

Don't Surround Yourself With Admirers

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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.

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