

# THE SECOND STAGE OF LIFE

L I V E L I F E  
O P E N L Y



*ARYAN MENCAL*

**THE SECOND STAGE OF LIFE**  
*(LIVE LIFE OPENLY)*

**ARYAN MENGAL**  
( AUTHOR )

**Navigating Life's Challenges**

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## **ABOUT THE AUTHOR :**

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Aryan Mengal is a dynamic social media influencer and philosopher, well-versed in the intricacies of emotional intelligence, human behavior, and psychology. Currently pursuing his graduation in Software Engineering, Aryan is also a budding entrepreneur with a passion for making a positive impact on people's lives. He hails from the desert city of Pasni, located in Balochistan, a place that has significantly shaped his resilient and insightful outlook on life.

### **Aryan's Journey**

Aryan's life has been marked by numerous challenges and difficult times. Growing up in Pasni, he faced a unique set of obstacles that tested his resolve and shaped his character. These experiences have imbued him with a profound understanding of life's complexities and the strength required to overcome adversity.

### **Writing “The Second Stage of Life”**

Driven by his own journey and the desire to help others, Aryan wrote "The Second Stage of Life." In this book, he shares his personal experiences and the difficulties he faced, offering invaluable guidance to teenagers between the ages of 18 and 25. Aryan's goal is to help young adults navigate this pivotal stage of life, providing them with the tools and wisdom needed to survive and thrive amidst the inevitable challenges.

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## **Introduction**

# The Second Stage of Life: Stepping into Adulthood

Welcome to "The Second Stage of Life (Live Life Openly)." This book is a guide to navigating the transition from adolescence to adulthood, a journey that begins at the pivotal age of 18. The period from birth to 17 years is often characterized by a carefree, stress-free, and somewhat immature existence. It's a time when many of us are sheltered from the full weight of responsibilities and complexities that come with growing up. However, the moment we turn 18, everything starts to change.

This second stage of life marks the beginning of adulthood. It's a time when our hormones shift, our perspectives broaden, and our feelings about ourselves and the world around us evolve. The way we see our relationships, our goals, and our place in the world undergoes significant transformation.

In this book, I aim to share my personal experiences as I navigated this crucial phase of life. By reflecting on my journey, I hope to offer valuable insights and guidance to the new and upcoming generation. My goal is to help you avoid

the mistakes I made and to empower you to overcome the challenges that come with this new stage of life.

### **Why This Book?**

Adulthood is often seen as a daunting and overwhelming phase, but it doesn't have to be. With the right guidance and perspective, it can be a time of immense growth, discovery, and fulfillment. This book is designed to be a practical and heartfelt manual for living life openly and authentically as you step into adulthood.

### **What You'll Learn**

- 1. Understanding the Transition:** Learn about the physical, emotional, and psychological changes that occur as you move into adulthood.
- 2. Embracing Change:** Discover strategies to adapt to new circumstances and embrace the changes in your life with confidence.
- 3. Finding Your Purpose:** Identify your passions and set meaningful goals that align with your true self.
- 4. Self-Love and Worth:** Learn the importance of self-love and how to build a strong foundation of self-worth.
- 5. Emotional Intelligence:** Understand your emotions and those of others to foster better relationships and mental well-being.

**6. Temporary Trials:** Find strength in the impermanence of life's challenges and learn to overcome them.

**7. Sacrifices for Success:** Embrace the necessary sacrifices for a better future and cultivate a growth mindset.

**8. Natural Medicines:** Discover the healing power of friends, family, and willpower during tough times.

**9. The Power of Love:** Understand how love and compassion can help overcome obstacles and bring people together.

## **My Personal Journey**

Throughout this book, I will share my personal stories and experiences, including the mistakes I made and the lessons I learned along the way. I believe that by being open and honest about my journey, I can provide a relatable and inspiring guide for you.

## **Final Thoughts**

As you embark on this new stage of life, remember that it's okay to make mistakes and face challenges. What matters most is how you respond to these experiences and what you learn from them. My hope is that this book will serve as a supportive companion, helping you to navigate adulthood with courage, wisdom, and an open heart.

Let's begin this journey together, stepping into the second stage of life with confidence and openness. Welcome to your new beginning.



# Chapter 1: Understanding the Second Stage of Life

## Embracing the Transition to Adulthood

When I talk about the "second stage of life," I'm referring to the pivotal moment when you turn 18 and step into adulthood. This transition marks a significant change from the carefree, stress-free years of childhood and adolescence. As we grow older, our parents, who once provided everything for us, begin to age and face their own challenges. This shift often requires us to take on more responsibilities, both for ourselves and for our families.

## My Personal Journey

For me, the second stage of life started even earlier than expected. At the age of 16, I faced a life-altering event: my father passed away. This tragedy thrust me into adulthood prematurely, as I suddenly found myself shouldering the responsibilities of running a household. Losing a father is like losing the foundation of a building; without a strong base, the entire structure is at risk of collapsing. My father's death meant losing not just emotional support, but also the guidance and stability he provided.

## The Reality of Change

Before this event, my life was filled with happiness and simplicity. I lived in a close-knit town, surrounded by friends and family who cared for us. But after my father's death, the dynamic changed drastically. People who once seemed like well-wishers turned away, and some even became adversaries. The support system I had relied on vanished, and I was left to navigate this new stage of life largely on my own.

