

To build the life you want create the work you lov Handbook

To build the life you want, create the work you love ? a compelling mantra that resonates with anyone striving for fulfillment, success, and happiness. Building a life that aligns with your passions and values isn't just a dream; it's an achievable goal with intentional planning, dedication, and a clear understanding of what truly matters to you. In this guide, we'll explore practical steps and mindset shifts to help you design a life and career that energize and inspire you, turning your aspirations into tangible realities.

Understanding What You Truly Want

Before you can build the life and work you love, it's essential to understand what that looks like for you personally. Clarity is the foundation of purposeful action.

Identify Your Passions and Interests

- Reflect on activities that excite you?what do you lose track of time doing?
- Consider past experiences where you felt most alive and engaged.
- Make a list of topics, hobbies, or industries that fascinate you.

Define Your Core Values

- Values act as guiding principles; knowing them helps align your work with your authentic self.
- List values like creativity, independence, stability, community, growth, or innovation.
- Prioritize these values to understand what's non-negotiable.

Set Clear Goals

- Use SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to define your objectives.
- Break down big visions into smaller, manageable milestones.
- Regularly review and adjust your goals as you evolve.

Creating a Strategic Plan for Your Dream Life and Work

Once you understand what you want, the next step is crafting a plan that bridges your current reality with your ideal future.

Assess Your Current Situation

- Conduct a honest self-assessment of your skills, resources, and circumstances.
- Identify gaps between where you are now and where you want to be.
- Recognize any limiting beliefs or fears that may hinder progress.

Develop Skills and Knowledge

- List skills you need to acquire or improve.
- Seek out courses, workshops, mentorships, or self-study opportunities.
- Build a learning mindset to adapt to changing circumstances.

Design an Actionable Roadmap

- Prioritize tasks based on impact and feasibility.
- Schedule dedicated time for personal development, networking, and exploration.
- Incorporate flexibility to adjust your plan as needed.

Building the Work You Love

Creating work that fulfills you is often a process of experimentation and perseverance. Here are key strategies to help you craft meaningful work.

Explore Different Opportunities

- Internships or freelance projects in your areas of interest
- Networking with professionals and communities related to your passions
- Attending industry events or webinars to learn and connect

Turn Passions into Professions

- Identify how your interests can solve problems or meet needs.
- Consider entrepreneurship or freelancing to maintain flexibility and control.

- Create a portfolio or showcase to demonstrate your expertise.

Build Your Personal Brand

- Develop a compelling online presence through social media, blogs, or websites.
- Share your journey, insights, and successes to attract opportunities.
- Engage authentically with your community to build trust and credibility.

Seek Purposeful Work

- Look for roles or projects aligned with your values.
- Prioritize work that offers growth, learning, and a sense of contribution.
- Don't settle for less; patience and persistence often lead to meaningful opportunities.

Overcoming Challenges and Building Resilience

The path to building the life you want isn't always smooth. Preparing for setbacks and cultivating resilience are crucial.

Identify Common Obstacles

- Fear of failure or rejection
- Financial constraints
- Self-doubt and imposter syndrome
- Lack of support or mentorship

Develop Strategies to Overcome Them

- **Reframe failure:** View setbacks as learning opportunities.
- **Financial planning:** Save, budget, or seek alternative income streams to reduce stress.
- **Build confidence:** Celebrate small wins and progress.
- **Create a support network:** Connect with mentors, peers, or coaches who encourage you.

Cultivate a Growth Mindset

- Embrace challenges as opportunities to grow.

- Persist despite difficulties.
- View effort as a path to mastery.

Maintaining Balance and Well-being

While pursuing your passions, maintaining your physical and mental health is essential.

Practice Self-care

- Prioritize sleep, nutrition, and exercise.
- Engage in mindfulness, meditation, or relaxation techniques.
- Allocate time for hobbies and leisure activities.

Set Boundaries

- Learn to say no to commitments that drain your energy.
- Establish work hours to prevent burnout.
- Create physical and emotional space between work and personal life.

Pursue Continuous Growth

- Regularly revisit and refine your goals.
- Celebrate achievements, big and small.
- Stay curious and open to new experiences.

