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I'm reading Authentic Happiness but I'm still experiencing anxiety about the cost of living on my own in this apt. When we spoke in June about whether or not I could afford to stay here I was counting on working summer school plus you offered to help me out with the rent. I'm looking for other work but nothing has come through yet. Is your offer still standing, or should I just kill myself? (Only kidding, I wouldn't think of not appearing for Jury Duty on the 15th or for my thryroid ultrasound tomorrow.)  
I'm trying to be optimistic...