Don’t Surround Yourself With Admirers

July 07, 2022

When you’re admired and well known, “people are always nice to you,” the actor Robert De Niro once confessed to Esquire magazine. “You’re in a conversation, and everybody’s agreeing with what you’re saying.” Sounds great! Agreement makes life smooth, and the praise and esteem of others gives us pleasure, even stimulating a reward center in our brain. Wanting to surround ourselves with admirers, if we can, is only natural.