

*A positive outlook  
for many of life's  
negative  
connotations.*

# Rashun Carter's Restore

by Rashun Carter

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RASHUN CARTER'S  
**RESTORE**



**NEGATIVE OR POSITIVE?  
THE CHOICE IS YOURS**

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ISBN: 978-1-64438-646-0

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Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.  
2019

First Edition

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## **\*Introduction\***

You wake up, and what's the first thing you do? Grab your phone? Hit the snooze button? Brush your teeth? Take a shower? Then what? Head to work? Tend to the children? Eat breakfast? It differs with each of our walks of life, but life itself isn't something to be taken for granted. A lot of people get up each morning and groan at the impending everyday routines. However, you know what? It's *your* routine. Believe it or not, there are many who aren't blessed or have access to the very routine you wish you could get out of.

Now, let's have some empathy for, say, a homeless person. They get up each morning and likely wonder where their next meal is going to come from. Perhaps they'll even wonder if they'll make it through another day, or maybe dream of the opportunity to be able to get up and look forward to going to work. No, this isn't a pity party; it's real life. Who knows the circumstances of why some are less fortunate than others? The fact of the matter is, if you've got a roof over your head (even if it leaks), a job to go to, or children who drive you insane, they are all blessings that shouldn't be taken for granted.

This book is a means of restoring positivity when the world attempts to drive you into the dirt with negativity. I'm not going to pretend this is a magical book that will keep the storms of life away from you. However, I do promise that you will go through those storms with more confidence and willingness than you have before.

## **\*Chapter 1: Our Phones\***

We all love our phones seemingly to the point of idolization, and why not, right? They're amazingly convenient— an easy way to connect through social media. We contact our friends and loved ones via text messaging rather than having to call. Personally, I'm guilty of using texting more than calling, mainly because it's quicker to send a message to multiple people at once rather than calling them one by one. Additionally, let's be honest here, we oftentimes don't feel like talking so we take the shortcut and text instead of calling. Now here's something to ponder for the next time you decide to text instead of calling: Wouldn't it be better to call this person for assurance that they're okay?

Texting, though very convenient, doesn't include many aspects of verbal communication that we use as second nature, be it tone, stammering, coughing, scoffing, sighing, burping, and so on. An argument can be made that feelings are conveyed through emojis and emoticons, but believe it or not, many people don't use them. Furthermore, in my opinion, they won't ever replace the significance and uniqueness of a person's voice. It takes no more than a few moments out of the twenty-four hours in a day to make that call. So, go ahead and do it! You'll never know, that person may have been wanting to actually hear your voice rather than just read your texts.

The other thing about our phones is they tend to displace time that we can be using to do things that are productive. By the time you get through playing that game, surfing the web, meddling through social media, or going back and forth with some random stranger about why a certain video is intriguing on YouTube, hours may have passed you by. You may say, *That's okay; I still*



*have time.* However, time cannot be recycled so it's pretty wise to not waste it. I'm not saying stop doing certain things on your phone, but at least limit some of the time you put on it and watch how much more you can get done. You just may be surprised.

Personally, when I go work out at the gym, I don't even bring my phone with me out on the gym floor. Why? I'll give you the same answer that I've told my fellow gym members before I show them my mp3 player. It's a distraction! I already spend a couple of hours in there as it is, so there isn't any benefit to spending more time by being distracted.

Speaking of distractions, has anyone you hold dear tried to talk to you, but it goes in one ear and out the other because your eyes are glued to your phone? They could say they just won the lottery jackpot and you wouldn't even noticed. Okay, maybe not in that situation, but you get the picture. Our phones can deceitfully rob us of the attention that we should be giving to others.

Think about sitting at a dinner table with your family, friends, or even a complete stranger. This may work a little better with the stranger. Imagine it's the most attractive stranger you've ever seen. Okay, you're likely not looking at your phone now, right? However, guess what they're doing? In case your eyes are enjoying the candy too much, that person is on their phone and not interested in listening to a word you have to say. Common logic would suggest that without the phone stealing their eyes' attention, they would likely be focused on you, right? Unless you're just that boring to them. I'm kidding! Now it's important to note that those we hold dear may feel the same way about where our attention is being held. That's right. Restore that desired attention and put that phone away. Those few moments when you're sitting at the table with your loved ones means more to them than you'll probably ever know.