## Lessons Learned

This challenging period taught me many hard lessons about life, responsibility, and resilience. I faced numerous difficulties, from financial struggles to emotional traumas, but each challenge also brought valuable experiences and wisdom. I learned that life is unpredictable and often unfair, but also that we have the strength within us to overcome adversity.

## Guiding the Next Generation

I share my story not to evoke sympathy, but to offer guidance and support to those who are entering their own second stage of life. My hope is that by sharing my experiences, I can help you avoid some of the pitfalls I encountered and better prepare for the challenges ahead. Whether you are dealing with financial difficulties, relationship issues, or other personal struggles, know that you are not alone.

## Preparing for Adulthood

Understanding the second stage of life means recognizing that it's a time of significant change and growth. It involves taking on new responsibilities, developing a deeper understanding of the world, and finding your place within it. Here are a few key points to keep in mind as you navigate this stage:

- 1. Adapt to Change:** Life will throw unexpected challenges your way. Learn to adapt and stay flexible.
- 2. Seek Support:** Build a network of supportive friends and mentors. Don't be afraid to ask for help when you need it.
- 3. Focus on Growth:** Use every experience, good or bad, as an opportunity to grow and learn.
- 4. Stay Resilient:** Tough times will come, but your resilience will help you push through and emerge stronger.
- 5. Make Wise Choices:** Think carefully about your decisions, as they will shape your future.

REMEMBER ONE THING IN LIFE :

***"Life doesn't always align with our wishes, but it leads us to where we need to be."***

# Chapter 2: Family Does Matter: Navigating Love and Expectations

## The True Value of Family

When I say "family," I mean your immediate family—your parents, your brothers, and your sisters. Not your aunts or uncles, but the core family unit. Caring for your family should be your first priority. Share love among them, spread happiness, and try to open doors of success for your siblings.

## My Personal Realization

When I was young, I used to think that all relatives were part of my family and were our well-wishers. I believed they were nice people. However, the reality is different. Sometimes, people pretend to like you and care for you because they have a hidden "self-interest" in their hearts. They may be nice to you only because they want something from you or your family. Remember, nobody truly cares for you except your immediate family. They are the ones who will stand by you in hard times.

## Understanding Parental Guidance

As you step into the second stage of life, it is crucial to understand and obey your parents. Try to understand why they stop you from doing certain things. There is always a reason behind their actions. When our parents stop us from doing something new or different, it doesn't mean they are our enemies or that they don't want us to be successful. It means they care for us and don't want us to fail.

## Parental Wisdom and Care

Our parents don't want people to call us losers. They want us to live a good life, enjoy comforts like air conditioning, and have a good reputation in society. I emphasize this because when we are growing up and entering the second stage of life, we are full of energy and enthusiasm. We want to try everything, go everywhere, live life to the fullest, party, and go out late at night. But when we try to do all this, our parents stop us, and we get angry, thinking they are not letting us live our lives. That's not true. They care for us, and that's why they stop us.

In my opinion, these things are not as important as they seem. I have seen many people who didn't listen to their parents, did all the partying and late-night outings, and ended up broke and unsuccessful in life. They have no respect in their family now and are ashamed of themselves for not listening to their parents and not following the right path at the right time.

## Building a Strong Relationship with Your Parents

My point is to spend time with your parents. Sit with them, understand them, share your thoughts, and listen to their hearts. Follow the right path so that you don't have regrets in the future, thinking, "If only I had done this or that, things would be different." Make sure you don't have any regrets like that in the future.

However, this doesn't mean you should only follow your parents' words and not live your life. Live openly, but within certain boundaries and limits, like I did. Enjoy your life while also respecting your parents' guidance. By doing so, you will be able to find a balance that ensures both happiness and success.

***"True success comes from understanding the wisdom of your parents while living your life openly within respectful boundaries."***

# Chapter 3: Love and Caution: Building Meaningful Relationships

## The Beauty of Attraction

Since childhood, I have always been easily attracted to beauty—whether it's a beautiful place, thing, or person. This attraction led me to fall in love with a girl at a very young age. Love often stems from attraction. It's not like the movies where you see someone and instantly fall in love. In reality, you see them, get attracted to them, chase them, and then eventually fall into a stage of love where you crave their attention.

## Importance of Choosing the Right Partner

In my opinion, building a relationship with the right person at the right time and place can bring immense happiness and prosperity. However, choosing the wrong person, even at the right time, can lead to severe consequences and leave deep scars in your life. Therefore, selecting the right partner is crucial.

## My Personal Story

At 17, I thought I found my happily ever after. I was head over heels for a girl, and life felt like a dreamy romance movie. We talked endlessly, lost in each other's worlds. But then, out of nowhere, she asked for space. It hit me like a ton of bricks. I respected her wishes, thinking she'd come back. But instead, she vanished, leaving me shattered.

Days turned into weeks without a word from her. I tried reaching out, but she ignored me. Finally, she told me it was over and cut off all contact. I was devastated, heartbroken beyond measure. It felt like my whole world had crumbled.

Things got so bad that I ended up in the hospital for two weeks. I was weak, barely hanging on. Without my medication, I couldn't sleep or eat. It took me five months to recover from the trauma and erase her from my mind.

