and go.

Crime seem to pay and is exiting if we believe in the movies on the screen or we see on TV. The reality is so much different. Being a criminal is something you cannot go to school for. You must learn to be one on the job. Most people are not fit for the job but only can find so during practice on the

job. Everybody who wants to make a start in the criminal world must do so with a first trial, a first “job”. After this first step it is very hard to go back to a normal life. After this first step you have condemned yourself to a life in the shadow. You will not be able to face the normal life and look another person straight in the eyes. After your first ‘job’ you are sentenced by yourself for life.

Most people get into crime through the help of others. The reason why people help others to get in is to involve them and incriminate them in their affairs. With other words when a person want you to get involved he/she will do so to get better of it themselves. Starting with crime is like a kind of “multi-level marketing ‘. If you want to earn money you will have to ask others to work for you and you will get the benefit of his / her work. Let them do the dirty work and keep the money.

In multi-level marketing only the starting levels will really earn money. All other levels will look at how much the top-levels earn and want to do the same. But the lower your level is the less you will get. In crime you always have to start at the bottom level so you seldom will earn enough to live from. You will only get some left over money. The persons who do the hardest jobs, the most heavy or dirty work will get the real money but also run the biggest risk to be caught.

Being caught sounds interesting right ? But did you ever ask yourself how much you know about how life in jail is ? Do you know how criminals feel when they are in jail ? Most of them, including the heavy guys, often cry themselves in sleep. Cold and misery is their part of life and living in jail is like hell on earth. The guards, the jail itself, the fact you are no longer free to move, the everyday returning same routines, all make life in jail terrible. Many people die in jail due to food poisoning, injuries of all kind, being killed or raped or suffer of many serious psychological problems.

C protect yourself on internet

Chatting, mailing or other forms of internet use are so common that you forget to protect yourself. The first question is what do you need to protect ? What will your answer be ?

- Your school work
- Your chats
- Your internet behavior

Sure you can add many of these points to the list but none of them are important enough to be protected. A criminal, scammer or more worse a stalker will look for other things on your computer ;

- All your ID details, your true identity
- All passwords
- Payment details such as accounts, pay cards, bank accounts etc.
- All your aliases
- And last but not least your internet ID such as your IP address to take over your computer in case they want to use it as part of a Botnet and send spam or take part in attacks of other computers, hacking or cyber war

The terrible thing is that you will be help responsible of losing data or when your computer is used by another party for criminal activities.

You understand that you need to protect yourself on internet very well.

- Check your computer regular,
- use the best virus scanners,
- clean the computer and throw all rubbish away,
- empty your binn often,
- defrag your hard drive within regular interval,

- if someone has taken over your computer, erase that program right away and clean all traces
- do not install software with unclear sources

D the changing boys and street

The street becomes different when you grow up. As a child the street often is a playground and no more than that. When you enter puberty the street becomes a battle ground or a dangerous zone you need to be aware of.

When boys turn to men they will have to answer to men also. On the street the laws are different from the school. The law of the street is still ancient. The person to survive on the street must be careful and though. Being streetwise is advised when you want to survive in the future.

The first rule of the street is to be beware of where you are. No the neighborhood well before entering it. In big cities some areas are better not to go if you do not know the laws of the street. These areas have a name that in this streets it is not safe and a stranger can be spotted from miles away. If you are that stranger you must be careful.

The first law of the street is that the most powerful rules and wins. As second the person who is able to control more than one person will be able to survive and maybe even be a winner. The awful third is that violence is often the key to power. Violence and crime are strongly linked with each other. Street violence is something a person in the city will encounter all his life and there is a need to foresee a situation that can bring you in danger. It is also advised to pay some attention to self-protection of any kind, often I advise to train some self-defense sports to boost confidence or actually learn how to defend yourself in a dangerous situation. I did start this at the age of four already in Holland when the situation was not dangerous yet.

My childhood was not nice. I grew up as a brainy amongst fighters, street gangs and wanna bees. In school I was daily confronted with boys from families with a history of violence while I came from a middle class good family. The school was no safe heaven to me. Every day I had to fight with groups of boys varying from four to twelve boys. It was a good experience to fight every single day but even my mother got enough of seeing me with blue eyes and bruises every schooldays. The fights never lasted long as I knew how to beat up the leaders often but I was punished by the school board so the boys knew that I was always on the losing end and no matter how often they fight with me and how often I got beaten and how many of them I knocked down, they were not punished cause teachers and head of the school were scared of the parents. I did survive and it made the course of my life. Since that time I have never been scared to go anywhere face anybody and win or defeat I will be focused on my targets.

