

# ENJOY

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# HELLO, ENJOYERS!

We all know that annually recurring story – Christmas is over and we are supposed to catch a new breath after that beautifully lazy time full of joy, love, gingerbread aromas and fairytales. But before we say the last goodbye to 2016, and make a step not only to the New Year, but also to another semester, let's keep a nostalgic mood for one moment longer and recall some key memories of the previous year together. For example a brilliant lecture by Tomáš Schneidger who disclosed secrets of life and work of Oscar Wilde for us or the Klišmas event, both illustrated in our window named What Happened. If your spirit needs to lift, I definitely recommend you to check CreARTivity section, in which you'll find amazing artworks of our prolific authors and every fan of a good movie should definitely read reviews to Hollywood artworks Dr. Strange and Arrival. And what year it would be without resolutions? Or at least one – the only thing we may give up this year should be our bad habits. You can check out the most common of them inside. Enjoy!

Designed by Freepik

**Martina Pířová**

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<http://www.freepik.com>

Cover page photo: Veronika Neirurer

# KLIŠMAS 2016

by Michal Pigula

When the first snowflakes start to flutter around in December, they spring up anticipation of what is to come in one...two...three...four weeks? Four weeks?

Yeah, no. That is way too long. KLIŠ wanted Christmas and it wanted it immediately. And as for all our events, it was just a matter of time for a handful of our students to get together, spark up the preparations and have Santa come to our department a little earlier than expected.



In the spirit of KLIŠmas, decorations included everything christmassy, from window decorations, clothing and, of course, the coveted centerpiece—a KLIŠmas tree. Suddenly, on December 6th, the time at our faculty slowed down before the examination week, a much needed break

from the rush of life and responsibilities that occupy both students and professors. This event managed to transform the atmosphere of our ever-busy faculty building for quite a bit, as people stopped to watch the performances, met up with friends they rarely have the time to say “hi” to, or came with the ones they are with every day, to talk and share laughs which soon filled up the foyer. A precisely executed goal of our students, who came up with the idea, since Christmas is a special time that brings families and friends together. That, of course, includes the family we are a part of at KLIŠ.



*Christmas is  
a special time that  
brings families and  
friends together.*



To get us in the right mood, we had a delightful delivery of (for many a Christmas anthem) Last Christmas by Wham! and more songs performed by our fantastic musicians Tereška Petrovičová and Evelyn Polozsányiová. DanceVersity Nitra warmed us up with their fiery dance numbers

and a solo performance from their incredible leader and choreographer, Katka Barátová. Afterwards all attendees spread out across a multitude of activity stations, where they were awarded points for their successful completion. These stations offered classic but also non-traditional Christmas games judged by our students, such as “Guess the Gift” where blind-folded participants had to guess what kind of gift they were pulling out of the stocking based solely on their touch; “Tie a Christmas tie” with two teams competing against each other in trying to tie a tie (English is wonderful, isn’t it?) one handed; a memory game; sharades; blind-folded Christmas drawing contest; and “Pin the Reindeer”—a classic game with a Christmas twist, where students (and professors, who kept coming back for more) had to pin a red nose on KLIŠo the Reindeer, with varying levels of succession of course and many more. While these fun games were entertaining our students and dear visitors from Gymnázium Goliánova and Gymnázium Párovská, raffle tickets were available for anyone who wanted to set their hands on some of the juicy prizes, including cinema tickets, books, university promotional items, a basket full of Christmas goodies, a voucher for a fancy dinner and plenty more. Students also had a chance to anonymously submit their thoughts on why Santa is real, producing some interesting ideas that were read out loud at the end. We did not really come to a conclusion, but one thing was for sure—KLIŠmas debut was made so much more special thanks to all those who came, stopped by, picked up a bit of that Christmas glee and went sharing it on to others. For those who did not have enough, an afterparty was thrown to top off the eventful day later that night.

May Baby Jesus, Santa Claus, el Niño or whoever they believe in bring a lot of joy to the students and professors who organized this lovely department time over the weeks leading up to the whole Christmas season as a thanks for their effort and sacrificed time. Count yourself in, all of you who have attended and even those who did not, we will be back next year making sure that everyone gets their share of our KLIŠmas atmosphere!