After being discharged from the hospital, I found myself reliant on medication, with my heart feeling heavy and disconnected from everything around me. Seeking solace, I began frequenting the mosque in my neighborhood. One evening, as I performed the Maghrib prayer, I felt a sense of peace wash over me. After completing my prayer, I found myself drawn to a quiet corner of the mosque, where I could sit and bask in the tranquility.



It was there that the Imam noticed me. Sensing my inner turmoil despite my attempt to mask it, he approached me with compassion. Though I initially brushed off his concern, his unwavering kindness touched me deeply. He encouraged me to confide in Allah, assuring me that my troubles would find resolution through prayer. With his words echoing in my mind, I began to pour out my heart to the Divine.

As days turned into weeks, and weeks into months, I found solace in the rhythm of prayer. Each time I bowed my head in reverence, I felt a weight lift from my shoulders. The mosque became my sanctuary, and prayer my refuge. In just four months, the healing power of prayer had transformed me completely, restoring my spirit and guiding me towards inner peace.

Life taught me a harsh lesson—I wasted three years because of her. Since then, I've been scared of falling in love again, afraid of getting hurt like that again. It was a painful time, one I wouldn't wish on anyone.

But looking back, I see it wasn't all for nothing. It was a lesson, a reminder to guard my heart and not trust too easily. And though the scars remain, I've emerged stronger, wiser, and more resilient than before.

## Finding Healing and Moving Forward

Prayer became my best medicine. I started praying five times a day for the next three to four months, and during this time, I began to feel like myself again. I became happy and completely forgot about her. Time passed, I got into university, and a new life began. I learned many new things and realized that relationships can be beautiful if you are with the right person.

## Advice for Healthy Relationships

I believe that the age between 18 to 24 is not actually a good time to be in a relationship, but if you fall into a relationship with anyone then remember it's very important to choose your partner wisely. At this age, you are young, energetic, and your hormones are changing. You need a good partner in life, but they must be wise. Now, at 24, after experiencing and learning a lot, I suggest not falling into a deep relationship with just anyone. Loyalty is rare, and trust is expensive. Here are some qualities to look for in a partner:

1. **Sacrifice:** Are they willing to make sacrifices for you?
2. **Courage:** Do they have the courage to talk to their family about you?
3. **Understanding:** Are they understanding and supportive?
4. **Maturity:** Are they mentally mature?
5. **Pure Intentions:** Do they have a pure heart and good intentions?

If they lack these qualities, the relationship may not work out, so be prepared for a breakup. But if they have these qualities, go for it and experience the love. It can be amazing. Just remember, don't blindly trust anyone.

***"True love isn't about finding the perfect person, but finding someone who brings out the best in you and values trust and loyalty."***

# Chapter 4: Real Friendship: Finding Your Tribe

## The Value of Friendship

I believe that after family, the most precious relationship in this world is friendship. A good friend can bring joy even in the darkest times. If you have true friends, you've gained everything in life. It doesn't matter if you don't have money, a big car, or a fancy house. Having good friends is essential. Although I didn't make many close friends, the ones I did have brought immense joy to my life.

## Different Types of Friends

Friendship comes in different forms. There are some who are good friends, some who are great friends, and some who are just acquaintances. Good friends are those with whom you can spend time, who understand you, and who respect you. They might not solve your problems, but they sit with you in your troubles, making you feel better.

Best friends, however, are those who stand by you through thick and thin. They know everything about you, your family, and your issues. They make every effort to ensure you're happy, even if they have their own problems. These are your true best friends. Then there are just friends, who you greet

and talk to occasionally. Their friendship neither harms nor benefits you significantly.

## My Experience with Friendship

I've met many people and had many friends over my 24 years of life. But now, I'm at a stage where I don't feel like I have any real friends. In high school, I had over 50 friends. By the time I finished school, I had only 20 friends and 2 best friends. I could share everything with these two, but over time, one of them distanced himself. He got a good job while I was still studying, and he made new, wealthy friends. He rarely came to meet me, so I accepted this and moved on.

The other best friend, Muhammad Fahad, remained close. We shared our problems and happy moments. As I entered university, I met many new people and made new friends. But over time, I realized that the friends I made in university were not genuine. I learned a lot about human behavior, emotional intelligence, and psychology, which helped me understand who was real and who was fake.

Many university friends were only around when they needed something. They pretended to be well-wishers but weren't there when I needed them. Don't be disheartened by such friends; they exist at every stage of life. I dealt with this by adjusting my expectations.

## Handling Friendships Wisely

If you encounter friends who seem self-serving, give them as much importance as they deserve. Don't give them your 100% loyalty if they don't reciprocate. Offer 40-50% and expect nothing in return. I apply this approach in university. When friends need my help, I assist them, but not fully because I know they won't return the favor. I spend time with them when I feel low or frustrated, which helps me relax temporarily.

## The Reality of Friendships

In life, you will meet different kinds of people. Don't be afraid to make friends, but don't expect too much from them. In today's world, loyalty and trust are rare. Use your friends for mutual benefit, but don't get emotionally attached. People come and go, and it's hard to find best friends or even good friends. That's life, and that's how everything works. I have one best friend who has stayed with me through it all.

