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Business



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When you skip breakfast and go to school, you are looking for a ease because its not healthy to have an empty stomach all day long. It's very important to have a meal and not let your stomach work empty. All you are going to get is gastritis and a lot Of problems with your health if you don't eat breakfast. Another reason for eating breakfast is because you need food for to do well in your classes. You body and your brain are not going to function as good as they could because you have no energy and no strength. When you try to learn something and have nothing in your stomach, you are going to have a lot of trouble succeeding.

A lot of people think that they should not eat cause they are going to feel tired, but that's not true. Breakfast is not a very big meal, and on the contrary, you're going to feel tired if you don't have breakfast because you have spent the entire previous night without food. The last reason to have breakfast every day is because you can avoid diseases if you eat some breakfast in the morning. If you don't eat, you are going to get sick, and these diseases will have a stronger effect on you because you're going to get sick easier than people who have breakfast every day. You have to realize that breakfast is the most important meal of the day, and oh cannot skip it without consequences for your health, your school and your defense mechanism. It is better to wake up earlier and have a good breakfast that run to school without eating anything. It is time for you to do something for your health, and eating breakfast is the better way to start your day. (384 words) 2 Essay 2 The Importance of Reading and Writing (1) Today science and technology has come to pervade every aspect of our lives.

Computer, television and radio have almost replaced the newspaper and letter once dominated our lives. Accordingly, the Issue about whether the ability to read and write is more important today may attract our attentions. It is clear that classified views have converged into two: some think reading and writing ability is more important today than in the past, while others deny its importance.

As see it, agree with the former view without any hesitation and my choice is based on a careful consideration of the following reasons. The main reason which may win most of people's support is that if lack the reading and writing ability, one would be considered as illiterate who has been deprived of the most basic right of human beings in the 21st century. It ill be hard for us to imagine how somebody who can't read and write communicates with other people. A case in point is that one of my neighbors who is an old man and cannot read and write may only talk with others face to face.

As for making friends by email and search information in newspaper, it is absolutely impossible. The second reason I would like to point out is that people today who cannot read and write cannot even make a living. Good jobs are difficult to find because of economic depression. Nearly all the jobs require people who can read and write very well. Even if one just plans to be a driver, he must read he road sign and know where he is and where he will go.

Furthermore, the ability to read and write could bring us lots of advantages. Suppose that people who have tired out with a hard week's sweat and effort may get lots of benefits and relief from reading a short novel and broaden

his horizon by appreciating a nice poem. Many friends around me would believe reading and writing some effective ways to relax themselves. People today especially those children may find it easier for them to manipulate the mouse of the computer than to write things down by hand. Watching W instead of reading may still occupy someone's most leisure time. Yet if all the factors I discussed 3 above are contemplated and we are to minimize the losses and maximize the gains, it will not be hard for us to realize that the ability to read and write is more important today than in the past. 421 words) 4 Essay 3 The Importance of Reading and Writing (2) Is the ability to read and write more important today than in the past? Everyone has his answer depending on his experience and life style.

Some people think it is true because people need not read and write in past. On the contrary, other people believe there is not big difference between today and yesterday. As far as I am concerned, would like to say that reading and writing are getting more important for our life day by day. In the following discussion, I will provide some reasons and examples to support my viewpoints. THESIS STATEMENT The main reason for my propensity is that knowledge is very important for us today.

Without education, it is very hard to find a good job and you will have a hard time to do the work. There is too much new knowledge today. In the past days, people can teach each other by oral, therefore, reading and writing is not as important as now.

However, if you enter a company today, your previous will only give you a instruction book and tell you begin to study it. Nobody has time to teach you

by oral. If you can read and write well, you will get more smoothly at work. Communication is another head and chief reason I have chosen to put here. Many professions require people to work in team to solve problems and make decisions. Reading and writing can help you to know other colleague are doing, on the other hand, it can also help you to tell other people what you have done and your plan for next step. To be honest, cannot deny that some people who cannot read or write also have a nice life today. Nevertheless, for the normal people, the benefits of reading and writing carry much more weight than illiterate, so the conclusion is obvious.

For all factors presented above, We can safely draw the conclusion that reading and writing are more important today than in the past. Furthermore, we should pay more attention to improve our ability of reading and writing.

(348 words) 5 Essay 4 Why Women Should Not Have an Abortion Many women in the entire world have abortions.

Women believe there are many reasons to abort such as fear of having or raising a child, rape, or not having enough money. But whatever the situation, there is never an acceptable reason to get an abortion. Some important reasons why women should not abort have to do with human values, religious values, and values of conscience.