# HO HO HO



Photo: Veronika Neirurer

# Life and work of **OSCAR WILDE**

by Matúš Beňadik

On 10th November I had the privilege to attend a special lecture at the Department of Language Pedagogy and Intercultural Studies by Tomáš Schneidgen, a former student of the department. At the moment, Tomáš teaches at a private school and this was his first lecture at our department. The main topic of the lecture was Life and Work of Oscar Wilde, an Irish playwright, novelist, essayist, and poet. Our lecturer spent quite a time with us before the lecture and I already knew that he found himself, his drive and passion in this Victorian era author. To quote Tomáš: *"I wrote both my Bachelor's and my Master's Thesis on Wilde."*

The lecture started in a friendly, gentle atmosphere with the description of the "life periods" of Wilde and then switched into his work in particular periods. Tomáš provided plenty of interesting information and was fluently switching between the milestones of Wilde's life and those of his work. The whole lecture was well-structured and compact in regards to the time we were given. Even though Wilde is a shining star in English literature, it was this amusing lecture with a lot of recommendations that eventually made me interested in reading some of Wilde's works and I am truly enjoying them the same way I enjoyed the lecture from its beginning to the very end. I cannot personally imagine speaking for ninety minutes so fluently, calmly and in such an interesting way about any author, and by seeing this former student speaking with so much confidence, I gained even more respect for my professors and their art of thoughtful rhetorics while explaining the study subjects.



Picture source:  
<https://www.etsy.com/listing/97229384/oscar-wilde-authors-series-by-ryan>

## Martina Pířová - Wolds of Wasteland

When God will govern with his Left Hand;  
When the Sun will shift to gray sand;  
When glad feelings will be all banned;  
We'll all meet on Wolds of Wasteland.

Take a look at Concrete Kingdom:  
Eyeless creatures without laughter,  
Celebrating slavish freedom...  
That's our world, friends, not hereafter!

Just remember things we can't see:  
Happy people – all of them nice,  
Bees on flowers of the lifetree...  
Lost in shades of Old Paradise.

When we'll retrieve our sour hopes;  
And recall sweet pains of homeland;  
We'll find missing isotopes;  
And will meet on Wolds of Wasteland.



Crossing Paths by Lesley Oldaker  
<http://www.lesleyoldakerfineart.com/paintings-ctdr?lightbox=i31zk3>

### A creature

There is a beast living in all of us,  
A friend and an enemy  
This creature can help you to built  
But it can also destroy you  
If you let it.  
This animal can provide salvation  
And also chaos  
It is on you how you use it.  
It can guide you to glorious truths, open your eyes  
Beware though! Untamed, it is restless  
As that, it screams and with it the sanctuary cries.  
In it reality has its roots  
and in it reality is shaped.  
The creature holds you, in it you are built  
How you handle it is how you grow  
For in it, you are built.

### Answers

Answers, what are they?  
Like grain of sand,  
Some get in your eye while others simply pass you by.  
Answers are like unicorns, like fairies  
They are not like us, they have their own pattern,  
their own soul.  
Some depend on you, on your circles,  
this is when they bloom,  
they bloom as your soul blooms.  
some simply are sent when Kronos desires.  
Some appear behind the last breath,  
some are found inside the coffin,  
others are unreachable  
and some don't even exist.



Designed by Freepik

### Just a child

He walks to the sink to wash his hands,  
His giant fingers slice through the water,  
And with his two palms he rumbles around,  
In between his hands is a hairy chest,  
And above a familiar beard,  
He then stares at the mirror,  
Oh so boldly, oh so manly,  
Oh so strong, oh so proud,  
But then he washes his face,  
And looks at himself again,  
Deep inside he knows he is not what he shows,  
He is still a boy, covered in armor,  
Just a fragile soul, denying his emotions,  
But he won't admit this but eventually it will show,  
That he is just a child... not a man.

# Translating KENN NESBITT

Kenn Nesbitt is an American poet who writes poetry for children.  
Let's look at how our 3<sup>rd</sup> year students translated his humorous poem

*I'm Lonely, So Lonely* into Slovak...

