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Hey, folks! I welcome another New Year with another guide of mine! I recently found myself in the world of literature, and I want to introduce him to you too! So, what are you waiting for? Let's get started!> paper> THAT'S WHAT'S MOST IMPORTANT, SO DON'T FORGET!!! YOUR IMAGINATION! - As you all know, the stories begin with once and for all... It's not a bad way to start, and it can be used as an interesting hook for your audience, but... Let's postpone this for a while. Let's start by thinking about what you want to write about: Fantasy, Mystery, Science Fiction, Nonfiction, Historical Fiction, Romance, etc. Choose one and start letting your IMAGINATION flow. Typically, the Plot Diagram is displayed as a roller coaster or something like a triangle. There is exposure, conflict, increasing action, climax, fall action and resolution. It's easier to start thinking from the climax or resolution, so you can work backwards. You must fill in the conflict first (which would be the impulse that the main character is feeling to create the story). There are four types of conflict:> The most common: Character vs. Character vs. Character vs. Character vs. Society After doing all this work, you can finally start writing! Here's the thing: everyone writes exclusively. There are many perspectives you can write from: 1st PoV, and 3rd PoV. There are 3 types of third perspective. >Goal: Where the narrator does not know a single thought of any character. It's as if they saw it from their own eyes. >Omniscient: Where the narrator does not know a single thought of any character. It's as if they saw it from their own eyes. >Omniscient: Where the narrator knows what everyone is thinking. >Limited: Where the narrator can hear only the thoughts of a person (main character). Start writing now! Usually the first one you write, or type, would be your draft. You can make a friend review it and give you opinions on it to brush it. Good luck! Hi all! Do you want to do something, you just need a piece of paper and a pen or a computer to write. You also need a little imagination and a little imagination and a little patience. Don't worry, i'll be right back. It's not a novel! You have to write a maximum of 3 pages. Now let's make up a short story! The photos I posted here inspired me for several stories, so I put them here. First of all, you have to choose the main characters. (5 different protagonists at most) So it is necessary to describe their appearance, their nature and explain how they are related together. You have to give enough detail scans without revealing everything. They have to be ordinary people with particular and worrying. (This is not my drawing, my cousin drew it. Your website:)Now, you must paint the places of history. It can be anywhere, as long as your description is indefinite and a little distressing. In this type of story, you should imagine three different places at most. Places should be familiar to the reader. (A house, on the street, in a cinema etc...) You also have to describe the environment, the atmosphere related to the places. The tale has to be based on two or three main themes. You can handle anything. (About Nature, for example) The story can also be fantastic. Throughout history you have to focus on these themes. Events have to unfold around you. You can make them obvious, but it's more meaningful when these issues are implied. In this step, you have to introduce something strange in a real and normal context. Something that will bother the behaviors of the characters and their habits. You have to be scary in a particular scene, which we can call a key scene. The characters, and of course the reader, have to be more and more precise in the descriptions. This step is relevant because the reader will use these details as clues to imagine how the story ends. These details can have various meanings and interpretations. The reader will use these details as clues to imagine how the story ends. This feeling will encourage the reader to know the result. You have to do the deepest suspense. The attitudes of the characters will change, the places will seem disturbing. The reader's attention has to be returned. He doesn't have to suspect what's really going to happen at the end of the tale and should be afraid. Only at the right end of the tale, in the last sentence, in the last words, you will reveal the outcome. It means the fall of history. You have to invent an unexpected ending. If the reader is surprised and amazed, you managed to build a tale. Published on January 1, 2021, chairs and tables are necessary parts for most people's work environment, but it has a cost. Often, people feel pain in their back or neck by sitting in front of a computer. And in some extreme cases, people may have various health problems due to sitting in their chairs all day. This problem has existed for a long time, long before this pandemic begins, because people's lives involve a lot of sitting. Not only did we sit at a table, but we also sat on couches to watch TV and more. According to the survey, we spend an average of 13 hours a day sitting —whether for leisure or work. It is no stop that people need to find better solutions to improve One of the best tools created because of this is Tables. A new opinion on something familiar, we'll go into detail below about the benefits of standing tables that should consider buying. 7 Permanent Table benefits If you're not too familiar with the standing table trend, know that you're not alone. The standing tables have only recently gone into popularity and not everyone out there is very interested in them. But let me show you're interested in them and consider getting a.1. You will lose weight Gererally talking, losing weight requires burning more calories than what you are taking in You gain weight by taking more calories than what is burning. In case you sit at a table, you're not really burning any calories. Research shows that standing has burned more than 170 additional calories. In other words, you could burn almost 1000 extra calories just by staying at your desk every afternoon while working. Research also shows that sitting longer is so strongly linked to metabolic disease and obesity. Lower blood sugar levels to increase after meals. This is especially true among those with insulin resistance or type 2 diabetes. Even staying at a table after lunch can do just fine as some office staff attest. Researchers say standing still for 180 minutes after lunch reduced the risk of a blood sugar spike by 43% compared to those seated. This is one of the many benefits of standing tables.3. Lower risk of heart disease If you have less blood sugar and are burning more calories, you will naturally be avoiding fewer heart