It all ended well. When I was fourteen the leader of all the boys became a gang leader as he was a member of a prominent gang in the city. He had made name as a violent kid with a criminal record and most people were scare of him. During that time I was training hard in Muay Thai, Karate, Aikido and other Martial Arts. I trained every day in the morning and in the evening, next to my school and part-time jobs.

We met in the middle of the street and there was no way to go for me. At that moment I was eating an ice-cream and did not want to waste it. He told me to throw it away and face the beating. I told him in clear street language that I was not planning to go one step away. He started to throw punches and kicks at me which I all defended and countered while still eating my ice-cream. During the fight he made a lot of noise and everybody started to watch the fight. More and more spectators

came to look. He could not touch even a hair of me and I did not hit or kick him back one single time. My only reaction was to slap his cheeks, hair and belly whenever I wanted to do so. Just by defending myself and letting him feel that he was just a fool made him lose face in front of all his followers and people who were scare of him. Everybody saw how weak he was when faced with an experienced fighter.

He made a serious fool of himself and finally his blind father was called around to stop the one sided fight. Just before his father arrived I used my ice-cream to put it on his nose, his face was all covered with the ice and he started to cry from anger and shame. I did not needed to hit him even one single time but his fame was broken and he was so deeply ashamed that he and his gang never bothered me again.

But, let that be a lesson to the reader, after this fight he did arm himself with weapons and he killed others after that many years later. So defeating a person the way I did does not bring a person to good senses. The defeat can change the persons attitude to life from normal to more extreme violence and it was a good lesson for me to understand that humiliating a person does not bring an end to violence. Humiliation also can bring people to more and extreme violence. The law of the current street is violence with weapons and hardly ever with fists and kicks.

Living today means that the street is the place for many criminal activities. Keep your eyes open and be aware of your own security. Only in movies police will arrive in time and protect you, in reality the end is hardly ever positive.

10 / the value of money and carrier

Society demands money to survive. Without money you cannot do anything anymore. No money is no future. The value of money has become priority in life for most people. Money has got a position higher than religion. People kill easily for money. Most people will cheat, sell their love once and give their body and soul just for money, money corrupts and kills morality. But money also can build bridges, help to educate, cure people, make things happen. With other words money is a tool to make the world go around.

As said before money is higher than religion, people do nearly everything to get it. Will you be the same ? The answer is hidden in greed. It all depends on how hard you think that you need money to do what you plan. Money is always a part of plans and expectations. We plan on the fact that we expect money to come to us. Some will study hard, others will do business and again other people will work with hands and feet to make the money.

Money and carrier goes hand in hand. A better carrier should automatically imply that you get more money. But in China a better carrier is equal to spending more time at the workplace and less free time. Most of the time you are no longer work to live but you are living to work, you are the job and it will eat all of your time.

Carrier is nice. You will get face, people will adore you and you are someone. Your family can afford more as the money will grow. You will have no time to spend it, so you will be a richer man when you die.

Keep in mind that you are now at the beginning of your life, your carrier and will need to make many choices. The most important choice of your life is what you will follow ;

- your emotions / feelings, nothing is certain, every day is one and you welcome them all
- your ratio, the thinking of others the facts you consider and a roadmap for your future

In some cases you can combine them.

Take your time thinking about it carefully cause your future is only a real future when you decide yourself.

A your study

Study is the foundation for your life in our current society. You will have to consider which study to take to fit your emotions. Yes what I say is completely different from all traditions in China you ever heard before. Being good in something is more important than doing something you do not like. Following a study because of tradition and following others is wasting your life. If you follow your best options, meaning the things you are good at, you have a much better change to live a happy and prosperous life than when you follow traditions.

Most people follow the traditional path of primary school, middle school, high school and University. After finish you look around if there is a job. But as nearly everybody follows the same path the competition for the best jobs is fears and every other job also hard. The change you get a good paid job is very small if you do not have the right connections.

