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## Word of the day toilet paper friends

Last updated on January 12, 2021 Every day we say a lot about what we want and are going to do. I want to pet a cat. I want to buy a house for my parents. I don't want to be single anymore. I will love you no matter what. I'll work harder in the future. It's easy to make plans for the future. And we make good intentions all the time. Remember that a full 80% of resolutions fail in the second week of February. And that a vast majority of relationships (plus many marriages) also end with break-ups or divorce. The best intentions and the best-laid plans generally end in failure. No one was going to lie in general people make these kinds of promises or resolutions with the best of intentions. They don't want to fail, if anything, they desperately want to be right, to improve themselves, and to make their friends and family happy. So even if a resolution doesn't work, if they express it, it's far from a lie. People often speak without thinking. They say what comes to mind, but without really thinking about it. And what usually comes to mind is wishful thinking - the ideal result, not what is possible and practical. It is tempting to fantasize about a beautiful and perfect future: a good romantic relationship, to have the approval and respect of your parents, and to have a successful career. But how you get what you want is not always clear to you in the moment you pronounce it. It's hard to look beyond just the easy, idealized image. The challenges you face, the disappointments and sadness you face - none of that can be seen anywhere in a daydreaming spirit. Wishful thinking often ends in crushing disappointmentThe problem is this. Wishful thinking and fantasies will only end in disappointment if you don't follow through. You let your friends, your family, your boss and - most importantly - yourself down. This can really take a toll on your own psyche and self-esteem. On a personal level, you have so many unfulfilled dreams and goals. This is an incredibly common situation for people everywhere. As a teenager, you might have dreamed of what your life would be like as an adult: happily married and with a successful and well-earning career by the time you're 25. But these are two seriously challenging goals that take planning and effort. Many people find themselves alone and in a dead end job - rather than a career - wondering where they went wrong. On an interpersonal level, making empty promises is hurtful and harmful to relationships. Friendship and healthy family relationships are built on trust. People who want to be your friend take your word for it and expect you to continue. If you tell your friends you're there for them but never answer the phone, they'll get hurt and no longer want to hang out. The same goes for family or even professional relationships. You might find it tempting to tell your boss that you will complete a major project by the end of the week without considering whether this If you don't complete the task in the time frame you set, it's not easy to regain your boss's trust. Keep what you want for yourselfIt's vital to be clear about what you want. Note when people around you are inclined to say I want \_\_\_\_ and I don't want \_\_\_\_ Children are very inclined to say all their wills out loud, partly because they don't have the independence and resources to get it themselves. That's why children and young people are often vague about what they want in the future. They have a lot of will without a concrete plan on how to get them. This is one of the challenges of being an adult. As you get the practical opportunity to provide for yourself, and as you learn from your mistakes, it's more and more important to be clear about how you plan to get what you want. Practice visualizing plans to achieve your goals. For example, you might want a pet - everyone shares photos of their dogs and cats on Instagram! But before you go out to take one into the shelter, make sure you visualize all the things you need to do to take care of your pet. Pet-ownership involves cleaning up after it, home-training, taking it to the vet, walking, buying the food, and making sure it gets a lot of stimulation and exercise. If you want or need a car, think about how much you need to save to buy the car, the cleaning and maintenance costs, how to pay for regular car insurance, parking costs, etc. If you really want something, don't just say it. Plan it and do it. Create conditions that make what you want inevitable. Do small things consistently and make a habit of it. You will amaze yourself and your friends if you are constantly working to achieve your goals. Read more about how to follow your goals here: Why I'm the only 8% of people who reach the goal every timeIt's easy to make or break promises. Distinguish yourself from others by being trustworthy, considered and considerate. Match your intentions with planning and action, and you'll find that you're happier with yourself and that your relationships are enriched. Recommended photo credit: Unsplash via unsplash.com Toilet Paper. Everyone uses it, but most of us automatically buy the same toilet paper month after month, without thinking much about it. So, we recently got off: What would a germ expert do? We turned to a bona fide germ expert, Kelly Reynolds, Ph.D., a professor and program director at the University of Arizona who specializes in public health research, and picked up her brain about what to think about when you buy - and use - toilet paper. Here's what we learned: It's all about the barrier. When it comes to toilet paper, the thicker the barrier, the better. Getty Images stock Theoretically, the more barrier you have between your hands and the contagion Your wipe will have an impact on reducing the chance of germs getting on your hands, Reynolds said today. So in that sense, two-part layer is better. But you could also use a layer - - just need to use more. However, she does caution: It costs a lot to make a complete barrier, so theoretically you can't use enough toilet paper to block anything that might be present. Folks, it's time to buy toilet paper in bulk. Even if you folded the toilet paper 10 times, Reynolds added, the toilet paper itself is likely contaminated from germs in the bathroom. (Yikes!) No matter what kind of layer you use, you should probably also pick up some anti-bacterial soap. You really have to scrub those hands: You don't avoid washing your hands if you want to avoid contamination, Reynolds said. If you're worried about sustainability: Most toilet paper nowadays is designed to be biodegradable, Reynolds noted, though some companies may use more sustainable manufacturing processes than others. At the end of the day, it's really a personal preference, Reynolds said. Aesthetically, whatever you want, in terms of scents and softness. Point taken! Since a strong barrier doesn't hurt, we took Reynolds' advice to heart and went looking for some of the thickest toilet paper out there. Who knew 3-layer existed?! Here are some of the thickest, strongest and best rated we found:1. Padded Northern Ultra Plush Toilet Paper, \$26 for 24 supreme rolls, AmazonThis three-layer toilet paper earned enthusiastic - and hilarious - reviews... more than 7,290 of them! One called it TP's Cadillac. Another: My ass felt like it was on a cloud. Most importantly, some of the thickest toilet paper not to shred it (an important consideration for households with pets and children). It is also biodegradable, according to the company, and is made in accordance with the standards of the Sustainable Forest Initiative. A tip: The highest roll is too big for some TP dispensers, reviewers noted, so if you have the same problem, you might want to try the double-roll size.2. Charmin Ultra Strong Clean Touch Toilet Paper, \$30 for 24 family mega buns, AmazonThis classic, two-layer workhorse gets solid Amazon reviews for its strength: It doesn't fall apart when it gets tough, said one reviewer. Charmin calls this version its strongest two-layer toilet paper with washcloth-like cleaning and strength, and claims it's septic-safe. Again, if the mega roll is too big for your dispenser, you might want to try the double-roll size.3. Cottonelle Ultra Clean Care Toilet Paper, \$25 for 36 family rolls, Amazon If you'd rather have a wrinkle design on a quilt, then Cottonelle may be for you - the company says the Wavy CleanRipple removes texture more at once than the leading brand. It is also septic-safe and certified by the Forest Stewardship Council for its environmental friendliness. It's one-ply, but don't let that put you off. Reviewers say the toilet doesn't get almost as often, with it, and it is very soft, yet strong. And, perhaps the highest praise: It works as in the commercial. For more expertly recommended items, check out: Leander Baerenz/Stone/Getty Images Toilet paper is made from van (chlorine dioxide), fiber-extraction chemicals, water and trees, but depending on the production process used, the materials may change. One production process uses recycled paper, while another uses virgin paper, which is derived from chipped wood. Toilet paper made from recycled paper goes through a whitening process where chemicals such as sodium hydroxide, peroxide and ozone are used. Other chemicals are used to give the toilet paper a smell or colour. The toilet paper made of new paper uses a combination of 30 percent softwood and 70 percent hardwood. Water, bleaches and chemicals are also used to give the toilet paper colors or odors or to further whiten it. Further.

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