It seems as though it's becoming a lost art to really enjoy a time like dinner with family. I don't want to hear anything about it being 2019, because the value of being in such a setting with friends or family is timeless. It's not going to kill you to set aside that distraction for those moments of being with people who will love you more than that phone ever will. For every second that phone is unplugged, it starts dying. Those close to you may leave for a little while, but guess what? You don't need to charge them.

Sadly, phones have been known to be responsible for lost lives. I'm not going to bore you with statistics, but just know that it happens so often, that it's become common. That's scary! Most notably with car accidents. Perhaps you know of someone who lost their life or got hurt because they were using their phone when it happened. This isn't a commercial folks; it's real life! People were getting in wrecks before texting was ever invented, so what makes us so confident that we can avoid such a catastrophe by being distracted? I don't care if you have to pull over to continue arguing with whomever. If that's what you have to do to not text and drive, then hey, have at it! It's certainly not worth the risk of a crash while driving distracted.

I must seem as though I'm on my high horse, huh? Well, let me hit you with some knowledge. The only time I text when I'm in my car is at a red light or stopped. Otherwise, I feel as though the text can wait. If a matter is of dire importance, they wouldn't be texting anyway. Answering a call is much safer than answering a text, especially when equipped with hands-free devices. What to do if you don't have that? Either don't answer, or gauge your surroundings and answer fast.

I've seen an interesting perspective on the topic of surroundings in regard to our phones. In the mall, social gatherings, the gym, or even in the grocery store, the majority of the people lingering in these places have their nose down in their phones. It's almost

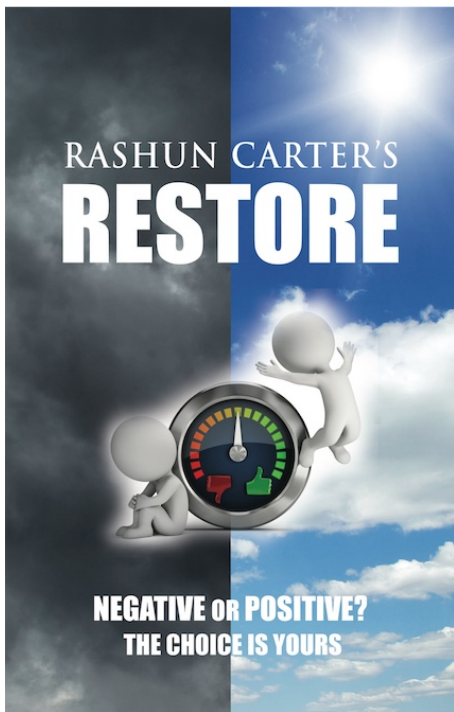
like everyone gets tuned out of this world and into a twilight zone or something. The places mentioned have no problem keeping us busy when we're there, yet we still give in to the urge of wanting to look at our phones. I've even noticed people doing so in church. Would it be accurate to say that phones are an addiction? We all know we don't necessarily *need* to constantly give our attention to phones, but we do anyway.

Minus the effects of mind-altering substances from drug abuse, I'd say most of us have a phone addiction. Hey, just hear me out on this. The first thing some people do when they awake is check their phone. Like an addict, they're more likely to indulge in their addiction during the start of their day. We say we're busy most of the time, when in actuality that usually means we're looking into our phones or possibly even playing a game on it. An addict a lot of times will tell us they're busy, but really they're just off to themselves or with others giving in to their addiction. Again, this is just a personal perspective and not intended to make anyone feel less of who they are. After all, we all have some sort of skeleton in the closet, right?

Like any addiction, we should take the time to really think about how it affects us. You're obviously not going to lose brain cells by peering into your phone. However, a lot of people do look like it when they aimlessly roam around and don't pay attention to where they're walking. Yes, I am very guilty of this myself, but I do at least gauge my surroundings. What phone addiction robs us of more than anything is time. I've said it before in terms of time with others, but time for yourself as well. Goals you want to accomplish, errands that need to be run, children to tend to—the list can go on and on. Get a handle on your phone addiction, if you have one. It isn't worth losing the precious hours that Father Time gives us.

## *Restore*

In conclusion regarding our phones, I will say that regardless of the many cons, they have their pros too. In fact, so many that they tend to work against us. I love the convenience of being able to pay my bills instantly without having to write checks and mail them; shop without having to enter a store if I don't have to; book tickets to an event; order food; research; read daily devotionals; check email; see the weather forecast; and so much more. It's not hard to see why phones can be addicting, but having a control on it is what matters most. Restore!



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