Final Thoughts: Embrace the Journey

Building the life you want and creating work you love is a dynamic, ongoing process. It requires self-awareness, strategic planning, resilience, and a willingness to adapt. Remember, success isn't necessarily about reaching a destination but about crafting a fulfilling journey aligned with your deepest passions and values. Celebrate each step forward, learn from setbacks, and stay committed to your vision. By taking deliberate action today, you set the foundation for a life that inspires and empowers you every day.

Keywords: build the life you want, create the work you love, purposeful living, career fulfillment, personal development, passion-driven work, goal setting, resilience, self-care, life design

To build the life you want, create the work you love?this powerful mantra encapsulates a

transformative approach to personal fulfillment and professional success. It urges us to align our career pursuits with our passions, values, and vision for a meaningful life. In a world where many feel trapped in jobs that drain rather than inspire, embracing this philosophy can serve as a catalyst for radical change. But how exactly do you build the life you want by creating work that resonates deeply with you? This guide offers a comprehensive roadmap, blending practical strategies, mindset shifts, and actionable steps to help you craft a life of purpose and passion.

Understanding the Core Philosophy

The Intersection of Life and Work

At its essence, to build the life you want, create the work you love emphasizes the inseparability of personal fulfillment from professional satisfaction. Modern success isn't solely defined by financial gain or societal status but by the harmony between what we do and who we are.

Key points:

- Your work should reflect your values and passions.
- A fulfilling life integrates personal and professional identities.
- Building this life is a proactive process, not a passive wish.

Why It Matters

Choosing work you love can lead to:

- Greater happiness and well-being
- Increased motivation and creativity
- Resilience in facing life's challenges
- A sense of purpose and contribution

Conversely, neglecting this alignment often results in burnout, dissatisfaction, and regret.

Step 1: Self-Discovery?Knowing What You Truly Want

Before you can build the life and work you desire, you need clarity on your authentic self.

Identify Your Passions and Interests

Reflect on what excites you:

- What activities make you lose track of time?
- When do you feel most energized?
- What topics do you love learning about?

Recognize Your Strengths and Skills

Assess your natural talents:

- What are you naturally good at?
- Which skills have you developed over the years?
- What feedback have others given you about your strengths?

Clarify Your Values and Purpose

Determine what matters most:

- What principles guide your decisions?
- What issues or causes resonate with you?
- How do you want to impact the world?

Tools for Self-Discovery

- Journaling exercises
- Personality and strengths assessments (e.g., Myers-Briggs, StrengthsFinder)
- Vision or mission statement creation
- Feedback from peers, mentors, or coaches

Step 2: Visualize Your Ideal Life and Work

Once you understand yourself better, craft a vivid picture of your desired future.

Create a Vision Statement

Describe what your ideal life looks like, including:

- Your daily routines
- Work environment and culture

- Types of projects or work you engage in
- Personal life balance

Develop a Mood Board or Vision Board

Use images, quotes, and words to visualize your goals.

Write a Detailed Description

Imagine a day in your future life?what are you doing? Who are you with? How do you feel?

Set Clear Goals

Break down your vision into specific, measurable objectives:

- Short-term goals (next 6 months)
- Mid-term goals (1-3 years)
- Long-term aspirations (5+ years)

Step 3: Design Your Path?Creating the Work You Love

Transforming your vision into reality requires deliberate planning and action.

Explore Opportunities

Identify potential career paths or projects aligned with your passions:

- Research industries or roles that excite you
- Consider entrepreneurial ventures or freelance work
- Look into further education, certifications, or skill-building

Build Necessary Skills

Invest in learning:

- Online courses
- Workshops and seminars
- Mentorship or coaching

Experiment and Prototype

Test different ideas:

- Volunteer in roles related to your interests
- Freelance or side projects
- Informational interviews with professionals in your desired field

Network Strategically

Connect with like-minded individuals:

- Attend industry meetups and conferences
- Join online communities or forums
- Seek mentors who inspire you

Step 4: Overcome Barriers and Mindset Blocks

Transitioning to work you love often involves challenges.

Address Fear and Self-Doubt

Common fears include:

- Financial insecurity
- Fear of failure
- Imposter syndrome

Strategies to overcome them:

- Practice self-compassion
- Develop a financial safety net
- Celebrate small wins

Manage External Constraints

Limitations such as family obligations, debt, or societal expectations can hinder progress.