Here's the original:

## *I'm Lonely, So Lonely*

I'm lonely, so lonely.  
I'm always alone.  
I never get emails  
or calls on my phone.  
I sit by myself  
in my room every day,  
and wonder why nobody  
wants to go play.  
My classmates avoid me.  
They never say, "hi."  
They don't seem to know  
I'm a wonderful guy.  
And even the strangers  
I see on the street  
go out of their way  
to make sure we don't meet.  
They jump and they run  
to get out of my path.  
I guess maybe this year  
I'll take my first bath.

Kenn Nesbitt

Source: <http://www.poetry4kids.com/poems/im-lonely-so-lonely/>



And now, let's look at the translations of:

*Ivana Kráľová*

## Som stále samučký, sám

Som stále samučký, sám,  
osamotený, och, tak veľmi.  
Telefón nikdy nevyzváňa,  
nie som zahltený mailmi.  
Vysedávam v izbe sám,  
a neprestávam premýšľať,  
prečo sa nechce so mnou  
vôbec nikto hrať.  
Spolužiaci sa mi vyhýbajú,  
nikdy ani len nepozdravia,  
a že som celkom fajn chalan,  
nemajú možno ani zdanía.  
Dokonca aj na ulici,  
cudzí ľudia odbočia,  
s dôslednou istotou,  
že do cesty mi nevkrôčia.  
Čo najďalej uskakujú,  
z dohľadu mi tiahnu,  
tak si hádam tento rok  
dám už sprchu riadnu.

*Sára Galbavá*

## Som opustená, som tak opustená

Som opustená, som tak opustená.  
Cítim sa nechcená.  
Nikto mi nepíše,  
telefón necengá.  
Sedím sama, to je fakt  
v mojej izbe každý krát  
a čudujem sa, prečo nikto,  
hrať sa so mnou nepríde málínko.  
Spolužiaci sa nechcú hrať.  
Nepovedia ahoj kamarát.  
Asi len nevedia,  
že som celkom super dievča.  
Dokonca aj tí cudzinci,  
ktorých vidím na ulici,  
utekajú preč,  
nechcú ma stretnúť tiež.  
Skáču, utekajú,  
vyhýbajú sa môjmu kraju.  
Možno, že len tento rok,  
skúsím už tú vaňu.

Pictures source:

[http://www.freepik.com/free-vector/calligraphic-borders-collection\\_759750.htm](http://www.freepik.com/free-vector/calligraphic-borders-collection_759750.htm)

*Viktória Zemanová*

**Osamelý**

Stále som osamelý,  
stále som sám.  
Nikto mi nevolá,  
správy nedostávam.

Každý deň sedím v izbe sám,  
a stále musím rozmýšľať,  
prečo sa nikto,  
nechce so mnou hrať.

Som skvelý chlapec,  
no spolužiaci to netušia.  
Vyhýbajú sa mi,  
a nikdy sa nezdravia.

Dokonca aj neznámi cudzinci,  
ktorých na ulici stretávam,  
radšej na mi vyhnú,  
nech na nich nerozprávam.

Odskakujú, utekajú,  
vyhýbajú sa veselo.  
Myslím, že nastal ten správny čas,  
prvýkrát v roku pre mydlo

*Veronika Neirurerová*

**Som osamelý, tak osamelý**

Som osamelý, tak osamelý.  
Vždy som sám.  
Nedostávam emaily,  
ani s nikým nevolám.

Sedím sám vo svojej izbe.  
Rozmýšľam tam každý deň,  
prečo sa nikto so mnou len,  
hrať ísť nechce.

Spolužiaci sa mi vyhýbajú.  
Nikdy ma nezdravia.  
Zdá sa, že vôbec nevedia,  
že prichádzajú o úžasného človeka.

Cudzí ľudia na ulici tiež,  
Nenájdu so mnou spoločnú reč.  
Poskočia a pobehnú,  
nech sa naše cesty nestretnú.

Myslím si, že tento rok už prišli časy,  
aby som sa okúpал a umyl vlasy.

*Kristína Mihalová*

**Osamelý, tak osamelý**

Som tak sám, úplne sám,  
každý deň len ja a moja samota.  
Prečo je to tak? Prečo nikto rád ma nemá?  
Na maily nik mi neodpovedá a telefonáty  
žiadne nemám.