Keep in mind you are living in China and connections – guang xi xue – is the root of every carrier. Whatever you study it is most important to know the connections of your family to choose the direction which deliver the highest possible change of result.

Let me explain this more clear ; many people from country side go to University to get a title. Not every University will give you a title you can use in later life. In fact most Universities cannot guarantee you a job only some exclusive Universities can do so. In general to have a title does not make you more valuable. You must consider this before you go for years of study and expenses.

If you come from countryside and want to make a carrier in the city you need to invest first in connections. It is important, even before you start a study, to start looking for connections in the field you wish to work. You have to connect yourself with first less successful persons and move up in connections. Gladly we have internet communities now so you are able to invest time and effort in a rather easy way. You do not yet have to live in the city to make progress.

The connections can bring you to different Universities in your target cities. Even you are in a target University for only a few months for a project, study topic or whatever it will bring you profit as you are officially allowed to use the name of that University to add to your CV / name.

Now we get to the plan of study and life ; your Curriculum Vitae. When you move from primary school to high school you need to start with building your CV. It is important to be active in school to learn and build the CV. A rich CV brings you more chances in society as when you send this for a job-application the new boss will look at your experience and qualities. The more activities on your CV which can be proven and stated by facts will increase your chances to find a job with carrier.

B planning your life

When you are in primary school others are planning your life. The moment you enter secondary school the “others “ slowly moving the planning responsibility to you. Step by step you become

owner of your own life. It will not go fast as parents and family always continue to try to influence you. You have to build character now. How much influence they have depend on you. Are you strong or not so strong yet.

Building a life can be realized in different ways. The most easy way is to listen to others advise and the most difficult way is not to listen to anyone and make all mistakes a human can make, you learn from falling and getting up. Both are the extremes of being completely depended and the other being completely inepended. Both ways are deemed to misfortune. Following others will not develop yourself and the end is that you will get into a psychiatric hospital doing only what others say being depressed and mentally unfit. But the other way around, to find completely your own way, will provoke a lot of anger in others as you must make stupid mistakes that many others before you did and had solved.

Planning your life is to find a way in the middle. You learn from others and still keep a part of your mind for yourself. In ancient times a Chinese man was considered a thinker. The higher the ranking the less he would talk. Even in recent days a man with less words is considered a stable personality. But communication has become of vital importance and a person who talk less, is sturdy to get around with and is silent in nature will not get into a good position. Today is communication time, the more you make noise and communicate clearly the higher your star will climb. Communication and character can go together but you will need to understand who you are.

You surely have a phone. In this phone you have many connections at hand. Sometime you call them friends but in fact they are no more than connections, you know their name and number and sometimes even remember their face. They are your connections and some even to your future. The first thing you must learn is to communicate with them, no matter how and no matter the topic, get communication channels open, that is your first step to become an adult.

The second step is to discover yourself. Focus on what are your interests. To plan your life you need to know your likes, loves, dislikes, wants, needs and wishes. Yes you have to write these down in a notebook. Just take your time and write about them every single day. Planning your life takes time so do not expect to write your life plan in a day. Your needs and wishes can change day by day and even the changes effect on your decisions.

How to make this life planning note book ?

The most important thing is that you write day impressions. Note what you liked the day and why. Also note what interested you most. Do not write long stories, keep it short and if possible much to the facts.

At the end of the week read back what you wrote and make a synopsis, a short version with only words of interests in it, not a story just tracker words and do the same at the end of the month, end of three months, half a year and years end. When you reach years end make a short list of the most frequent words in deeds, wishes, wants and so on make a clear distinguish between them and make colums to separate them. Doing this you get a quick overview of what you did last year and start considering if you will do the same next year or give some changes, sometimes dramatically changes are needed to make all parts fit together.

After one year you will start to set up a wishful thinking planner. In this you write down what you want to reach at the end of the month. All your wishes and plans you write down at the end of the book and working back. At every end of the month you look how the prediction of the month and what actually happened can be compared , combined and maybe even associated. Slowly you will find your strong and weak points.

Most people will force you to work hard on your weak points. They consider the weak points more important than your strong points. But in the future you will find that you only can be good when enforcing your strong points and leave as much as weak points behind. Building a carrier is never on weak points only on strong . From the beginning on you have to find your own strong points and put emphasis on that. Leave the weak points behind, do not let them become weaker but there is no real need to make them much stronger by putting more time in it. Strengthens the strong and the weak will be stronger also is my saying.

