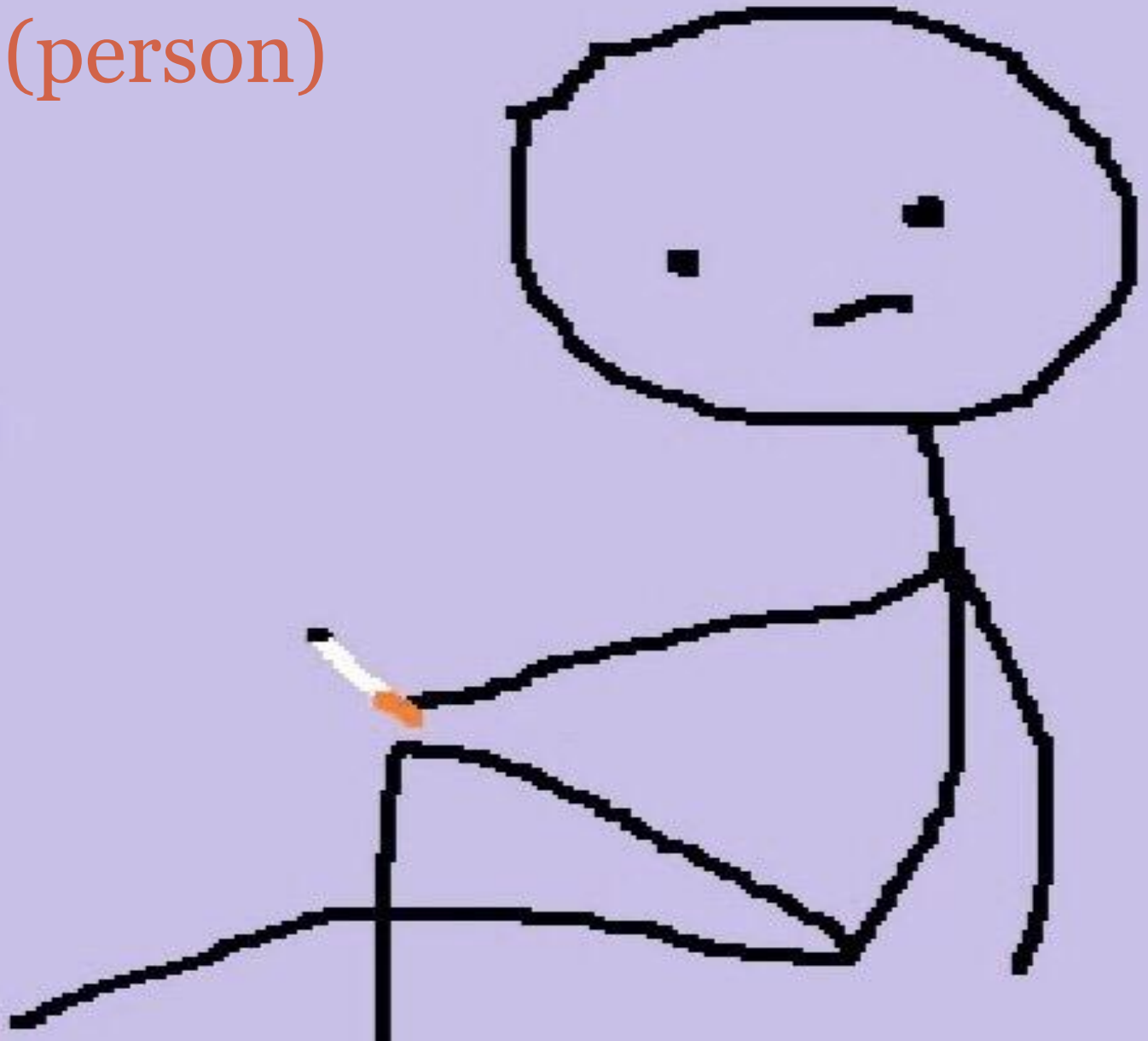


# How to stop getting nervous because of some piece of shit (person)

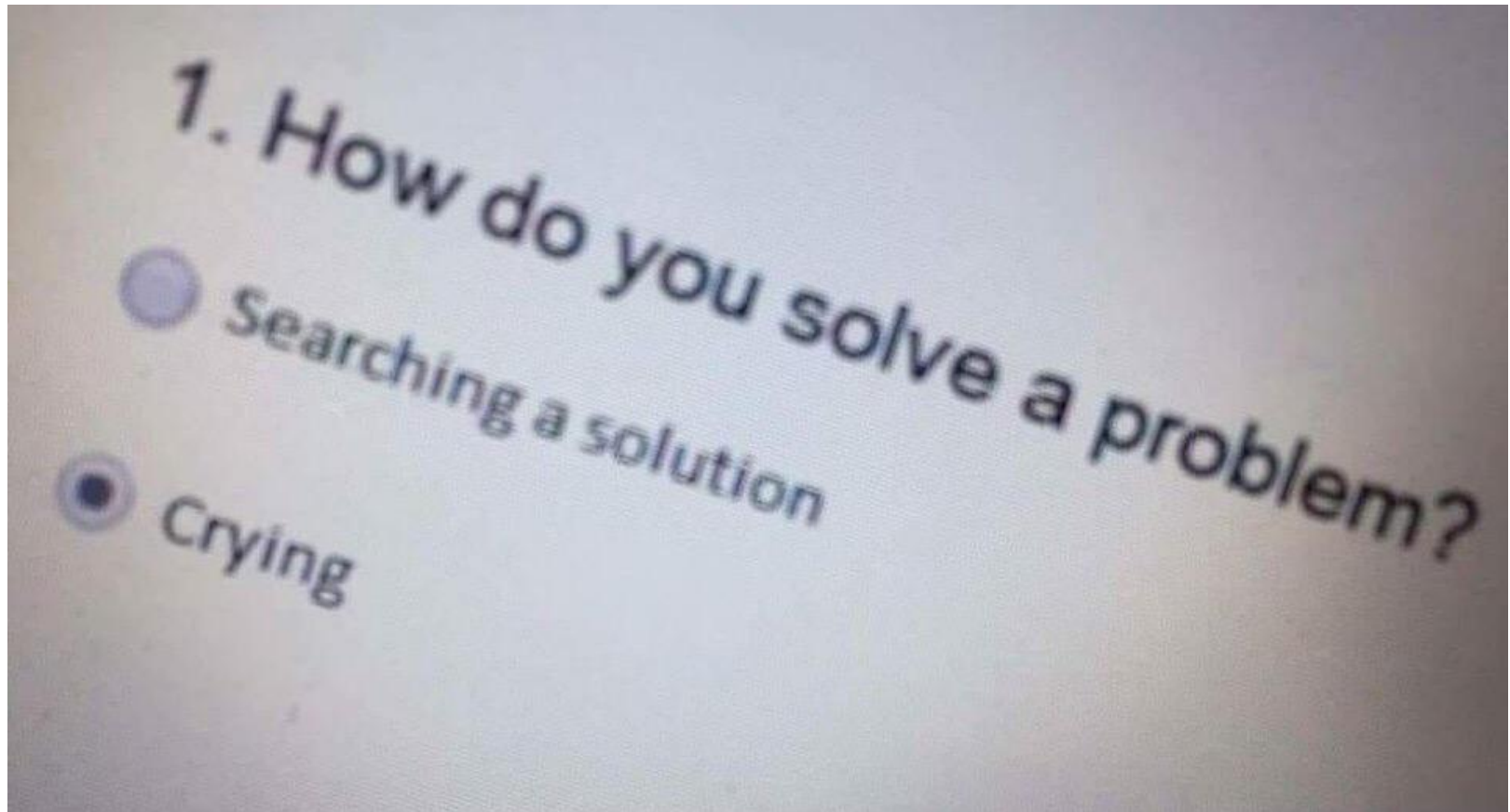
пиздец



1. First of all, u have to forget about this person. You should do something, that isnt connected with your friend e. g. watching TV-series, reading books, drinking beer, smoking cigarettes, playing Shararam (the best game that has ever existed) or something else.

