

# On Parents, Children, Exes, Excess, Death, Decay, and a Few of My Other Favorite Things



I'm not sure what it is about this time of year, but it always gets me thinking about family. Maybe it's the holidays, or the fact that my birthday is in December, or maybe it's just the changing of the seasons. Whatever the

reason, I find myself reflecting on my own family, as well as the families of my friends and acquaintances.



## Liner Notes: On Parents & Children, Exes & Excess, Death & Decay, & a Few of My Other Favorite Things

by Nowick Gray

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I'm lucky to have a great family. My parents are still alive and well, and I have a close relationship with both of them. I also have two siblings, a brother and a sister, and we're all very close. We all live in different parts of the country, but we make an effort to see each other as often as we can.

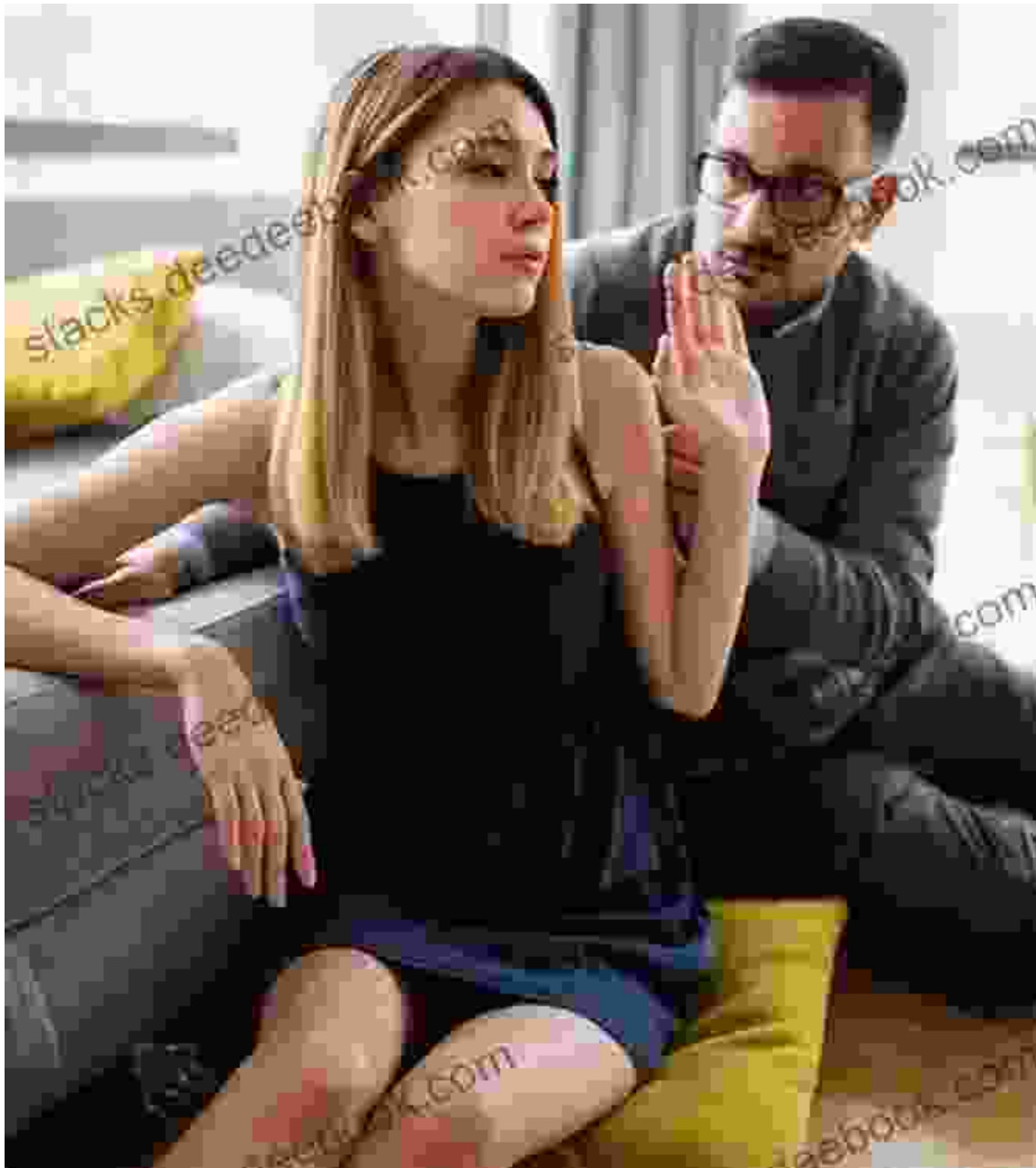


I'm also fortunate to have a great relationship with my children. They're both teenagers now, and they're both very different from each other, but I love them both dearly. They're both smart, funny, and kind, and I'm so proud of the people they're becoming.

Of course, not everyone is as lucky as I am. Some people have difficult relationships with their parents, or their children, or their siblings. Some people have lost loved ones to death or divorce. And some people have simply never had the opportunity to have a family of their own.

I think about these people a lot, especially during the holidays. I know that for many of them, this time of year can be especially difficult. They may feel lonely or isolated, or they may simply miss the people they've lost.

If you're one of those people, I want you to know that you're not alone. There are people who care about you, and there are resources available to help you. Please don't hesitate to reach out for help if you need it.



I also want to talk about exes. I've had my share of exes, and I know that they can be a real pain in the neck. But I also know that they can be a valuable source of lessons learned. If you're going through a breakup, I

encourage you to take some time to reflect on what went wrong. What could you have done differently? What did you learn from the experience?

I know that it can be hard to see the good in a breakup, but trust me, it's there. Every relationship, even the ones that end badly, can teach us something about ourselves and about what we want in life.



