

Book notes

*An overinsistence on self-reliance can lead to denial of the things you need.

*Things that are ignored or hidden away for too long can become difficult to summon in a moment of need.

*People generally stop noticing their surroundings when they become overly obsessed with themselves.

*Quiet moments give us time to separate from outside perception and allow us to become comfortable with our own quirks and eccentricities.

*One way to take care of people is to hide how much you wished your own life were different.

*The strong or the powerful don't really protect the weak. They might find weakness repulsive, or simply don't understand it. The less weak generally protect the weak.