

and

MyQuest

By Daniel Labbe

Current Events - I apologize for the lack of posts. I didn't receive any comments for over a month so I wasn't sure if I had an audience or if I was just journaling. Also, I've come to realize that my book, The Basics, was missing a vital component so I have been doing a lot of research to see how I could integrate it.

That said, I won't be continuing with putting The Basics online. I'm not even sure if I'll continue this blog. It doesn't make much sense to put up posts without a readership. It's too bad because I have plenty to write about. There's so much we can do to improve our lives and the world around us. It's especially exciting to be putting the principles I write about to use in this environment (Prison). The guys here respond very well to it. This proves to me that all destructive behavior is just unskilled attempts to gain relief, relief from the pain we all suffer, only ~~so~~ for some people the pain is more intense and they never learned healthy ways to relieve it. A little compassion and kindness melts the edge off these "tough" guys.

Anyway, if I do have a readership and just don't know it, tell me about it! 😊 I'll keep writing if there's any interest. 'Till then, keep an open heart and be a little kinder if you can.

Peace, Daniel