Sedím v izbe stále sám  
a rozmýšľam,  
aké by to bolo, keby kamarátov som mal  
a s nimi sa hral.

Spolužiaci sa mi vyhýbajú,  
tvária sa, že ma nepoznajú.  
Nevedia sa ani pozdraviť,  
asi nevedia, že som super chlapík.

Aj tí, čo ma nepoznajú,  
z cesty mi uhýbajú,  
a tak sa pýtam, prečo je to tak...  
Asi sa konečne musím osprchovať.



Pictures sources:

<https://www.dailymotion.com/video/x36gz6o>

[http://www.freepik.com/free-vector/calligraphic-borders-collection\\_759750.htm](http://www.freepik.com/free-vector/calligraphic-borders-collection_759750.htm)



# Translating SLOVAK POETRY INTO ENGLISH

Is poetry really, as Robert Frost put it, “what gets lost in translation”? Or is translating poetry, to allude to this American poet again, one of the roads taken? Let’s read Martina Píšová’s translations of Slovak romantic poets into English and find out...

*Ján Botto*

Žltá ľalia

Stojí, stojí mohyla.  
Na mohyle zlá chvíľa,  
na mohyle trnie, chrastie  
a v tom trní, chrastí rastie,  
rastie, kvety rozvíja  
jedna žltá ľalia.  
Tá ľalia smutno vzdychá:  
Hlávku moju trnie pichá  
a nožičky oheň páli –  
pomôžte mi v mojom žiali!



*Jan Botto*

The Sad Yellow Lily

Standing, fading ancient mound.  
Recalling the wicked wound,  
covered by the torn and deadwood,  
thorny shrubs of grieving girlhood,  
growing through the terrain hilly,  
there is one sad yellow lily.  
Lily tortured by raw pain:  
my petals must pray for rain  
so the stem and my burnt leaf –  
have mercy in holy grief!



*Andrej Sládkovič*

Marína

Ja sladké túžby, túžby po kráse,  
spievam peknotou nadšený,  
a v tomto duše mojej ohlase  
svet môj je celý zavrený;  
Z výsosti Tatier ona mi svieti,  
ona mi z ohňov nebeských letí,  
ona mi svety pohýna;  
ona mi kýva zo sto životov;  
No centrom, živlom, nebom, jednotou  
krás mojich moja Marína!

*Andrej Sladkovic*

Marianne

My sweet desires – lust for glory,  
singing songs of splendid souls,  
– want to unseal subtle story  
about us – two world’s wild poles.  
She is light of all stars’ fire,  
universe’s pure desire;  
earthquakes in my body crier;  
it’s her, holding my souls’ lifespan;  
– only one able to inspire –  
me, my ban, my Marianne!

Pictures source:

[http://www.freepik.com/free-vector/flower-border\\_801197.htm](http://www.freepik.com/free-vector/flower-border_801197.htm)