Solutions include:

- Creating a realistic plan that respects your circumstances
- Communicating your goals with trusted loved ones
- Prioritizing incremental steps

Cultivate Resilience and Persistence

Building a new life takes time:

- Embrace setbacks as learning opportunities
- Maintain a growth mindset
- Stay committed to your vision

Step 5: Take Consistent Action

Action transforms dreams into reality.

Establish Daily and Weekly Habits

Examples include:

- Allocating time for skill development
- Networking regularly
- Reflecting on progress

Track Your Progress

Use journals, spreadsheets, or apps to monitor milestones.

Celebrate Achievements

Acknowledge both small and big successes to stay motivated.

Step 6: Adjust and Evolve

Your vision and goals may evolve over time.

Regular Reflection

Set aside time monthly or quarterly to:

- Reassess your goals
- Celebrate progress
- Adjust your plans as needed

Stay Open to Opportunities

Remain flexible and receptive to new paths that align with your core values.

Practical Tips for Sustaining Your Journey

- Create a Support System: Engage with mentors, friends, or coaches who encourage your growth.
- Prioritize Self-Care: Maintain physical, emotional, and mental health.
- Maintain a Growth Mindset: View challenges as opportunities for learning.
- Stay Inspired: Read books, listen to podcasts, or attend events that fuel your passion.

Conclusion: Embracing the Journey

Building the life you want by creating work you love is a dynamic, ongoing process. It demands self-awareness, intentional planning, perseverance, and adaptability. Remember, this journey is uniquely yours?there?s no one-size-fits-all formula. By aligning your work with your passions and values, you lay the foundation for a life of genuine fulfillment, purpose, and joy.

Start today by taking one small step toward your vision. Over time, these steps accumulate into a life that reflects your truest self. Embrace the process, stay committed, and trust that your best future is within your reach.

Question How can I identify what kind of work I truly love? Start by reflecting on activities that excite you, assess your strengths and passions, and explore different fields through research and small experiments to discover what resonates most. What are practical steps to start building the life I want around my passions? Set clear, achievable goals; create a plan that aligns your daily actions with your passions; network with like-minded individuals; and gradually transition into work that fulfills you while managing risks. How do I overcome fears or doubts about pursuing work I love? Acknowledge your fears, gather information to build confidence, start with small steps or side projects, seek support from mentors or communities, and remind yourself of your intrinsic

motivation. What role does mindset play in creating the work you love? A positive and growth-oriented mindset helps you embrace challenges, learn from failures, stay resilient, and maintain focus on your long-term vision of a fulfilling life and work. How can I balance financial stability while transitioning to work I love? Plan your finances carefully, save an emergency fund, consider part-time or freelance work during the transition, and gradually increase your commitment to your passion as your income stabilizes. What skills or knowledge should I develop to build the life I want? Identify key skills related to your passion, continuously learn through courses, books, or mentorship, and develop soft skills like resilience, adaptability, and networking to support your growth. How can visualization and goal-setting help me create the life I desire? Visualization helps you clarify your vision and stay motivated, while setting specific, measurable goals provides a roadmap and keeps you focused on actionable steps toward building the life you want.

Related keywords: personal development, goal setting, career fulfillment, passion pursuit, life design, professional growth, motivation, self-improvement, success strategies, dream achievement

Want Not

want not is a phrase rooted in the timeless principle of contentment and mindful consumption. In today's fast-paced, consumer-driven society, the idea of want not resonates more than ever, encouraging individuals to prioritize needs over wants and cultivate a more sustainable, fulfilling lifestyle. This article explores the origins, significance, practical applications, and benefits of embracing the want not mindset, offering insights into how it can lead to a more balanced and meaningful life.

Understanding the Concept of Want Not

Origins and Historical Context

The phrase want not has its origins in traditional wisdom and philosophical teachings that emphasize moderation and self-control. It is often associated with the idea of contentment?being satisfied with what one has rather than constantly seeking more. Historically, many cultures, from Stoic philosophy in Ancient Greece to Buddhist teachings in Asia, have advocated for a want not attitude as a path to inner peace and resilience.

Definition and Core Principles

At its core, want not is about:

- Recognizing the difference between needs and wants
- Practicing restraint in consumption and desire
- Fostering gratitude for what one already possesses
- Reducing unnecessary desires that lead to stress and dissatisfaction

By embracing these principles, individuals can reduce materialism and develop a more mindful approach to life.