THESIS STATEMENT The first reason why women should not have an abortion is related to basic human values. Women need to think about their unborn babies who are not responsible for this situation. These unborn babies should have the privilege to live and grow into a normal person. Women need to be more humanitarian and less egoistic with these babies. On the other hand,

the baby doesn't know how or why he is here. It is too necessary to kill a life; there are many other solutions to resolve this problem short of abortion. The second reason why women should not abort has to do with religious values.

In almost all religions, a woman is not permitted to have an abortion. If they do, their religions will punish them. In some religions, for example, a woman cannot take communion after having an abortion, and before taking communion again, she must do many things as a form of penitence. In whatever religion, abortion is punished and for this reason, women should not abort. Finally, the third and most important reason why women should not abort is related to her conscience. When a woman has an abortion, she will always think about the baby she might have had. She will always think about the future that could have happened with her baby which will always remind her that she killed it. Because she has had an abortion, she will never have a good life, and her conscience will remind her of what she had done.

Because a woman who has an abortion can't forget about what she has done, these thoughts will always be with her, and the results can be calamitous. There are many reasons why women should not have an abortion. The truth is that women need to think about the consequences that can occur before having sexual relations. I think that the effects of an abortion can be very sad for everyone involved, both for the woman who has the abortion and for the family who lives with her. 7 Essay 5 Why Mexican Families Should Practice Family Planning For a long time, Mexican couples have not traditionally used birth control. Because of this, it is very common to find big families. Therefore, the population in Mexico has increased

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considerably affecting not only the family itself but the whole country as well.

Overpopulation is a serious problem that represents an obstacle for Mexico's perseverance. The purpose of this essay is to explain why planning our families would help to assure family life success as well as increase the chances of Mexico's economic growth as opposed to population growth.

THESIS STATEMENT The first reason why Mexican couples should plan their families is that in this way they can better distribute attention, time, and care among the members of the family. When a couple responsibly decides the number of children they want and can raise, they obtain a clearer perspective of the family life they expect to have. Consequently, a family is able to enjoy benefits such as having utter communication with each other, sharing important moments, and strengthening family ties. The second reason why Mexican couples should plan their families is the possibility of providing for their children's education. Mexico's general level of education is very low due to a large number of population who do not even finish elementary school.

A major reason for this problem is a non-planned family. If a couple with insufficient economic resources has many children, it is very obvious they will not be able to give them an adequate education. A proof of this is the big number of children on the streets asking for money.

On the other hand, a planned family helps increase the educational level among the children. Therefore, children will be given a chance to be competitive in the daily changing world. Finally, the third reason why

Mexican citizens should plan their families is the fact that Mexico has more chances of improving its competitiveness and quality of life in many aspects. We all know that family represents the basis of a society. Therefore, each and every family contributes to Mexico economic and social situation. If we could have more conscious and responsible families planning the number of their children, our opportunities for economic growth old be increased. Building a better a 8 place to live increases the possibilities of receiving better services, avoiding geographical distribution problems, and improving our expectations of economic growth. Mexico future depends a lot on its families.

For this reason, each couple should make a conscious and responsible use of their rights to decide the number of children they want. Planning our families will enable us to distribute time, Care, and attention among the members of the family. Planning our families will give us the opportunity to afford education for our children.

Planning our families will increase Mexico possibilities for growth in many aspects. We should consider these enormous benefits when deciding the number of children we want. Fewer children in families will raise the quality of life both within the family and in Mexico. However, the responsibility for the final decision is only yours. (507 words) 9 Essay 6 Why You Should Not Smoke am sure that you know that smoking harms your body.

Then why do you continue smoking? Maybe you do it because you haven really become conscious about all the effects that smoking has. There are a lot of reasons why you shouldn't smoke. Some of them are that smoking

affects your health, that you spend a lot of money on cigarettes, and that when you smoke you are not respecting people around you. **THESIS STATEMENT** The first reason why you shouldn't smoke is that smoking affects your health.

If you smoke, your physical condition will be negatively affected, so it will be very difficult for you to succeed in sports. Also, smoking produces lethal diseases like cancer and reduces the length and quality of your life. Maybe you don't notice all the physical effects of smoking immediately, but you surely will be sorry en day.

The second reason why you shouldn't smoke is because of all the money that you spend on it. Maybe you start smoking only when someone offers you a cigarette, but there will be a day when you will feel the need Of a cigarette. By this time, you will pay whatever to smoke, and each time you will smoke more, so you will spend more money. All the money you would spend on cigars could have be spent in something better, don't you think? The last reason why you shouldn't smoke is out of respect for the people around you.

When you smoke, you not only harm yourself, but you also harm al the people around you. So you mustn't be selfish; you should at least avoid smoking in front of people who don't smoke. Also, many people don't like the cigarette's smell, so they won't enjoy your company. Would you like that? Have said just some reasons of why you shouldn't smoke, so I hope that now those of you who smoke are able to think a little and try to make a smart decision.