J. D. Salinger

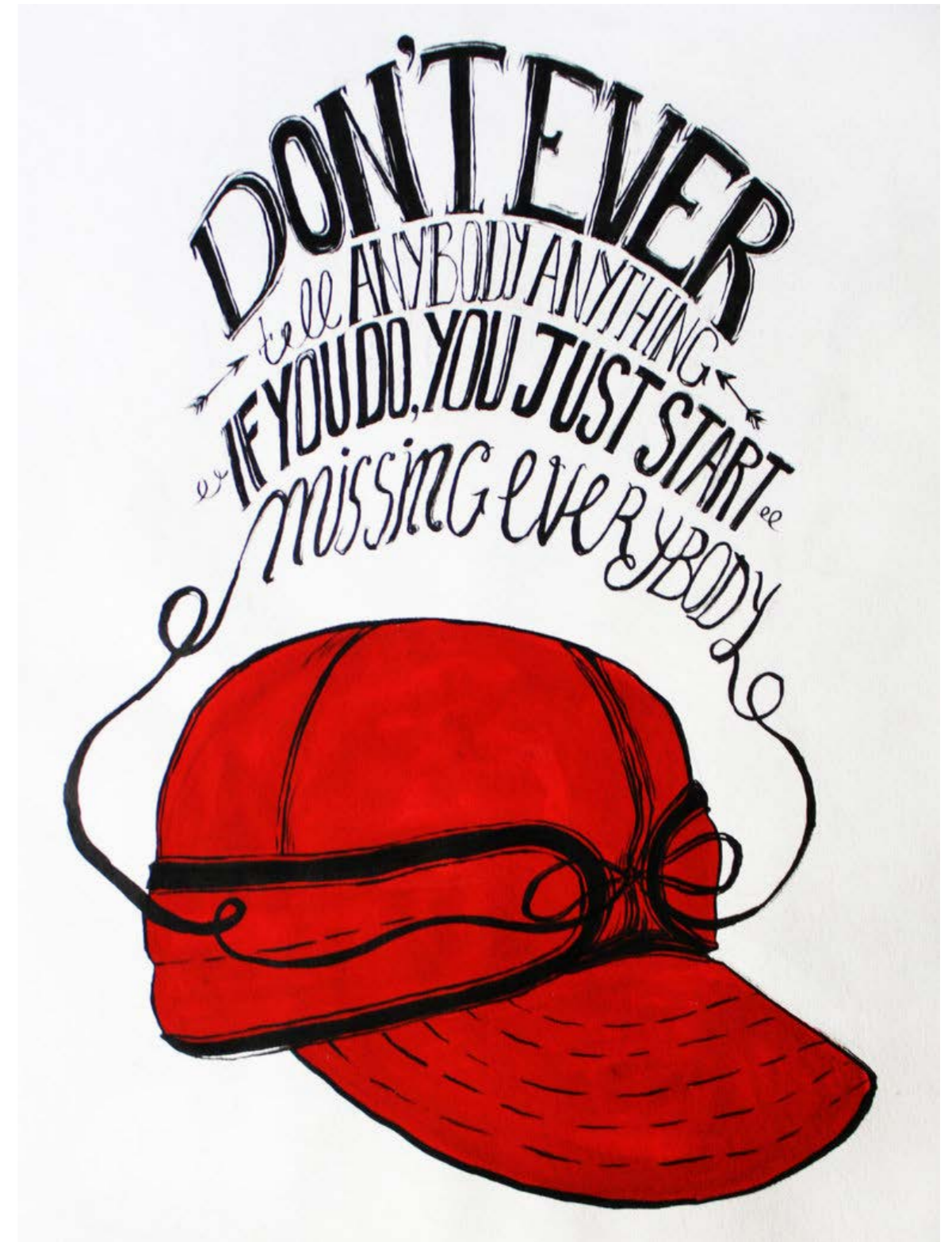
# THE CATCHER IN THE RYE

by Lenka Zubčková

The *Catcher in the Rye* is without doubt one of the most well-known literary works from the 20th century. It portrays three days in the life of a sixteen-year-old boy Holden Caulfield who dropped out of school in Pennsylvania and is going back home, but stops at various places along the way where he meets a variety of people, from nuns to a prostitute.

Holden is a representation of a typical American teenager. He uses a lot of slang and cuss words and, well, basically hates everything and everyone. Especially the “phony” adults and their ideals, which he does not want to accept. The only people who are dear to him are his younger sister Phoebe and his late younger brother Allie. He wants to stay young and preserve his childlike dreams seeing himself as someone who catches children before they fall off a cliff, hence the name of the *Catcher in the Rye*. The book ends with Holden telling his story to a psychotherapist in a sanatorium.

The book is a great read not only for teenagers, who can surely relate to the main character’s problems of growing up, but also for adult readers, who can see young people in a different light than just being unsatisfied and rude. After all, we all were children once, but for some, growing up and changing was not that easy.



Picture source:  
<http://cdn.allfun.md/2014/12/01/13/547c502a81501.jpg>

# ARRIVAL

by Michal Pigula

There are usually two kinds of everything. People who believe in extraterrestrial life and those who do not. Those who enjoy sci-fi movies and those who prefer more grounded cinematography. Arthur Clarke famously said there are just two possibilities: that we are alone in the universe, or we are not, and both are equally terrifying. David Villeneuve masterfully brings the latter to life, but presents it in a way that gives the slowly-becoming-stale genre of sci-fi a breath of fresh air.



