

How to deny reality essay



**ASSIGN
BUSTER**

My dear teacher and my classmates, we are living in a world of furious competition and fast life rhythm. Sometimes the heavy living stress makes us feel breathless and exhausted. What can we do to leave the whole world behind and relax ourselves? As for me, when I'm tired of boring study and work, I just want to join a night club. A night club with dreamy lights, loud music, dancing people and young band can bring me to a different world in which no one knows who I am.

Not caring about how others think of me, I just dance, enjoy the music and cheer passionately for the lead singer. After the binge is over, nothing can be more enjoyable than taking a shower and falling in deep sleep. If you think a night club is too noisy to stay, I have a more quiet choice for you. Firstly, you need to find an empty room with a big mirror.

Then pretending the person in the mirror is the one who you find difficult to cope with, such as your strict boss or your mean coworkers, you can just express all your complaints and dissatisfaction to him or her. Once I tried that, and found myself so released. There are so many ways for us to deny the reality. The most effective way is the one that suits you best. But do not forget to go back to the real world and work harder after a party of your own.