In addition to all the reasons I've said, I would like you to think about how much you love yourself and then whether you want to continue harming yourself. Think also about all the people who love you, like your family who isn't want to see you suffering or sick. If you decide to continue smoking, what a pity.

But if you decide to stop smoking, congratulations! Remember that “ If you can dream it, you can do it. ” 10 Essay 7 Why People Should Read for Pleasure In the past years the use of the television and the internet has increased; this situation has caused many people to change their likes and the way that they enjoy their free time. Because of television and the internet, many people spend less time reading, so the purpose for this essay is to present reasons why people should read just for pleasure. The reasons that I give you are tutee simple: to improve your knowledge, to expand your general culture, to have more fun, to make your imagination fly, to find new ways to express your ideas, and finally to expand your vocabulary. THESIS STATEMENT The first reason that I give you to enjoy reading is that when you read, you can expand your knowledge and also your culture. There are a lot of good books in which you can find history, novels, tragedies, comedies and a variety of other themes. You can see that people who read more often frequently have a bigger knowledge of life and also a bigger perspective of their environment. Hind that fact gives them an advantage over all others who do not read frequently.

The second reason to read more often is that through books you can have fun and even travel in your imagination. Children have not yet lost the ability of getting into their dreams, and because of this, in their first years the <https://assignbuster.com/writing-persuasive-essay/>

parents read a lot of tales in which they use their imagination. Adults should try to keep this ability, so we do not forget the importance of the use of the imagination. The imagination also represents a tool that could help you to develop your professional career in a creative way. Finally, the third and the most important feature that reading offers you is that it does not matter the age that you have, you always could expand your vocabulary and the ways to express your ideas to the others in a simple and correct form. By the time you can improve the kind of books that you read, there are a lot of categories, so you will never stop learning from the pleasure of reading. People who know how to choose a book generally have the capability of choosing a formal book in which they can find formal grammatical structures and obviously a formal vocabulary.

All these things allow them to gain greater fluency in their communication. 1 In conclusion, I recommend that you enjoy reading more often. There are excellent reasons for doing it; you just have to want to expand your knowledge and your culture, to improve your imagination and also your vocabulary. I know that we should evolve with the technology; that is, it is good to know how to navigate in the internet, but we must also not forget the books. Try to choose good books at the beginning, and then ensure you that you never will stop reading. (485 words) 12 Essay 8 Why We Should Not Compare Ourselves with Others In our culture a lot of times people advise us to compare ourselves with others. You should be like your father," " You can win; the others aren't as good as you," " You must be the best of your class," etc.

, and this is not always the best way of thinking. There are many reasons to change this way of thinking and begin to compare ourselves only with ourselves. This is the way it should be, and in this paper I will discuss some of the most important reasons for this. **THESIS STATEMENT** The first reason to avoid comparing yourself with others is that there will be always someone better than you. It doesn't matter in which aspect, but it is always true. Therefore, you could feel inferior to others and maybe without a real reason.

For example, you can be an incredible architect and the best of your generation, and this can make you feel incredibly good, but if someday someone is better than you are, you could feel sad although you are still the same incredible architect that you were before. The second reason to elude this kind of comparison is that you will always find someone worse than you, but as opposed to the first reason, this can make you feel better than the others, and this feeling can turn into a horrible pride. For example, if you are the second best student of your class, and one day the very best student leaves the school, you will then be the best one although you are still only as good as you were before. These two first reasons lead us to a third one: If you want to be better than the others, you don't need to improve yourself; you only have to make the others kick bad. If I want to be the leader of the group, but you are the leader now, what I need to do is to make you look like a traitor or stupid and then I can take your place.

Then I will be better than you. A fourth reason to stop comparing ourselves is that the one who compares him/herself with others is judging, and this doesn't help us develop as human beings. Nobody knows the internal reality of the other; nobody knows his/her story and his/her most deep intentions, <https://assignbuster.com/writing-persuasive-essay/>

and when we judge it's harder to accept the others. 3 The last but most important reason to avoid comparing ourselves with others is that when we do, we can be tempted to copy them, to do the same things, and to act and think like them. The problem with this is that if we copy someone, we will never know who we really are and what we really want, and then we will never grow spiritually. For all these reasons and because we are unique, we should not compare ourselves with others, only with ourselves.

The only comparison pattern that we really have is our consciousness. So, if we use this pattern we will not feel less or more than others; we will not try to make others look bad; We will not judge so much; and We will accept ourselves as we really are. In other words, we will live happier. (539 words)

14 Essay 9 Why People Should Exercise In the past, have never been inclined to participate in sports. Honestly, I didn't like it, but many persons whom I lived with kept telling me everyday how good it was.