They arrived. We have seen this over and over. Alien ships touch down on Earth and after a successful demolition of the most prominent landmarks (looking at you Independence Day: Resurgence), their inhabitants start pouring out and wreaking havoc with more or less successful counterattack from defenders of our planet. Arrival has managed to find an intimate, deeper

connection with audiences than by display of immediate violence and destruction tools which fuel the box office of recently recycled sci-fi franchises. Academy Award nominee Amy Adams shines bright in the role of a linguist Louise Banks seconded by performance from flirtatious Avenger Jeremy Renner as Ian Donnelly, who plays a military scientist. They are brought to site of alien contact in Montana, where a gigantic heptapod ship is hovering above the ground and similar happenings subsequently start occurring all around the world. Louise (Adams) in one of her strongest performances yet is called in as a foremost professional in translation and interpretation to try to decipher the cryptic alien language in order to prevent a global war. The looming objects seemingly communicate with each other as she slowly starts uncovering bits and pieces of their intentions. With the weight of the world on her shoulders, she is just a pawn in the political agendas of bureaucrats aiming to start a conflict with possibly devastating results; yet it is her mind being torn apart as the alien language slowly starts influencing her



thought processes. The narrative of this story comes from Ted Chiang, who plotted Arrival as a first-person short story called Story of Your Life in 2002. In his work, he cleverly used a mix of tenses that weaved together past, present and future in a non-linear knot of life very similar to Billy Pilgrim from Kurt Vonnegut's Slaughterhouse-Five. Louise's life is a reflection

of this narrative, as the viewer is offered pictures that delve deeper into her personal backstory, her motivations, pains and fears. This non-linearity of time plays a vital role in the movie, but I am obviously not going to spoil it for you. Arrival is a multi-layered psychology-driven sci-fi film, somehow able to transcend how we understand, not deal with possible alien life in a way that has never been presented before. It is a movie about co-operation and responsibility, unafraid to ask the big questions rather than letting audience ponder the meaning of another intergalactic humans-versus-battleship fight. Since a large portion of the film deals with us understanding an alien language, it is inevitably connected, mainly because of its source material, to the theory of linguistic relativity. This theory controversially states that what language we speak affects how our brain works. It discusses the theme of free will, relativity of time and the impact of our actions in the present on our future and the lives of people around us.

Opposed to other blockbuster space flicks, this film is a brainer and for a good reason. It makes a subtle effort to make your head hurt, it attempts to make you think beyond our current space and time, about the way nations on Earth communicate, the struggle for power and personal gain, all brought to life by stellar performances by Adams, Renner and Academy Award nominee Forest Whitaker. The plot of the movie with all its twists and turns will not leave you perplexed and confused, but you will not be able to stop thinking about it, its ideas will not fade away that easily and as a film focused on major theme of first impact, it will inevitably impact your perception of the sci-fi genre as a whole.

Pictures source:  
<https://movietimes.com/movies/arrival-2016/media>

# DR. STRANGE

by Branislav Ruman & Veronika Neirurerová

The notion of magic has been in the interest of humankind for ages and although it does not exist (sadly) we have still created our theories of what magic is and especially who wielders—sorcerers are and what they look like. They are also known as wizards or mages. As time was flowing, each period brought a new theory about the looks of wizards—from old, long bearded men, to a John Lennon glasses wearing teen boy, to a schoolgirl with her talking cat, even to a pink haired fire breathing mage. All in all, almost each period of time had its own image of a sorcerer, even Marvel has a very famous one and this year we had the opportunity to see it on the big screen. Introducing to You – Dr. Stephen Strange, aka, Dr. Strange (such creativity).



After damaging his nerves in his hands in a car accident, this highly successful, sarcastic and desperate surgeon decides to use his last bundle of money to fly to Nepal, to seek help

from a person of whom he heard that he could help him. Spending his last money just to find help from a notorious cleric with the aim to get back in touch with surgery, he isolates himself from everybody. He is strange, isn't he? (pun intended). After meeting that person, the Ancient One, he discovers that he possesses the same knowledge of magic as in anatomy and thus, to make this short and not to spoil your experience, he decides to use magic for the use of good against a rebellious, disillusioned group of sorcerers.



