

**SELF-ACCESS**  
LEARNING CENTER

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# SALE

## NEWSLETTER



*Love is all around*

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# CHIIT-CHIAT

With SALC

เดือนแห่งความรักมาถึงแล้วอีกแล้วนะ อ้อ...  
อีกใครที่มีคนรู้ใจจริงๆ เลย แต่คนโสดต้องทำ  
เป็นสิมๆ ไปนะว่าเดือนนี้มีวันที่ 14 อยู่ด้วย (อยาก  
วาร์ปไปวันที่ 15 มั่งๆ เลยอ่ะ)

ในฉบับนี้มีคำแนะนำจากใจเราเองดีว่าคนคน  
นั้นใช่สำหรับเราแล้วไหมนะ

...ซื้อช่อดอกกุหลาบแล้วอบส่งให้ตนเอง  
มันจะพิศไหมอ่ะ T\_T



# Definitive Ways To Tell You're In Love

## With The Right Someone

By **Eric Santos**

*Falling* in love is one of the most exciting, rewarding and scariest things you could ever do.

Once you're in love with someone, it's hard to remember how you lived without him or her. Of course, you were alive before you met this person, but you really didn't start "living" until the two of you met.

I remember when I first fell in love with my girlfriend; it was a very scary feeling, as I had managed to elude love for the entirety of my life before her. I specifically remember the transition from when I liked Vanessa to when I began to love her.

Vanessa went from being someone who made me smile to being the greatest catalyst of the happiness and joy in my life. She went from a gorgeous girl I met to the most beautiful girl I know. She went from my crush to the love of my life.

Here are 10 ways to know if you might be in love – rather than in like – with someone:

### 1. The best part of your day

As Childish Gambino said, “When I’m alone, I’d rather be with you.” Seeing my girlfriend is always the highlight of my day. If you really love someone, you never truly get tired of him or her.

No matter how great your day might be going, your special person will make it better. When you just like someone, he or she might make your day better, but probably isn’t the best part.

### 2. The first person you think about

Your love will be the first person you think about when you wake up and the last person you think about before you go to sleep. When something good happens to you, this is the first person you want to tell. When something bad happens to you, you look to this person for support.

### 3. Prioritize above your own needs

Love is selfless. I was the most important person in my world until I met my girlfriend. Once I fell in love with her, her needs became much more important than my own.

This is just how love is. Your needs always seem trivial in comparison to your significant other’s needs.



#### 4. You'd do anything

If I tried to construct a list of things I wouldn't do for my girlfriend, the list would be pretty empty. When you're in love with someone, you do whatever you can to make the person happy.

When you like someone, you may feel like there is a lot you would do for the person, but you have your limits. True love knows no limits.

#### 5. You are never afraid to express your feelings in public

I have this semi-bad habit of telling the world how in love I am with my girlfriend.

When you're truly in love, you want everyone to know. You are not bashful about your feelings by any means. When you like someone, there is a lot of holding back on how you feel.

#### 6. You love the imperfections

My girlfriend is the most beautiful girl I know, but she does have some imperfections. But, to me, they're not imperfections – they're unique qualities and things I love.

When I tease her about them, she thinks I am making fun of her, but I am truly just admiring them. Love is the ability to know and accept someone's faults. You may know the imperfections of a person you like, but having the capacity to embrace them likely won't happen unless you fall in love.

#### 7. You think long-term

When you're in love with someone, it's hard to imagine a future without the person in it. For this reason, you will think long-term about how you can build a life with this person.

You won't give in to short-term temptations that might mess up your long-term goals. When you just like someone, thinking long-term can be pretty scary.

#### 8. You become a better person

No one is perfect; we all have room for improvement. But, being in love will force you to work on these things.

You want to become the best version of yourself for the person you love. I am a better person now than I was before I met my girlfriend.



### 9. Your feelings are unconditional

When you love someone unconditionally, it means that your love knows no conditions and is absolute. I don't actually like the term "unconditional love" because I think it's redundant - I believe all true love is unconditional.

When you like someone, your feelings change depending on the condition.

### 10. Your love is your best friend

Sometime along the way, my girlfriend became my best friend. I believe this to be true for most people who fall in love.

Your significant other becomes your partner in crime. You feel like, together, you can take on the world.



# Eleven



*Stats You  
Never Knew*



By Esther Crain

**Chances** are, you can't start your day without a cup of joe—then maybe you fuel up again with a latte or iced coffee (and later, a post-dinner espresso, anyone?). But how much do you really know about this beverage that is enjoyed by a billion people worldwide? (Fun fact: It's considered to be the most valuable global commodity after oil!) But from the surprising way coffee cranks your brain and body to fascinating facts about its origins, there's still a lot you could be in the dark about. That's why we rounded up 11 fun facts to celebrate our favorite a.m. friend. Enjoy—preferably while sipping your Starbucks.

**1. Two cups a day can extend your life.** Researchers aren't sure why, but people who drank this amount or more daily lived longer and were less likely to die of chronic conditions such as diabetes and heart disease as were coffee abstainers, according to a study from the *New England Journal of Medicine*.

**2. It gives your memory a kick.** The caffeine in a cup or two of java doesn't just perk you up in the moment—it enhances your memory up to 24 hours after you drink it. This provides an assist when it comes to forming new memories, reports a *Nature* study.



**3. It reduces pain.** A Norwegian study found that office workers who took a coffee break felt less neck and shoulder pain during the workday. (That's your excuse to get up and move!)

**4. It keeps your brain sharp over time.** Make a mental note of this: 3 to 5 cups of coffee a day can help prevent the cognitive decline associated with aging, leading to a 65 percent decrease in developing Alzheimer's or dementia, according to a recent study.

**5. There's a cold brew boom.** Practically unheard of a generation ago, iced coffee and cold coffee drinks now make up almost 25 percent of all coffee store menu items.

**6. Billions of cups are sipped a day.** Americans consume 400 million cups of coffee per day. That's equivalent to 146 billion cups of coffee per year, making the United States the leading consumer of coffee in the world. U-S-A!



**7. You can reuse the grounds.** Only 20 percent of the coffee you pour into your coffee maker gets used, leaving the rest of the grounds destined for the trash can. But they have tons of reuse potential! A few ideas: Leave a batch in your fridge as a deodorizer, or rub a fistful between your hands as a natural skin exfoliant.

**8. Coffee obsession is taking over.** How much do we live the stuff? Consider the results of a new survey: 55 percent of coffee drinkers would rather gain 10 pounds than give up coffee for life, while 52 percent would prefer going without a shower in the morning than abstain. And 49 percent of coffee fans would give up their cell phone for a month rather than go without the stuff.



**9. Most coffee is made and consumed at home.** But when we do go out for a cup, we're most likely to head for the nearest Starbucks, McDonald's, and Dunkin' Donuts. These three chains are tops for national coffee sales.

**10. It may have been the first energy food.** Legend has it that coffee was discovered in Ethiopia centuries ago; locals at the time supposedly scored an energy boost from a ball of animal fat infused with coffee.

**11. It can power your workout.** If you hit the gym in the a.m., dosing up on coffee can help you take advantage of the caffeine jolt.



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activities schedule at  
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