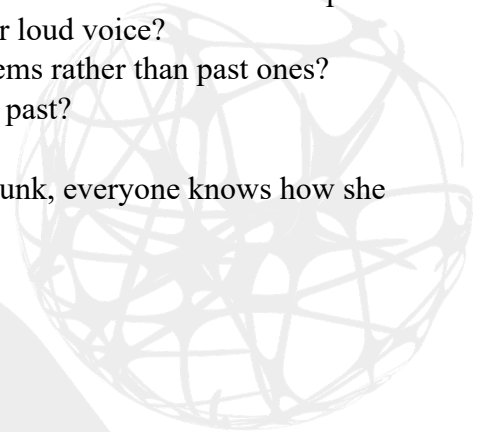


High One - Unit Eight - Summary

- 1- What is your biggest regret, and why?
- 2- Is thinking about the past good/bad? Why?
- 3- What is Arthur Freeman's book about?
- 4- Can you control your past? Explain.
- 5- What is the impact of sympathy in our guilt feelings related to the bad events in the past?
- 6- Why could we obey ourselves when we are listening to our loud voice?
- 7- Why should we concentrate on dealing with present problems rather than past ones?
- 8- How could you examine your feelings of regrets about the past?
- 9- Are all kinds of regrets supposed as a foolish manner?
- 10- What does this Italian proverb mean? "After the ship has sunk, everyone knows how she might have been saved. "



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