Stephen is played by Benedict Cumberbatch who proved to us that he can play a British first class detective as well as an American magic wielding, reality shaping, object summoning, time manipulating Sorcerer supreme. He plays the doctor's success, loss, despair, thrill, astonishment, devotion and strength... His performance in one word? Supreme! But what do critics have to say about it? Looking at the ratings of Rotten tomatoes (7.3/10) and IMDb (7.9/10), we can find out that it earned a record-breaking 85 million dollars in the first night and 192 million dollars in the first week on a global scale, which is "magically" good, as expected from a film carved by Marvel. In conclusion, if you like the stuff made by Marvel and if you like scenes that will make your eyes melt from joy then you should not miss the opportunity to see this movie.

Pictures sources:

<http://www.forbes.com/sites/erikkain/2016/11/11/dr-strange-is-the-third-best-marvel-cinematic-universe-movie-so-far/#6e999d554de5>

<http://www.digitaltrends.com/movies/doctor-strange-movie-news/>

# TEN BAD HABITS of People in Today's Times

by Martina Pířová

What is the first thing that comes into your mind when you hear "bad habits"? Most of us would certainly mention smoking, drugs, alcohol, gambling and other additions that have been ruining people's lives for decades. But new times also bring new bad habits (not that the old ones disappeared; on the contrary, they flourish more and more). While our ancestors had no chance to meet them, these bad habits control our days so successfully that they slowly but surely become a lifestyle. Which of them are also your well-known enemies?

## I. FACEBOOK SCROLLING

"Well, it's 10 PM, I'll just check some friend news and then go to sleep." 4 hours later... "Oh, look at that funny hat on the kitten's head!" Are you familiar with that? Facebook itself is an unlimited source of time wasting means but the mindless scrolling is definitely number one among all useless things to do on the Internet. When we just move through all those selfies, jokes and advertisements, not only we don't sense the time but often not even the things we are looking at. The "awakening" comes when you find out that you won't spend 5 minutes doing that but 2 hours.



## II. EMOTIONAL EATING

He broke up with me—cake. I have to pass the exam tomorrow—brownies. Nothing to do?—some coke, burger and chips could make this out. So much of stuff to do?—Well, I don't want to die of starvation! (It doesn't matter I ate twenty minutes ago because eating is important.) Emotional eating costs us not only extra money for food but also a lot of calories (and a consequent compunction). We should simply remember three things:

1. We don't live to eat—we eat to live.
2. It is not possible to eat ourselves out of our problems.
3. Differentiation between the hunger of stomach and the "hunger" of brain is the key.

## III. PROCRASTINATION



Not only students' problem but the global phenomenon which kills productivity and time more than anything else. When we procrastinate—it is when we compulsively avoid doing tasks that need

to be accomplished—neither do we do things we should do nor those we would like to do. All of us know it very well because sometimes we have so many tasks that all we are able to perform is a restless nap after which we feel guilty. Guiltiness causes stress, stress causes repugnance and repugnance is the best friend of depression. In other words—do something productive or you'll start an unfortunate chain reaction. Although it is said that time you enjoyed wasting is not wasted—how to define those hours when you don't work but not even relax? Well. That's the procrastination.

## IV. ALL BARK AND NO BITE

It's easy to say "I'll be successful" but difficult to accomplish it—that's why this sentence is one of the most frequent (at least in young people's minds) while the number of individuals who could say it in present tense is actually not so stunning. The same with planning and following those plans... A lot of talks and no actions is, unfortunately, something which is a part of our DNA. In our minds, we travel around the world, work hard and exercise twice a day—but nothing is easier than thinking about the strenuous activities while sitting on the couch. Creating of to-do and bucket lists and building castles in the air are thus very noble deeds but if we don't want to be disappointed, we should set our goals realistically. Of course, it is said that we can achieve anything we are able to imagine—but the truth is we are just as strong as our will to defeat laziness. In real life, not only in our thoughts...

## V. MIND-KILLING

Headphones while walking, watching series while eating, playing games while waiting—a. k. a. doing anything just to kill that intrusive buzz inside of our heads. In today's world, thinking seems to be a painful activity. People are no



longer able to spend some time only with themselves; so while Buddhist monks are searching for inner peace inside—through meditation and silence, we are trying to do the same by means of noise, distraction and hyperactivity. In other words, instead of cleaning the mess, we are closing the door. And our eyes. And all senses. It doesn't matter that under the layer of muddle, there could be a lot of good stuff—ideas, for example—since hoarding a dirt is a way more easier. Especially in the world where the easier way is always considered the best one.

