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## Changes

Change is the only absolute  
in the world  
the only thing  
that you can depend on.  
Nothing stays the same.  
Tomorrow will come,  
bringing with it  
new beginnings and sometimes  
unexpected endings.  
You can hold on to the past  
and get left in the dust;  
or, you can ride the ride of life  
and live a new adventure  
with perseverance and  
an open mind.