problems you will have.4. Reducing PainI wouldn't be suggesting standing tables if I didn't believe in its benefits, like helping relieve back pain. But there is scientific research to support the claim that standing tables reduce back pain after several weeks of using standing tables. The CDC also found that using a support table reduced back and neck pain by 54% after 4 weeks of use, too. 5. Increasing productivity One of the common misconceptions about standing tables is that they make daily tasks difficult as typing. While we work will take some getting used to, most people have not seen a significant impact on typical work tasks. study found that by using a table still for 4 hours every day, there was no impact on characters typed per minute or typos. In fact, you can be more productive than before due to standing improving both and energy levels.6. Increase mood and energy levels is due to the reduction of stress and fatigue. One study found that those who used a standing table reported less of these two things. What's even more impressive is that when people sat back at their desk, the overall level of humor and energy reverted to their original levels.7. Living MoreConsidendo that there is less risk of many health concerns relieved just by getting more still, it makes sense that you will be living longer from this in general. There are an overwhelming amount of studies that show how sitting is dangerous to our overall health. So standing makes more sense, which is shown by the various benefits of the standing tables, the more they become attractive and more people are wanting to buy them. Of course, many companies have met this demand and offer a wide variety of options. Below, I've chosen some of the best standing DeskIsis is one of the best-selling around and for good reason—FEZIBO's standing desk lets you reap the benefits of standing tables and offer some other things to keep up with. One of the key aspects of this is the large workspace. It covers a 55 x 24 space that offers plenty of space while standing. In fact, you can easily fit two desktop monitors into this table if you want! Buy the table here.2. Best Adjustable Compact Table For those looking for a compact standing table, Seville Classics is a good choice. Unlike standard standing tables, this is more of a standing platform table. It's to be on top of a workstation instead of on your own. Even with this smaller case, it offers ample space —about 30 inches wide and 20 inches deep—and also has a keyboard tray. The other good thing about this table is that you can effortlessly —and without any noise—convert it into a standing and sitting table. Buy the Seville Classics table here.3. Compact adjustable table alternative Another compact table alternative that is similar to Seville Classics is that of ABOX. They have an electric lifting table that can adjust to various heights. Like Seville, you can use this both to sit and stand. What's unique about this, however, is the slightly larger space that it provides plus automatic lifting of a button. In addition, the design is tougher and can hold up to 44 pounds. Buy the ABOX permanent table converter here.4. Best High Rise Standing DeskFor those who want an even more exclusive design, option is the Victor High Rise Collection. Like the previous two, this needs the support of an existing However, the big key difference is where everything is positioned. Since this standing desk uses a support pole, this is ideal for monitors if you plan to use it to stand. It also offers opportunities to sit down thanks to the additional panels that can be attached to the support pole. Some other notable features are easy touch technology, allowing it to convert quickly. It also has a safety sensor protecting you and your desk as the sensor detects objects while lowering to a sitting position. Also, as this is a support pole, you can freely adjust the height at any time. Try it here. 5. The best Ifezibo-shaped electric standing table offers a plethora of quality standing tables and another we wanted to mention was its L.E. Shaped electric table. It is fully electric too, being able to adjust it easily between standing heights and sitting heights into a co-op space. Try this table here. 6. Ideal Office Study DeskOne of the benefits of modern standing tables is its adjustable height. With double motors working together, this standing table offers smooth and simple fit when it comes to height. This is also one of the toughest tables being made of heavy steel. It can hold more than 260 pounds and offers the same elevations as many of the standalone tables that are on this list. Another nice feature is the 4 preset buttons. This allows you to customize the height of the table by compromising it with memory. Just press the M to adjust to the position and set it. Take Ergosoft's standing table that uses bamboo. In the case of Uplift Desks, some of the surface tops are bamboo. Why is this so important? Well, for starters, bamboo is tougher than most other materials, while it's environmentally friendly and still has an attractive look. It can lift 355 pounds with its 3-stage legs and offers dual monitor space. It even comes with a 10-year all-inclusive warranty that is different coverage than other companies typically offer. Take uplift's bamboo table here. L-shaped alternative table If you are looking for another L-shaped table, an alternative is that of Mr. Ironstone. The distinct advantage of this standing table is ease of installation and cleaning — easier cleaning is thanks to surface material being and anti-risk. Buy Mr. Ironstone's desk here. Best permanent table frameWith most tables being able to be broken easily, another option is to simply change the base the table. In the case of FEZIBO frames, this particular frame is made of metal, has 4 lockable casters and cable management tray and touch control, and has a length of 43.31 to 59.05— making it compatible with most workstation tops you're looking to attach it to. Buy the painting here.10. Laptop Standing desk can offer some other unique advantages. On the one hand, it is a highly mobile standing desk, allowing you to move it around an office space with ease. Second, since it was designed for laptops, it is lightweight and has a panel that is adjustable for laptop placement. Finally, it still offers a decent amount of space for other items—not another desktop, but office supplies, a bottle of water, and other items would be fine. Buy a laptop still here. Bottom Line There are many benefits of standing tables, and their modern ergonomic designs offer much more than the existing standing benefits. As you can see, even these tables suggested today, and enjoy the benefits of having one. Featured

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