C a carrier for yourself or at work

One day, most of the time after your study or school, you have to make a choice. You work for a boss or you start for yourself. It is never an easy decision as your future life can depend on it.

Working for a boss means that you or plan a carrier in a company or you want to get experience. Just getting a job for money is not the best opportunity to face your life ahead. If you work you need to have a goal in life. The goal can be to buy a house, a new car , have money enough to set up a family or to study abroad. It is important to set yourself a goal a short and a long term goal.

Setting goals is part of your work. Whatever way you going to work, for yourself or for a company, the goals need to be clear (like in your notebook) and differentiated between short and long terms.

When can you start your own company ?

For most people to set up a company is to do so after having get working experience in a running company. It is important to learn from experience how a company is runned, how the boss gets around with employee, how the jobs are done and everything else. Each company is like a person, they all have their own identity. The reason is that when a group of persons are working together they develop a way how to work, in most cases it is like a body, your own body.

Consider a company like the organs in your body. Each organ is a division and every blood cell is a person. The persons run from one organ to the other and at some places you get work and at others you drop the work like oxygen on the blood cell. You can move all over the company but always have a specific task that is only yours, same as in the body. Every blood cell lives only for a certain time so expect your time in the company to be limited. There is no longer a life time employment in the world. Not even Government officials are sure of their job anymore. It is the same as red blood cells, when your body does not need them anymore they will be removed.

Building your own job or company is a risk higher than getting a job. The risk seems higher cause you are strongly depended only on yourself, your work and your own strength. This may seem hard but your efforts will be paid back to you. It seems to make face having a company with lots of employee but in the Western world there is a saying that the more employees you have , the more trouble you have. A Jewish saying is ; “ I wish you lots of employee “ , this is equal on I wish you bad luck.

Working for yourself or for a boss is a carrier and life choice not to be taken lightly but if you have your old notebook the decision is so much easier to make....

D travel and adventure

Traveling is important in the learning process of growing up. For most people traveling is adventure, you go to an unknown place and expect things to happen. For many people traveling is equal to looking for danger, the danger of the unknown. Most people fear something they do not know and wish not to travel. Other people see no use of traveling as they feel best in their comfort zone of

home, they prefer the daily happenings to rule their life. Most people will go for holiday and consider that traveling, seeing other cultures, meet strange people and eat their food. But traveling and adventure are different.

Real traveling is without organized groups, just on your own or with some friends. You travel from place to place, not fully prepared and with holes in your knowledge. With other words, traveling is to learn and accept what comes ahead, experience what is new and place in line of what you know. You do not need to travel abroad for meeting new situations. China is big enough to start with. In China you can have lots of adventure.

Traveling is never danger free. Transportation can broke down, accidents can happen and sometimes more serious matters will confront you. The idea of real traveling is that you have to deal with difficulties from instant reactions to planned actions. To go from A to B you need to plan a trip otherwise you will never depart or arrive. Most transportation is time depended, you cannot expect to move any time you want and go anywhere you want.

What kind of dangers you can expect on a normal travel ;

- transportation is never 100% safe so you must always be prepared for action and get into rescue action as soon as something happens, even on a daily short travel
- accommodation is not always clean or safe. Inspect every accommodation when you arrive there, check entrance and exit points, fire routes and escape ways. Control your door or find other ways to secure yourself and baggage while you sleep
- never take things from strangers even when force to do so. Getting goods from strangers can contain products of danger such as drugs, fire arms or even explosives. If anybody offers you a reward for taking a product somewhere , refuse it as you probably will be used as target. Most gangs use 'strangers ' to transport goods to take the interest of customs away from their own people. You surely will be offered to customs with something illegal.
- Theft is what most travelers will experience one day. When you travel you carry your language and be sure people are always watching you. Some have bad intentions and will try to steal your goods. The best is never to leave anything unattended. When traveling use safe boxes, language storages or hotel counters to store your language safely. When you are confronted with stealing , never panic. Report the theft to police and ask for help if the goods are important to you like passports and other valuables. If abroad report to your embassy.