The Importance of Want Not in Modern Society

The Rise of Consumerism and Its Impacts

Modern society is characterized by unprecedented levels of consumerism. Advertising, social media, and cultural norms constantly bombard individuals with messages encouraging them to buy more, upgrade, and seek the latest trends. This relentless pursuit of more often leads to:

- Financial stress and debt
- Environmental degradation
- Mental health issues such as anxiety and depression
- A sense of emptiness or dissatisfaction

In this context, adopting a want not philosophy can serve as a counterbalance, promoting sustainability and mental well-being.

Environmental Benefits of Want Not

Reducing unnecessary consumption directly benefits the environment by decreasing:

- Waste and landfill contributions
- Carbon footprint from manufacturing and transportation
- Overextraction of natural resources

Choosing to want not aligns with sustainable living and helps combat climate change.

Practical Ways to Embrace Want Not

1. Cultivate Mindfulness and Self-Awareness

Begin by paying attention to your desires and impulses. Ask yourself:

- Do I truly need this?
- Will this purchase add lasting value to my life?
- Is this desire driven by external influences or genuine needs?

Practicing mindfulness can help you distinguish between fleeting wants and meaningful needs.

2. Declutter and Simplify

A cluttered environment often reflects a cluttered mind. To foster a want not attitude:

- Declutter your living space regularly.
- Keep only items that serve a purpose or bring joy.
- Practice minimalism to reduce the desire for accumulating possessions.

3. Create a Budget and Prioritize Needs

Financial discipline supports the want not mindset by:

- Listing essential expenses and savings goals.
- Distinguishing between needs and wants when making purchases.
- Implementing a cooling-off period before spontaneous buys.

4. Practice Gratitude

Gratitude shifts focus from what you lack to what you have. Techniques include:

- Keeping a gratitude journal.
- Regularly reflecting on your blessings.
- Expressing appreciation to others.

This practice reduces the craving for more material possessions.

5. Adopt Sustainable and Ethical Consumption

Choosing eco-friendly products, supporting local businesses, and reducing waste align with want not principles, promoting:

- Environmental conservation
- Ethical labor practices
- Personal satisfaction from meaningful purchases

Benefits of Living with Want Not

1. Financial Stability and Savings

By limiting unnecessary spending, you can:

- Reduce debt
- Increase savings
- Achieve financial goals faster

This financial freedom provides peace of mind and opportunities for experiences over possessions.

2. Improved Mental and Emotional Well-Being

A want not lifestyle fosters:

- Reduced stress caused by material pursuits
- Greater contentment and inner peace
- Enhanced resilience to societal pressures

3. Environmental Impact

Less consumption leads to:

- Lower carbon emissions
- Reduced resource depletion
- A smaller ecological footprint

Living sustainably benefits not only the planet but also future generations.

4. Strengthened Relationships

Focusing less on material possessions shifts attention toward:

- Building meaningful connections
- Sharing experiences
- Valuing quality time over things

This can lead to more fulfilling personal relationships.

Challenges and How to Overcome Them

Overcoming Society?s Materialist Culture

It can be difficult to resist societal pressures to acquire more. Strategies include:

- Setting clear personal boundaries
- Following minimalist influencers or communities
- Educating yourself about the impacts of consumerism

Dealing with Internal Desires and Impulses

Internal urges can be strong. To manage them:

- Practice mindfulness meditation
- Delay gratification by waiting 24 hours before making a purchase
- Focus on experiences rather than possessions

Building a Supportive Environment

Surround yourself with like-minded individuals who value simplicity and sustainability to reinforce your want not lifestyle.

Conclusion: Embracing Want Not for a Better Life

Adopting a want not mindset is a powerful way to foster contentment, reduce stress, and contribute positively to the environment. It encourages individuals to evaluate their desires consciously, prioritize needs over wants, and cultivate gratitude for what they already possess. While societal pressures can be challenging to navigate, the benefits?financial stability, mental well-being, environmental sustainability, and stronger relationships?make the effort worthwhile. Living with less does not mean sacrificing happiness; instead, it often leads to richer, more meaningful experiences rooted in authenticity and purpose. Embrace want not as a guiding principle to create a more balanced, sustainable, and fulfilling life.

