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Pressure in our world.

Mankind has existed for thousands of years, in our history we have made hundreds of incredible scientific, technical and cultural discoveries: books and paintings, electricity and computers, philosophy and sociology, physics and space flights ... And indeed, people have something to be proud of, achievements and discoveries help a person solve many problems, but often new ones appear in their place. And as a result, human life becomes a constant stress, a struggle for existence, for our dreams and goals, no matter what time we live. There are always obstacles that we must overcome every day.

In our modern time, in the era of technical progress, the average person is under stress. One of the reasons for this is simply an incredible amount of information that falls on a person every day and which he must analyze and filter. Not all of this new information is useful to a person at work or in a hobby, with friends and family, most of this information simply spends the most valuable resource of our era - time. Because of the flow of information, some particularly vulnerable people go crazy, they don't know whom to believe and what they can trust, maybe even their neighbor is a threat that knows. For such people, our age becomes a test to be fought.

Another problem is the pace of life in the 21st century. We are constantly on the move because time is limited. We have so many opportunities, and wherever we need to be on time. Residents of megacities are most susceptible to such overvoltage. Indeed, working in this mode, when there is absolutely no time to think over moves, to lose precious time in traffic jams, you just cannot take and turn away from the world, withdraw into yourself: you will not succeed, life in the city does not stand still, the city never do not sleep. Some find it attractive, a constant movement, perhaps even development, but for many even such a life becomes a routine. It is difficult for them to overcome themselves and constantly look for new impressions and emotions, they will most likely try to forget as much as possible all the negative things that accumulate day after day.

Is the psychological pressure on people in our world today so strong that many cannot cope? I think not. There are really a lot of problems, and the growth of the amount of information cannot be stopped. But man at all times was able to adapt thanks to his developed intellect. So I think that the psychological pressure associated with information and the pace of life in our time will be very quickly overcome.