*"A real friend is like a rare gem—precious and hard to find. Value those who stand by you through thick and thin, and cherish the moments you share."*

# Chapter 5: Self-Love Journey - Embracing Your Worth

Self-love is extremely important. It took me a lot of time to understand it, but I want to teach you this at the beginning of the second stage of your life. When you step into this new stage, start the journey of self-love. Self-love means taking care of your health, maintaining mental peace, and improving your overall performance.

## Initial Steps to Self-Love

### **1. Hitting the Gym:**

The first step in self-love is hitting the gym. Focusing on building a good body shape is crucial for men. Hitting the gym not only builds your body but also instills a disciplined mindset. It teaches you the importance of doing things on time and in a disciplined manner.

### **2. Grooming:**

Always groom yourself and strive to make your appearance better than the crowd. How you present yourself matters, and grooming is a significant part of self-love.

### **3. Eating Healthy Food:**

Take care of your diet. Eating healthy food strengthens your immune system and improves your overall health. What you eat reflects on your face and affects your wellbeing.

## **Embracing True Self-Love**

While these initial steps are important, self-love goes beyond physical appearance and health. You must truly love yourself. If you don't follow these steps, it's okay. But never degrade yourself. Always love yourself no matter what people say. Only your thoughts about yourself matter.

### **Love Your Appearance:**

Embrace the way you look and who you are. Always strive to improve yourself in any way you can, but don't let others decide your worth. Make your inner self the judge of your value.

### **Set Boundaries:**

Don't always be available for everyone. Give people time according to their worth. If you are always available, people won't value you. Set your worth and values and remind yourself that you are important.

### **Independence:**

Understand that you don't need anyone to define your life. You can achieve anything on your own. Your life is not dependent on anyone else. Stop expecting things from others and limit your availability.

### **Self-Treats and Achievements:**



Start giving yourself treats for small achievements. This sets a standard for your worth and helps you love yourself more. Celebrate your successes and acknowledge your progress.

## My Self-Love Journey

I began my self-love journey in my second year of university. Before that, I was too available for everyone and always there to help others. But in return, I received heartbreak and dissatisfaction. So, I decided to give myself time. I stopped being too available, set boundaries and goals, and started focusing on myself.

I looked within and discovered my potential. I realized I was worthy and started working on myself. I knew I wasn't dependent on anyone else and could achieve anything on my own. This realization made me independent, and I stopped expecting anything from others. I limited my availability, started grooming myself, and set goals. Upon achieving those goals, I rewarded myself.

In no time, I noticed significant changes. People around me also noticed the change and understood that I was evolving. This marked the beginning of my self-love journey.

## The Benefits of Self-Love

Embarking on a self-love journey not only makes you feel better but also brings peace of mind and satisfaction in life. The second stage of life is the best time to adopt these habits because, after this stage, a new era of life begins. It's the perfect time to start your self-love journey and become someone who is admired by everyone.

***"Embrace your journey of self-love; it's the path to becoming your own greatest admirer and the architect of your own happiness."***

# Chapter 6: Emotional Intelligence: Understanding Yourself and Others

The second stage of life brings a lot of emotional instability as you continue experiencing new things. During this era, you meet various people, and it's common for many friends and relatives to drift away. This can be heartbreaking, but being prepared from the start will make you stronger and help maintain your mental peace.

## Navigating Emotional Turbulence

This is a critical growth stage where you might meet new people at your workplace, college, or university. You might connect with them deeply, forming emotional bonds. However, it can be painful if they leave, so always be prepared for the possibility that most people you meet between the ages of 18 and 25 are temporary. They enter your life, play their part, and then move on. Don't make the mistake of becoming overly attached to them.

## Temporary Connections

During this period, you may experience a lot of love and affection from these people. They might treat you kindly, act warm and welcoming, or appear to be well-wishers, but remember, they are not permanent fixtures in your life. Be mentally prepared that most people you meet in this era will eventually leave. However, if someone remains with you after you finish your graduation, there is a significant chance they will form a long-term bond with you.

## Learning and Experimentation

In this stage of life, I started studying human behavior, emotional intelligence, and psychology. I gained substantial knowledge and conducted experiments to test these concepts. Guess what? They are real, and they work. Through this process, I learned about emotional intelligence and gained control over my emotions. I also learned about mind manipulation, which has helped me in every aspect of life.

## The Importance of Emotional Stability

Being emotionally stable and gaining control over your emotions is crucial. I've seen many people waste their lives due to the fleeting affection of temporary people. It's vital to be emotionally strong during this stage of life. If you can survive these emotional traumas, I promise you will achieve great things in life.

## My Journey with Emotional Intelligence

I began my journey into emotional intelligence during my second year of university. I noticed that many people around me were struggling with emotional instability, often because of temporary relationships and fleeting connections. This realization prompted me to delve into studying human behavior and psychology.

I started experimenting with different techniques to manage my emotions better. I learned about the importance of setting emotional boundaries and understanding the psychology of those around me. These experiments proved to be successful, and I noticed a significant improvement in my emotional stability.