Want Not: An In-Depth Exploration of the Philosophy, History, and Modern Implications

Introduction: Understanding "Want Not"

The phrase "Want Not" carries a rich historical and philosophical significance that extends far beyond its simple wording. Often associated with ideals of contentment, sufficiency, and moral virtue, "want not" encapsulates a worldview that emphasizes moderation and gratitude over excess and greed. This concept has resonated across cultures and eras, inspiring movements toward sustainability, social equity, and personal fulfillment. In this article, we will explore the origins of "want not," its evolution through history, its philosophical underpinnings, and how it manifests in contemporary society.

Historical Context of "Want Not"

Origin and Etymology

The phrase "want not" finds its roots in Middle English, where "want" was used to mean "lack" or "be in need of." Over time, the phrase matured into an expression of sufficiency and contentment. Its earliest appearances are often found in moral and religious texts, emphasizing the virtue of not being overly desirous or greedy.

For example, in the Puritan and Christian traditions, "want not" was a call to spiritual contentment and moderation. These teachings promoted the idea that true happiness came from spiritual fulfillment rather than material possessions. The phrase also appeared in proverbs and maxims that advised individuals to be satisfied with what they had, avoiding unnecessary desire.

Historical Usage and Cultural Significance

Throughout history, "want not" has been a guiding principle in various societies:

- Medieval and Renaissance Europe: The concept of "want not" was intertwined with religious doctrine, emphasizing humility and charity. Monks and clergy often advocated for temperance and the avoidance of greed as a path to spiritual salvation.
- Enlightenment Era: Thinkers like Benjamin Franklin echoed similar sentiments, promoting frugality and self-control as virtues essential for personal and societal progress. Franklin's famous advice, "A penny saved is a penny earned," aligns with the ethos of "want not."

- Eastern Philosophies: In Confucianism, Taoism, and Buddhism, the idea of limiting desire to achieve harmony and enlightenment echoes the principles behind "want not." These traditions often advocate for simplicity and detachment from materialism.

- Modern Movements: The 20th and 21st centuries have seen a resurgence of "want not" ideals in movements promoting minimalism, sustainability, and anti-consumerism, emphasizing the importance of reducing unnecessary consumption for personal well-being and environmental health.

Philosophical Foundations of "Want Not"

Virtue Ethics and Moral Philosophy

At its core, "want not" aligns with virtue ethics, which emphasizes character traits like temperance, moderation, and self-control. Philosophers such as Aristotle argued that achieving eudaimonia (flourishing or true happiness) involves cultivating virtues that balance desires and passions.

In this context, "want not" is not about deprivation but about cultivating a balanced life where desires do not overpower reason or moral judgment. It advocates for a mindful approach to consumption, encouraging individuals to recognize their true needs versus fleeting wants.

Economic and Ethical Perspectives

From an economic perspective, "want not" challenges rampant consumerism and the pursuit of perpetual growth. It raises questions about the sustainability of modern capitalism, which often equates success with increasing material consumption.

Ethically, the principle of "want not" emphasizes social responsibility?reducing individual greed can help address issues like poverty, inequality, and environmental degradation. It promotes a worldview where moderation in personal desires contributes to societal harmony and ecological balance.

Psychological Insights

Psychologically, research suggests that reducing unnecessary wants can lead to increased happiness and well-being. The hedonic treadmill?the tendency to quickly return to a baseline level of happiness after positive or negative events?indicates that accumulating possessions or desires does not produce lasting fulfillment. Adopting a "want not" attitude can foster gratitude, contentment, and resilience.

Modern Manifestations of "Want Not"

Minimalism and Simple Living

In recent years, minimalism has gained popularity as a lifestyle choice rooted in the principles of "want not." Minimalists seek to declutter their lives, focusing on quality over quantity, and eliminating non-essential possessions.

Key aspects include:

- Decluttering: Removing excess possessions to create a more organized and serene environment.
- Intentional Consumption: Purchasing only what is necessary or truly valuable, reducing impulse buying.
- Focus on Experiences: Prioritizing experiences over material goods to foster meaningful memories.

This movement underscores the belief that reducing wants enhances psychological well-being and environmental sustainability.