Since the peer pressure was growing, decided to go to the gym. It wasn't until then that I could really understand people when they said exercise really helped a person get organized and keep yourself in a healthy physically and mentally. **THESIS STATEMENT** For starters, when you are a lazy person, it is difficult to take the first step, but it is all a matter of committing yourself to something that will provide you a lot of positive feedback. Once you start doing exercise and observing positive results, you actually enjoy it. It takes a lot of effort and strong will, but it's worth it. The principal thing to do is to participate in an activity you like. If you do you'll start organizing your day in a way that enables you to do everything you have to, including exercising.

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You will no longer be a person stressed-out without time to carry on with all your activities. Second, it is obvious that once you exercise you will have a better condition. You will be healthier in a physical way. It is probable that you will lose weight and your muscles will get stronger and stronger. Your body will feel good, full of energy and it will respond immediately to any action you want to do, any activity that has to be done with high spirits. The third reason why exercising is good is that it affects you positively in a mental and psychological way.

Doing exercise helps you set specific goals which along with strong will can be achieved. When you do that, you are aware of your abilities, accept your weaknesses, and your self-esteem goes up. Any sport distracts you because it helps you not to think about school, friends, problems, among other things. It brings you time to think about yourself and no one else. It helps you keep your mind busy and to avoid dangerous habits like drugs. Doing exercise is very important to any person of any age.

The positive effects of exercising, which I've already mentioned, are like a chain. Once you do a sports activity that you like, you get organized; therefore, you start doing things the right way and get enormous benefits which make you feel good as a whole human being. You start living your life happily. 16 Essay 1 0 Why You Should Communicate Effectively Establishing and developing effective communication is important in order to be heard and change your environment according to your own thoughts. No one will guess what you want or what you think if you don't tell them, and nothing is going to change if you do not propose a change.

The purpose of this essay is to discuss four important skills that will help you communicate effectively. Such skills are not to be afraid of speaking, always defend what you want to say, express exactly what you mean to say, and listen while you are not speaking. **THESIS STATEMENT** The first aspect to communicate effectively is not to be afraid of speaking. Anytime you need to say something, go ahead and do it. Most of the times people are afraid of speaking because they are not sure if it is the right thing to say and/or the right moment to say it. Be sure, say what you want to say, and do not regret it. If you speak you will be heard and taken into account.

You are important so you need to be heard. There is one thing you should not do somehow: Do not say something that will hurt somebody's feelings. Unless that something has to be said inevitably, say it, but as softly and gently as you can. Never hurt anyone intentionally. Always think twice before saying something. You choose what to say, just be sure to say the right thing at the right time. If you do that, you won't regret a thing.

Second, if you want to communicate effectively, defend what you say. Once you have said something you can never go backward; you must back it up. The worst thing that you can do when speaking is to hesitate. Hesitance means self-insecurity and this means weakness. The strength of your words will surely determine their effect on the listener. The way that you speak and the content of your speech tell a lot about yourself and your personality. A conversation allows speakers and listeners to get to know each other better. Besides, people will only know what you say; they cannot go any further if you do not let them.

It is only by means of intelligence, strength, and security that you will be able to change the world around you. And, it is also by means of intelligence, strength, and security that you will be heard and taken into account. 17 The third main aspect of effective communication is to express exactly what you mean to say. Pick up the words that will express exactly what you are thinking of. Do not forget that one half of a word belongs to the listener and the other to the speaker. The listener gets his or her own version of what is said. However your job is to express yourself clearly, so that you can avoid misunderstandings.

Although, avoiding misunderstandings is a hard task (not impossible), when it is achieved you will be expressing yourself effectively. Everybody will be able to identify exactly what you say, what you think, and what you want. Words are double edged weapons which can be used either to defend or to attack. If you make a good use of them, you will be able to do almost everything. The fourth main point to effective communication, and probably the most important of all, is the listening part. Listen and do not interrupt when it is no longer your turn to speak.

You will surely learn new things from listening to others. If a person is speaking, its because she or he wants to be heard. Effective communication is based on both listening and speaking. If communication were based only on speaking it would be an absolute tyranny.

Nevertheless, communication is the means through which you express yourself in order to be heard and change your environment according to your own version of reality. Thus, it would be impossible to change anything if

there were no one to listen, learn, and accept new ideas. Listening is a gift, and good listeners are always very appreciated because there are only a few. Effective communication will help you to express yourself better, allow you to let other people express themselves, and help you to change your environment toward your own thoughts and beliefs. Words inspire no fear. Speak them. Words make you strong.

Support them.