## Benefits of Emotional Intelligence

Mastering emotional intelligence not only helped me navigate the complexities of relationships but also brought immense peace of mind. I became more resilient and better equipped to handle life's challenges. By understanding and controlling my emotions, I was able to maintain my mental peace and focus on my goals.

***"Emotional intelligence is the key to understanding yourself and others, making you resilient and ready to face life's challenges with clarity and strength."***

# Chapter 7: Temporary Trials - Finding Strength in Impermanence

One thing I've understood in the last six years is that everything in this world is temporary. Even our own existence is fleeting. Think about it: we are born, we become adults, we spend our whole lives chasing things, and then, at some point, we die. After our death, what remains? Nothing. We spend our entire lives pursuing wealth and luxury, but in the end, we leave this world empty-handed. The only things we take with us are our good and bad deeds.

## Embracing the Temporariness of Life

Have you ever thought about it? We are temporary. We can't come back to this world once we leave. So why let temporary problems or people affect our lives? If our very existence isn't permanent, how can we think that our problems or bad times are? Everything in life comes and goes, so don't let these fleeting moments weigh you down.

## The Beauty of Impermanence

This life is beautiful and is a one-time chance. We should spend it wisely, being kind to everyone and spreading prosperity and wisdom. In the second stage of life, you might face failures in studies, relationships, friendships, or even family bonds. But remember, these are all temporary setbacks. If you fail a subject in school, college, or university, don't worry. You will pass it next semester or next year.

## Dealing with Temporary Losses

If your closest friend leaves you, don't worry. Time will heal, and someone better will come along who understands you more. If you experience a breakup, just chill. You deserve someone better. People often choose cheaper things over expensive ones because they can't afford to maintain them. I faced a lot in my life during this stage: relatives betrayed us, my best friend left when I needed his support the most, and even my love broke up with me without giving a reason. Yet, I survived because I knew time would heal everything.

## Advice to Students

My advice to all students is to never take study pressure too seriously. Marks and GPA don't define your worth. What truly matters are your mental health and skills. I've seen many people who failed in high school but still became successful and multimillionaires. It's not your academic performance that proves your intelligence but your skills. So, don't take pressure over temporary trials.

## My Personal Experience

Many young students commit suicide due to study pressure, but suicide is not a solution. Overcoming these challenges is the solution. Knowing your own worth is crucial. I had a similar experience in university. In my first year, I performed very well. But in my second year, I had a conflict with a teacher. I told him his teaching methods weren't helping me, and he took it personally. He gave all the students 80 marks in the semester exam, even the weakest ones, but gave me only 60. When I asked why, he said I didn't know anything. I was worried that he would fail me in the next two years as well.

## Overcoming Academic Challenges

But then I realized that my degree wouldn't matter much in the real world. What I learned in the field would be more important. So, I relaxed and made sure to avoid contact with that teacher during lectures and campus time. As time passed, the teacher himself felt ashamed, and I could finally



breathe easy. These things happen, so don't worry. Just chill and enjoy your life. Nothing is permanent.

## Enjoying Life Despite Trials

I suggest all teenagers make friends and spend time together. Friends are a real source of happiness. During my times of frustration, my friends helped me a lot. So, enjoy your life with relaxation and enjoyment.

**"Life's impermanence teaches us to cherish every moment and find strength in the temporary, knowing that all trials will eventually pass."**

# Chapter 8: Growth Mindset: Sacrifices for a Better Tomorrow

Sacrifices are an integral part of life. At various stages, we have to let go of certain things to achieve a better future. Growing up unguided and lonely, with a lack of knowledge, made me sacrifice a lot during the second stage of my life. Things were never as easy as they seemed. As a young teenage boy, I had to sacrifice in every aspect of life. I buried my dreams, my passions, my love, and my needs. But all those sacrifices were worth it. Everyone's journey of sacrifice is different, but they are necessary. Don't be afraid of making sacrifices.

## Finding Financial Independence

My advice to all teenagers, especially boys, is that when you step into the second stage of life, the first thing you should do is find a good job. Whether you're in high school, college, or university, securing a job is crucial so you can become financially independent. Once you have a job, focus on developing the best marketable skills that will further your financial independence.

## Living Independently

After earning a decent amount of money, I suggest distancing yourself from your home and finding a place where you can live alone. The reason for this is that many people's dreams and

passions die due to family problems, which I also experienced. If you want to follow your dreams and passions, becoming financially independent and renting a room for yourself is a worthy sacrifice. By distancing yourself from family, you eliminate about 60% of distractions, allowing you to focus more on your goals and passions.

## Starting a Side Hustle

Begin your side hustle at a young age. In my opinion, a job isn't the ultimate solution; you don't want to be a servant your whole life, working for others. Find your potential, like I did, and strive to be independent. Hire people to work for you. Side hustles are important, and you must sacrifice your day and night, giving your best during this stage of life. If you work hard and give 100%, I guarantee you will be financially successful by the age of 25.

## My Journey of Sacrifices

Growing up, I had to sacrifice my dreams, passions, and needs. I worked tirelessly, juggling multiple responsibilities to secure a better future. I faced numerous challenges, but each sacrifice I made was a step toward achieving my goals. I distanced myself from my family to minimize distractions and focused on honing my skills and building my side hustle.

