

The Parable of the Old Joke



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People have been coming to the wise man, complaining about the same problems every time. One day he told them a joke and everyone roared in laughter.

After a couple of minutes, he told them the same joke and only a few of them smiled.

When he told the same joke for the third time no one laughed anymore.

The wise man smiled and said:

"You can't laugh at the same joke over and over. So why are you always crying about the same problem?"

Lesson: Worrying won't solve your problems, it'll just waste your time and energy