



It really is true that whatever doesn't kill us can be used to make us stronger. Nobody likes to have bad things happen to them, and we certainly don't enjoy painful experiences. Yet the funny thing is, it's the difficult parts of our lives that make us better people. It's not the struggles we run from, but the struggles we face and conquer, that will make us stronger. It's not the pain we avoid, but the pain we struggle through, that makes us tougher. It's not the mountains we cower from, but the ones we labor to climb, that will improve our skills and make us wiser. Laying back and having everything go our way all the time is easy – nobody learns anything from that. It's the struggles you endure, the pain you weather, and the lessons that can only be learned through suffering which will give you the skills of a truly special person. So remember this whenever painful times come your way: Just like a superhero, you're growing stronger with each and every struggle you face. Consider it superhero training . . . with every setback endured, you'll grow tougher and wiser and stronger in the end, to the point that you can conquer anything!