## Advice for Teenagers

- 1. Find a Job:** Start working as soon as possible to gain financial independence.
- 2. Develop Marketable Skills:** Focus on acquiring skills that will make you more valuable in the job market.
- 3. Live Independently:** Rent a place for yourself to reduce distractions and focus on your goals.
- 4. Start a Side Hustle:** Work on your passion projects and side hustles to create additional income streams.
- 5. Work Hard:** Sacrifice your time and effort now for a better future.

## Conclusion

Sacrifices are a part of life that we must embrace to achieve our dreams. By understanding the importance of financial independence, minimizing distractions, and working hard on our side hustles, we can create a better tomorrow. Embrace the growth mindset, make the necessary sacrifices, and you will find success and fulfillment in life.

***"Sacrifice today for a better tomorrow—embrace the growth mindset and unlock your potential for a prosperous future."***

# Chapter 9: Natural Medicine - Friends, Family & Willpower

In life, we often face moments of sickness, frustration, and depression. During these challenging times, we seek ways to heal and recover. While medical treatment can help, the most potent and natural medicines are often right around us—friends, family, and our own willpower. These sources of support and inner strength are invaluable in our journey toward mental and emotional well-being.

## The Healing Power of Friends and Family

### Friends:

Friends play a crucial role in our lives. They offer support, understanding, and companionship. When you are feeling low, spending time with friends can lift your spirits. Laughter, shared experiences, and simple conversations can act as a balm for a weary soul. Friends provide a sense of belonging and remind you that you are not alone in your struggles.

## Family:

Family is often our first and most consistent source of support. The unconditional love and care from family members can provide immense comfort during tough times. Whether it's a heartfelt conversation with a parent, a sibling who listens without judgment, or the collective strength of a family unit, the support of family can be a powerful force for healing.

## The Strength of Willpower

### Personal Willpower:

While external support is vital, your own willpower is equally important. It is your inner strength and determination that will ultimately guide you through life's challenges. When you feel low, tap into your willpower to push forward. Believe in your ability to overcome obstacles and trust that you have the resilience to face adversity.

### Self-Care and Solitude:

Giving yourself time to heal is crucial. When feeling depressed or frustrated, create a space for solitude and self-reflection. Spend quality time with yourself, understand your emotions, and find ways to nurture your well-being. This could include practices like journaling, meditation, or simply taking a break from daily stresses to focus on self-care.

# Practical Steps for Healing

## **1. Spend Time with Loved Ones:**

Engage with friends and family when you're feeling down. Plan activities that bring joy and relaxation. Whether it's a family dinner, a day out with friends, or even a video call, connecting with loved ones can significantly improve your mood.

## **2. Go for a Walk:**

Nature has a soothing effect on the mind. Going for a walk in a park, along a beach, or through a forest can help clear your mind and reduce stress. Physical activity also releases endorphins, which are natural mood lifters.

## **3. Practice Mindfulness and Meditation:**

Mindfulness and meditation are excellent tools for managing stress and anxiety. They help you stay grounded and present, allowing you to gain perspective on your worries and fears.

## **4. Seek Professional Help if Needed:**

While friends, family, and willpower are powerful aids, there are times when professional help is necessary. Don't hesitate to seek therapy or counseling if you feel overwhelmed. Professional support can provide you with additional tools and strategies to cope with difficult emotions.



## My Personal Experience

In my own life, I have found immense solace in the support of friends and family. When I faced periods of depression and frustration, spending time with my loved ones brought me comfort and strength. Additionally, I relied on my willpower to push through tough times. Taking walks, practicing mindfulness, and allowing myself the space to heal were crucial in my journey toward recovery.

## Conclusion

Friends, family, and willpower are natural medicines that can help you navigate the toughest times in life. Embrace the support of your loved ones, tap into your inner strength, and practice self-care. These elements combined will guide you through any storm, helping you emerge stronger and more resilient.

***"Embrace the healing power of friends, family, and your own willpower—these natural medicines will guide you through life's toughest challenges and help you find strength in adversity."***

# Chapter 10: Power of Love: Overcoming Obstacles Together

Love holds a very profound and unbreakable bond. After experiencing various aspects of life, I have come to the conclusion that love possesses immense power; it can heal anything. I have a friend in my university named Azlan. He is very different. Personally, I am a very short-tempered guy; I get angry over small stuff very often. But after meeting Azlan and spending time with him, I realized he holds a special power. Because of that, everyone around him loves him. Even when he does silly things, people don't hate him or get angry. He is very polite and soft-spoken with everyone, and even when someone shouts at him, he responds with a warm smile, calming the person down.

## Observing Azlan

Azlan's approach to life intrigued me. Despite being yelled at, he remains composed and polite. This behavior often diffuses the anger of the person confronting him. I was fascinated by this and decided to delve deeper into the concept.

## The Power of Love

In my research, I came across a profound insight: human beings are fundamentally hungry for love. If you show love to someone, they are likely to give you their all. However, if you show anger or try to belittle them, remember this: a person's ego will not let them forget the hurt. They will retaliate in kind.

It's said that every person has two significant aspects: their ego and their conscience. When you speak ill of someone or treat them poorly, their conscience diminishes and their ego inflates. Conversely, when you treat someone well and speak kindly, their ego diminishes and their conscience flourishes. For most people, their conscience is inherently good; it's only time and circumstances that may have led them astray.