Sustainable and Ethical Consumerism

Modern debates about climate change and resource depletion have brought "want not" into the forefront of environmental discourse. Advocates encourage consumers to:

- Limit unnecessary consumption.
- Choose sustainable products.
- Support ethical brands.

By doing so, individuals can minimize their ecological footprint and promote a more equitable distribution of resources.

Anti-Consumerism and Cultural Critique

Some cultural critics view consumerism as a societal problem fueled by advertising and social pressures to constantly desire more. "Want not" becomes a critique of this cycle, urging people to resist superficial desires and seek fulfillment through non-material means.

Popular media and literature highlight the emptiness of material pursuits, advocating for a shift toward inner development, community engagement, and environmental stewardship.

Challenges and Criticisms of "Want Not"

While the philosophy of "want not" offers many benefits, it is not without challenges:

- **Practicality:** Critics argue that complete suppression of desires is unrealistic and potentially unhealthy, leading to dissatisfaction or deprivation.
- **Cultural Differences:** Some cultures emphasize community and collective well-being, where desires are considered natural and beneficial if aligned with social harmony.
- **Economic Impact:** Large-scale suppression of consumer wants could have adverse effects on economies dependent on consumption-driven growth.
- **Psychological Risks:** Excessive focus on contentment may risk fostering complacency or apathy, undermining motivation and innovation.

Moreover, critics emphasize that desires are complex and deeply embedded in human nature; thus, the goal should be mindful moderation rather than outright suppression.

Conclusion: The Continuing Relevance of "Want Not"

The phrase "want not" encapsulates a timeless ideal?striving for contentment and moderation amidst a world characterized by relentless desire and consumption. Its roots in religious, philosophical, and cultural traditions highlight its enduring importance as a moral compass guiding individuals toward a balanced life.

In contemporary society, where consumerism and environmental concerns intersect, embracing the principles of "want not" offers a pathway toward sustainability, personal fulfillment, and social harmony. While challenges remain in applying this philosophy universally, its core message encourages reflection on our desires and their impact on ourselves and the planet.

As we navigate an increasingly complex world, the call to "want not" reminds us that true richness lies not in excess but in appreciating what we have, cultivating gratitude, and living intentionally. Whether through minimalism, ethical consumption, or spiritual practice, the philosophy remains a vital tool for fostering a more mindful, equitable, and sustainable future.

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Note: This article aims to provide a comprehensive analysis of "want not," weaving historical context, philosophical foundations, and modern implications to foster a nuanced understanding of this enduring concept.

Question What does 'want not' mean in modern usage? 'Want not' is an archaic phrase meaning 'do not desire' or 'do not lack.' In contemporary language, it can imply contentment with what one has or a refusal to desire more than necessary. How is 'want not' used in literature or poetry? In literature, 'want not' is often used to express sufficiency or absence of need, as in 'want not for anything,' meaning 'do not lack anything' or 'are fully satisfied.' Is 'want not' still relevant in modern conversations? While it's less common today, 'want not' appears in poetic or formal contexts and can be used to evoke an old-fashioned or literary tone, or to emphasize contentment. Can 'want not' be used in a philosophical sense? Yes, 'want not' can refer to the idea of contentment or absence of desire, aligning with philosophical concepts like Stoicism or Buddhist teachings on desire and attachment. Are there any famous quotes that include 'want not'? Yes, for example, 'Want not, want not,' is a phrase found in older texts emphasizing the virtue of being content and not longing for more. How can I incorporate 'want not' into my writing? Use 'want not' to evoke a poetic, classical, or formal tone when describing contentment or sufficiency, such as 'He wanted not for anything in life.' What are common misconceptions about 'want not'? A common misconception is that 'want not' means 'do not want' in a negative sense; however, it historically implies 'lacking nothing' or being content. Is 'want not' associated with any particular historical period? Yes, 'want not' is primarily associated with older English, particularly from the 16th to 19th centuries, often found in poetic and religious texts. Can 'want not' be considered a synonym for 'content'? In certain contexts, yes. 'Want not' can imply being free from desire or want, aligning with feelings of contentment and sufficiency. Are there modern phrases similar to 'want not'? Modern equivalents include 'lacking nothing,' 'content,' or 'satisfied,' which convey similar ideas of absence of desire or sufficiency.

Related keywords: need, desire, lack, scarcity, insufficiency, deficiency, want, craving, yearning, absence

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