## VI. SPENDING MONEY WE DON'T HAVE

... to buy things we don't need to impress people we don't actually like. This bad habit becomes a disease nourished by the system. Maybe that's why the total value of money in the world is \$80.9 trillion, while the amount of global debt is even \$199 trillion.

## VII. PILLS FOR EVERYTHING

Did you notice that there are mainly two kinds of advertisements on television? The ones for bank products and then for the pharmaceutical stuff. The omniscient voice advises us to use highly effective pills or creams every time we are in pain, and we—as obedient consumers—are always willing to see our doctor or at least a pharmacist. Why not? Their products promise us fast relief and recovery. Of course, they don't lie—they just don't tell the whole truth.



Each time we are going to apply one of the overpriced medicaments, we should consider two things: first, the pain has its own meaning—it is an indicator that something wrong is happening

with our body, so we should not fight the pain itself, but its source—the illness. And the second thing to think about is resistance. A lot of products which we use also in cases when our body would be able to defeat the problem on its own contain antibiotics. The issue is that our body is developing a resistance to it. No wonder that the major players of one of the most likely scenarios of human extinction are resistant superbugs.

## VIII. RELIANCE ON HIGHS

Do we have a reason to sleep at all? In today's times, everything is replaceable, including those sweet 8-12 hours of escape from reality. We can use coffee or energy drinks instead of relax, “smart drugs” as a replacement of focused studying, and soluble powder containing paracetamol instead of three days of disease cure in a warm bed. The advertising slogan “I don't have time to be ill” speaks for itself, although it seems we don't even have it to sleep, relax or live. The truth is we spend most of our time trying to think up how to gain more of it...

## IX. FREQUENT COMPLAINING

Of course, life is hard and it's conducive, even healthy, to complain from time to time. But if we do this on a daily basis, something is definitely wrong. Not only do we confirm to our inner self that we have a problem (even if we actually don't have one), in addition we bother other people with it. (Moreover, if your communication partner holds a trend of wiping off negative people from his life, you'll lose a friend very soon.) If you still think that instant complaining is alright, think of the saying: “Never tell your problems to anyone. 20 % of people don't care and the other 80 % are glad you have them.”



## X. SEARCHING FOR PERFECTION

Easy come, easy go. The battle cry of a lot of contemporary relationships—and just one of a huge number of problems which results from searching for perfection. Can you think

of some others? What about selfie madness, plastic surgery heyday, or disorders such as anorexia or bulimia? Believing that perfection is something that can be achieved, we are willing to do unbelievable things.

Among all bad habits, searching for perfection is probably the most dangerous one because it creates the basis for other ones. We are frequently complaining that something is wrong with us if things in our lives are not going according to our plans. Because of high expectations, we are trying to satisfy everyone, do everything on time and alongside with all, we want to look the best we can—and that's why we sleep for a minimum of time, drink coffee to compensate for lack of sleep, and chase success, so naturally, we don't even have time to be ill. And trying to be someone we actually don't want to be, we often spend money originally saved for absolutely different things or occasions. Long story short, searching for perfection walks hand in hand with low self-esteem and consequent feelings of depression.

Everyone has some bad habit—one or more. Whether we want them or not, bad habits create a strong part of our character. But here is some good news—we always have at least four options of how to deal with these undesirable companions:

1. Fight them. But this is the most difficult (and unfortunately also least successful) way.
2. Get used to them—and face consequences.
3. Try to create some good habits to counter (or at least offset) them.
4. Find a way of how to exploit them—what is probably the funniest method to deal with bad habits.

Whichever you'll choose, we wish you patience, strong nerves and—of course—good luck!



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Our editorial board would like to kindly apologize for having published a part of the lyrics beginning with “I wish you’d listen to the song I play” on page 10 of the 2/2016 issue of EnJoY under the name of Pavol Dančanin. Our editors failed to detect plagiarism committed by the above mentioned author who wrongly appropriated another person’s words for his own. We regret our failure and make a commitment not to publish Pavol Dančanin’s work in the future.

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