## Winning Hearts with Love

If you wish to win someone's heart or bring them closer to you, aim for their conscience, not their ego. By showing love, respect, and understanding, you can overcome almost any obstacle. Here are some practical ways to implement this philosophy:

### **1. Respond with Kindness:**

When faced with anger or hostility, respond with kindness. This can often defuse the situation and prevent escalation.

**2. Show Genuine Interest:**

Take the time to understand and appreciate the people around you. Showing genuine interest in their lives builds stronger bonds and trust.

**3. Practice Empathy:**

Put yourself in others' shoes. Understand their struggles and perspectives. This empathy can help bridge gaps and foster deeper connections.

**4. Communicate Effectively:**

Open, honest, and positive communication is key to maintaining healthy relationships. Ensure that your words uplift and encourage rather than criticize and belittle.

**5. Be Consistent:**

Consistency in showing love and kindness solidifies relationships. People will trust and respect you more when they see that your behavior is not situational but a true reflection of your character.

## Personal Reflection

I used to struggle with my temper and often reacted impulsively. However, observing Azlan's way of dealing with people has taught me the power of love and kindness. I began applying these principles in my interactions and noticed a significant positive change. People who once were distant or antagonistic became more approachable and friendly.

## Conclusion

Love is an incredibly powerful tool for overcoming obstacles. By focusing on love, kindness, and empathy, we can build stronger, more meaningful relationships. In the end, it is the love we share and the bonds we create that bring true fulfillment in life.

***"Love conquers all—embrace its power, and together, you can overcome any obstacle."***

# Chapter 11: Experience

## Life - Say Yes to Adventure

Life is all about experiencing and making memories. When we get old, we should not be filled with regrets, thinking, "If only I had lived a little more, I would have enjoyed life." We often hear people lamenting missed opportunities, and I believe no one should feel that way. We should not reach old age and feel that our youth was wasted or that we let opportunities slip by.

### Embracing Adventure

I understand that life comes with responsibilities, but that doesn't mean we should let them overshadow our experiences. Even if it's just for a few moments, if you get an opportunity to try something new, don't say no—go for it! You might be scared, but once you face that fear, you'll overcome it and enjoy the experience.

### My Journey of Experiences

During my second stage of life, while my peers were out enjoying life, I was burdened with responsibilities and circumstances. My friends would go on outings, picnics, and city-to-city travels, inviting me along, but my situation held me back. However, everything changed when I went to university. I became a different person and started experiencing life.

I remember my first late-night outing in Karachi. It was a thrilling experience that opened my eyes to a new side of life. That night was filled with fun, and it marked the beginning of my journey into adventure.

## Experiencing the Unknown

Soon after, I joined my friends on a picnic to a place 150 km away from home. It was an unknown village where we cooked our food, stayed the night, enjoyed late-night music, and played outdoor games. It was an unforgettable experience and the start of many more adventures.

## Facing My Fear of Water

One memory that stands out is my first time at a swimming pool. In my second year of university, all my friends planned a trip to a water park. I was terrified of going because I knew my friends too well; they would definitely throw me into the pool. Initially, I refused, but they convinced me by promising not to push me into the water. They assured me I could just sit by the side and watch.

When we arrived, they acted normally at first. However, as soon as they saw me relaxing in the garden, they grabbed me from my seat. I was shouting, "Let go of me, you guys! I'm scared of water!" I even clung to a flower tree, but they pulled so hard that the tree came out of the ground and I ended up in the pool, tree and all.

Despite my initial fear, something amazing happened once I was in the water. I started jumping and shouting, "Help, help!" but my friends just laughed and said, "Who drowns in a 4-foot pool?" Realizing I was safe, my fear vanished. That experience taught me that facing my fears could be fun, and now I can go into any pool without being scared of drowning.

## Advice for the Young

These adventures taught me that life is beautiful and meant to be experienced. Society often tells us what life should be, but it's different and much more exciting than that. My advice to everyone in this stage of life is to embrace adventure. When your friends make plans, say yes. Don't let fear or responsibilities hold you back. These experiences will become cherished memories, and when you look back, you'll be happy that you lived life to the fullest with amazing experiences and beautiful memories.

***"Embrace the adventure—say yes to life and create memories you'll cherish forever."***



# Chapter 12: The Power of Networking - Unlocking Opportunities Through Connections

Networking is incredibly important in the second stage of life. This is the perfect time to build networks because you are young, energetic, and open-minded. After this stage, many people find themselves stuck, their minds less receptive to new things. In my opinion, the second stage of life is ideal for creating connections that can help you in various ways later on.

## The Importance of Building Connections

Building networks in this phase is crucial because the relationships you form now can become valuable resources in the future. Yes, you will encounter temporary people and face heartbreaks, but successfully establishing strong connections will make you powerful in the long run. Always be open-minded and don't take people's words too seriously. Even if someone says something harsh, respond with a smile. Someday, they might need your help.

## Strategic Networking

Networking should be approached strategically. Use connections for your benefit and support when needed. Don't be an emotional fool—build connections that can help you at the right time and place. I have built some very good connections, and they have helped me when I needed it most.