Some other tips when traveling ;

- Get good travel guides. Only take very practical guides and borrow cultural guides.
- Only take what is needed. Do not take going out clothing's to a jungle or jungle clothes to a beach party. Thing practical and travel light.
- Be prepared with handy tools when traveling low budget. Know that some tools cannot pass the custom control, check before you pack them.
- Know what you can buy at the place of destination so you can prepare to buy some goods there and not carry them around with you.
- If possible find some contacts at the place of destination, use social media and other sources to make friends. Maybe you can use their knowledge of the local situation.
- Make copies of all important documents and leave them home.

11/ A religion

Religion

When you were a kid you followed your parents. It did not matter where they went to or what they believed in, you followed in their footsteps, no questions asked. But now you feel sometimes

insecure and do not know what all these people are really talking about. They believe in something but you cannot get a clue of what it is all about. In this chapter I will try to explain you something.

Believe is what the word exactly suggest, a person believes that something did happen and in the future will happen. There is not scientific proof or any real factual statement to back up what they believe in. Religions have started mainly over a few thousand years ago. Some people gathered together and decided that the statements of some holy men needed to be written down. Over a period of tens and sometimes hundreds of year's scriptures were written according to the visions of these holy men. They wrote down what the god or gods did tell them or revealed to them in dreams or visions. Often this believes had persons called "prophets" who were supposed to be in direct contact with the god(s). All this happened long ago in time were life was unknown to us and most of what we known is based on the guessing of scientist who studied the scriptures or did archeological research.

We can distinguish different forms of believe ;

- 1 / religions with one god as the center of all attention
- 2 / religions with more than one god
- 3 / philosophy to improve life quality

- 1) Believes with one god, such as Christianity, Muslim and all others who are often derived from the core principles are following scriptures written down for over 2000 years ago. This believes have brought down a set of life rules to keep the society organized and structured. The center statement of these believes is that there in only one holy god who represents everything we do not understand and is an almighty ruler of life itself. The strange thing is that it is an unknown present entity but all refer to it as a "him" a male personality.

The reason why these believes are popular is that these gods carry al guilt for what is going on here on earth. They are held responsible for the weather, the death of people and everything else we have no direct explanation of. Another point is that when we do something wrong (commit a sin) these gods will forgive us and only will hold us responsible for these deeds in the afterlife. The afterlife is the period we are death. Of all deeds we do during this life we will have to pay responsibility to that god and we will be judged.

- 2) Some religions have more than one god such as Hinduism and nature religions. These religions believe that everything has a soul and there are some gods responsible for certain parts of society or fields of knowledge / behavior. These gods have often specific tasks such as the god for hunting, a god for prosperity, a god for health. Each god deserves special treatment and need extra attention on certain days of the year.
- 3) Philosophies to improve life quality. We can consider Confucianism, Taoism, and Buddhism into this category. The main reason why I do not call these philosophies religion is that in the scriptures the focus on a specific god is missing and that the intention is to develop a person's own responsibility toward life itself.

This in short what religions do and want. I have to admit that the way how I describe them is very short and to the point and that people who are religious will criticize it all the way. But it is not my intention to make you pay respect or start to believe in something. The intention of this book is to help you develop your own opinion and not just follow the leader.

Before we continue you have to be aware that religion has caused many wars and killed millions of people in the past. Many wars are even started due to religious misconducts or misuse of religious power. Some religious leaders will tell you that they were never involved in any social unrest or

killing. Do not believe them easy; check all they say as the richest persons on earth all have direct connections with a religion. It is a fact that most wealth is in hand of religious groups. A great example is the Vatican which is still considered the richest place on earth.

If your family is religious and you feel good with it, just follow the steps taken and consider the good examples of parents or grandparents. Look at their deeds more than at the stories you hear. Follow the steps from a person who preach and behave according to his words. These are your good examples. When you come across misconduct just report this to the proper authorities as many children and pubers have been victims of sexual harassments of priests, monks and other religious leaders. These are facts and warnings to you from the past.

Religion or philosophy both can be a benefit to your life. Reading the scriptures and holy books are surely something I recommend. But I recommend that you read not only one but as many as you can lay your hands on. Each of this books has profound and good meanings and do carry a great value on human history and mental development. They all have one thing in common; they can teach you to be a better person in life.

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