Finally, I want to talk about excess. I'm not talking about the kind of excess that comes from having too much money or too many possessions. I'm talking about the kind of excess that comes from living a life that is out of balance. When we spend too much time working, or too much time playing, or too much time on social media, we're not living our lives to the fullest.

I'm not suggesting that we should all become ascetics and give up all our worldly possessions. But I do think that it's important to take a step back and ask ourselves what's really important to us. What do we want out of life? What are our priorities?

Once we know what's really important to us, we can start to live our lives in a more balanced way. We can make time for the things that matter most to us, and we can let go of the things that don't.



Death is a part of life. We all know that, but it's still hard to accept when it happens to someone we love. I've lost both of my grandparents, and I've also lost a number of friends and acquaintances to cancer, heart disease, and other illnesses.

Losing a loved one is always difficult, but it's especially hard when it happens suddenly or unexpectedly. When we lose someone we love, we feel like a part of ourselves has died with them. We may feel lost, alone, and afraid.

But even in the midst of our grief, we can find comfort in the memories of our loved ones. We can remember their laughter, their smiles, and their love. We can also find comfort in the knowledge that they are in a better place.

Death is a part of life, but it doesn't have to be the end. We can honor the memory of our loved ones by living our lives to the fullest. We can make them proud by being kind, compassionate, and loving.



In addition to my family, my children, my exes, and my thoughts on excess and death, I have a few other favorite things that I'd like to share with you.

I love to read. I love to lose myself in a good book and forget about the world around me. I especially love to read historical fiction and biographies.

I also love to write. I'm not a professional writer, but I enjoy writing as a hobby. I write short stories, essays, and poems. I find that writing helps me to process my thoughts and feelings.

I also love to travel. I've been to over 30 countries, and I've seen some amazing things. I love to experience different cultures and learn about new ways of life.

Finally, I love to spend time with my friends. I have a small group of close friends, and we love to get together and talk, laugh, and share our lives with each other.

I'm grateful for all the good things in my life. I have a loving family, wonderful children, great friends, and a life that I love. I know that I'm lucky to have all of these things, and I cherish them all.



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