## Expanding Your Network

When you build a connection with one person, it can open doors to many more connections. For instance, I befriended someone from a well-known family who already had networks in place. By spending time with this person, I began to build my network. They introduced me to their friends, who then introduced me to their own circles. This chain reaction helped me establish a strong network.

## Practical Tips for Effective Networking

- 1. Attend Events:** Go to seminars, workshops, and social gatherings.
- 2. Join Clubs:** Participate in clubs and organizations related to your interests.
- 3. Leverage Social Media:** Use platforms like LinkedIn to connect with professionals.
- 4. Be Genuine:** Maintain authenticity in your interactions.

**5. Follow Up:** Stay in touch with people you meet, and nurture those relationships.

## The Benefits of a Strong Network

Having a robust network means that if I ever encounter a problem, I have people to turn to for help. Even if they can't assist me directly, they can connect me with someone who can. This is how networking works, and why I emphasize its importance.

## The Perfect Time for Networking

The second stage of life is the perfect time to build connections. After this stage, it becomes much more difficult. Your trust level will drop to around 20%, and your mind will be 80% full of other concerns and potential toxicity.

## Advice for Young People

My advice to young people, especially boys, is to build connections. This is how everything works, and it is essential for your future success. Embrace opportunities to meet new people, be open, and cultivate relationships that can support you throughout your life.

***"Build connections now; they will be your greatest asset in the future."***

# Chapter 13: Travel for Growth - Explore, Discover, Heal

Traveling is one of the most enriching and beautiful experiences in this stage of life. When I say "travel," I mean being open to experiencing everything the destination has to offer—embracing the vibe, the nature, the culture, and the nostalgia of traveling. There are two types of traveling: one is for fun, where you go with your friends, family, and colleagues to make memories and enjoy every moment.

The second type, which I recommend most, is traveling alone. My opinion is that solo travel is crucial for personal growth. Traveling alone allows you to experience life on your own terms, discover joy in solitude, and truly heal. It helps you to discover your true self, revealing your purpose, aims, and perspective on life.

## The Transformative Power of Solo Travel

During my era of life, traveling has helped me immensely. Although I haven't traveled extensively, whenever I took a break from city life and made my way back to my small hometown, the 8-hour journey provided me with valuable introspection. Traveling gave me answers to many of my unanswered questions. When you travel, you encounter

different things and people, which significantly changes your perspective.

## Embracing the Journey

Whenever you feel tired of your routine or city life, I suggest heading to the mountains, beaches, or any place where you are unknown. There, you can discover your inner self. Be a traveler at any stage of life, and remember: there's a significant difference between a traveler and a tourist.

## Traveler vs. Tourist

A traveler immerses themselves in the destination, seeking to discover the essence of the place, feeling the vibe, and experiencing all its beauty. A tourist, on the other hand, moves from place to place just to see the sights, take photos, and create superficial memories. To truly grow and heal, be a traveler, not a tourist.

## The Benefits of Traveling

- 1. Personal Growth:** Traveling alone helps you discover who you truly are and what your purpose in life is.
- 2. Perspective Change:** Encountering different cultures and lifestyles broadens your view of the world.

**3. Healing and Self-Discovery:** Time alone in a new environment can provide profound healing and self-understanding.

**4. Memories and Experiences:** While traveling with others is fun and creates lasting memories, solo travel offers deep personal insights and growth.

**5. Cultural Immersion:** As a traveler, you immerse yourself in the local culture, understanding and appreciating the uniqueness of each place.

## Conclusion

Traveling, whether with others or alone, is a powerful tool for personal growth, healing, and discovery. By immersing yourself fully in the experience, you can uncover the true essence of each destination and, in turn, discover more about yourself. So, whenever life feels overwhelming, remember that there's a whole world out there waiting for you to explore, discover, and heal.

***"Travel not just to see the world, but to discover yourself within it."***

## Unlock Your Potential During Life's Most Transformative Years

In "The Second Stage of Life," Aryan Mengal shares his journey and insights to guide young adults through the critical ages of 18 to 25. Raised in Pasni, Balochistan, Aryan overcame numerous challenges to become a social media influencer, philosopher, and entrepreneur. He now offers his wisdom to help others thrive.

Aryan Mengal is a social media influencer and philosopher with expertise in emotional intelligence and human behavior. Currently pursuing a degree in Software Engineering, Aryan is also a growing entrepreneur dedicated to helping others succeed.

### What You'll Learn:

- **Self-Love and Worth:** Build a strong foundation of self-worth and confidence.
- **Emotional Intelligence:** Navigate your emotions and foster better relationships.
- **Overcoming Challenges:** Find strength in the impermanence of life's trials.
- **Sacrifices for Success:** Embrace necessary sacrifices for a better future.
- **Natural Remedies:** Discover the healing power of friends, family, and willpower.
- **Power of Love:** Use love and compassion to overcome obstacles together

Aryan Mengal's experiences provide a roadmap for young adults to navigate personal challenges and achieve their dreams. Whether you're seeking direction or aiming to succeed, this book offers the guidance and motivation you need.

### About the Author:

Aryan Mengal is a social media influencer and philosopher with expertise in emotional intelligence and human behavior. Currently pursuing a degree in Software Engineering, Aryan is also a growing entrepreneur dedicated to helping others succeed.

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