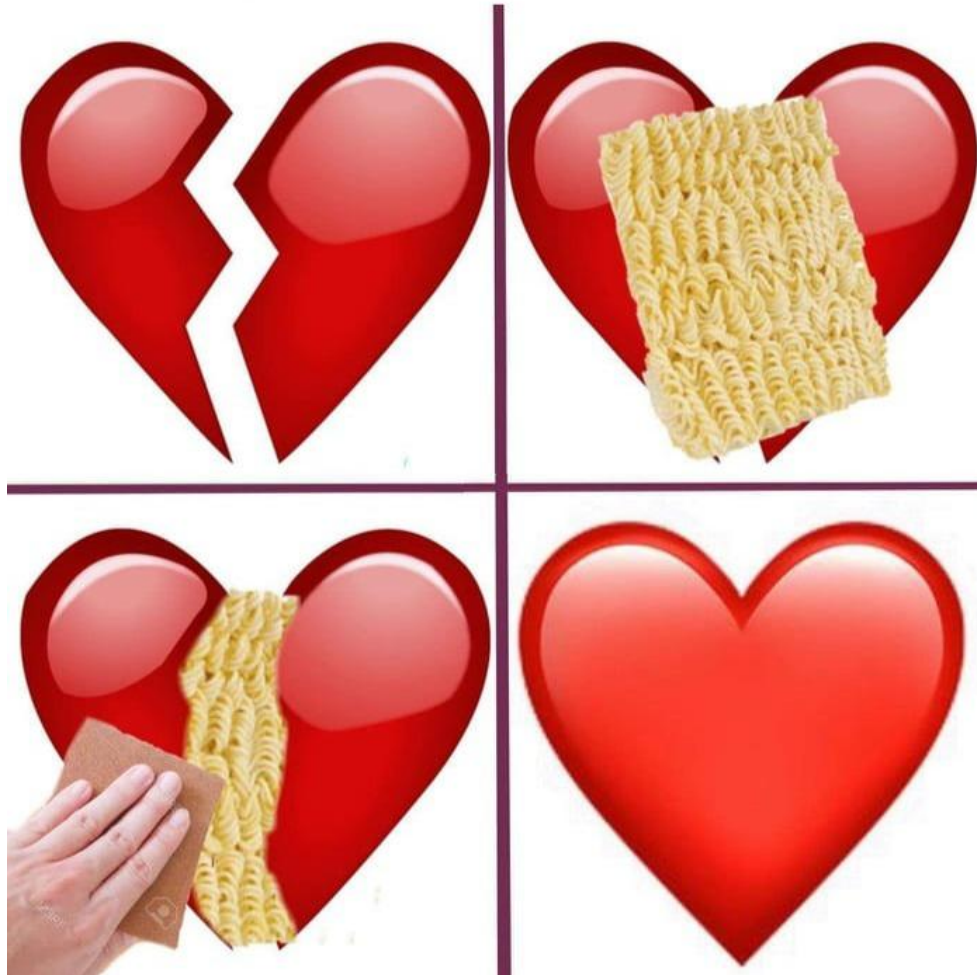


2. Then you must UNDERSTAND THAT YOU REALLY DON`T HAVE TO WORRY ABOUT ALL OF THAT, BECAUSE ONE PERSON CAN`T TAKE ALL OF YOUR TIME AND ALL OF YOUR FUCKING THOUGHTS.



3. Just try to chill!!!! Make a Doshirak, but ONLY if ur really feeling bad.

### ЛАЙФХАК, КАК ЗАЛАТАТЬ ДЫРУ В СЕРДЦЕ



4. Remember that it will be easier after some time and don't worry about this person!!!!



Thanks you  
all for  
coming!