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Sherifat Egberongbe

Jennie Hensarling

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Hope is Crucial for All

Introduction

Hope is what keeps human beings going in life (Lazarus 656). It is the light at the end of the tunnel that will make an individual focus on achieving the desire. It is something that makes people hold on for a long time without giving up. Without hope giving up would be the order of the day for most people. It is for from this idea that the word hope has been selected in this discussion. The following is a discussion of the meaning of the word hope in life and how it helps to sustain human beings. Good introduction.

Hope is crucial to all you don't need these headings

Hope is inevitable to any person who wants to succeed in life (Grice 54). This belief is centered on the fact a person who does not have hope does not have anything. Therefore, people who feel useless and do not have anything must strive and create a glimmer of hope in their lives to keep them going. Hope makes someone feel the intangible, see the invisible and achieve the impossibility. Hope is like that thing with a feather can perch in the soul and sing the tune without words and continue without stopping at all. It is not easy always to be hopeful in life since there are situations that can be so difficult for a person to be. However, those who have hope all the time have a higher chance of getting better results in life. Good discussion.

Hope is largely perceived by many as what is left when everything that was precious in life fades away. In other words, hope can be compared to that candle glittering in the midst of darkness. As earlier mentioned, hope is like the light at the end of the tunnel that keeps you focused on achieving the set objectives.

Hope also comes in plenty depending on the religious affiliation of an individual (Grice 52). According to Christianity hope is perceived as God's promise for a better and brighter tomorrow. Eternal life promised by God keeps Christians moving and continue to believe in their supreme being. In this context, hope is powered by faith. In a secular world, hope makes an individual concentrate on positive vibes and avoids negativity. Being optimistic is very important for those who want to succeed in life. It should be noted that, those who remain positive end up having their dreams come true. In most cases, those individuals succeed in life.

Hope is portrayed by many as an encouraging force that usually stands in the face of negativity. Nice segue. In most cases, it is the remainder when life has been reduced or changed to a positive core. Additionally, it is the driving force from within an individual and the consciousness of the human mind. It keeps an individual to be strong mentally and face reality with the mentality required. Contrary to the common understanding, hope is as result of expectation and desire. This implies that hope cannot just be a mere desire. For example, if hope is means working, the expectations must meet the desire.

However, hope that is centered on selfish gain is more likely to fail. Hope for personal objectives and frivolous gain cannot be successful. A person may have more hope, but it may not actually materialize due to the motive behind. For instance, the individual who hopes to win a lottery to satisfy their desire may not succeed because the universe will not allow that.

“Hope is one of the core ingredients that is useful in sustaining life close quotes here (Lazarus 655)”. This can be credited to the fact it influences the health of individuals. It acts as a positive force in the health of individuals. Hope keeps the mind strong and healthy thereby making human beings to be able to remain healthy. More importantly, in the case of diseases hope makes individuals fight the disease and not give up. For instance, cancer patient needs a lot of hope for them to not to give and remain hopeful that they will fully recover one day. Studies indicate that patients who have high hope and morale normally respond better to medication as compared to those who have no hope.

In conclusion, hope can also be termed as elevated feeling that human being experience when they visualize in their minds the path to a better future. Hope allows people to acknowledge deep pitfalls and obstacles along the path. Real hope does not give any room for delusion (Segal and Mark 2015) You are using APA guidelines but MLA are required for this class. For more info on MLA, see <https://owl.english.purdue.edu/owl/resource/747/01/>. It is not based on illusion, and it normally exists independently, sometimes it can be so difficult for an individual to keep their spirit high when the going is tough. In order to overcome this, individuals must take their time to understand what hope is all about. This can be instrumental helping them to ride over the waves, for hope is what sustains all as human beings.

Works Cited

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Lazarus, Richard S. "Hope: An Emotion and a Vital Coping Resource against Despair." *Social Research*, vol. 66, no. 2, 1999, pp. 653-678 ProQuest Central, <https://search-proquest-com.ezproxy2.apus.edu/docview/209670104?accountid=8289>.

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You did a fantastic job defining the term "hope." The outside sources you have selected nicely support the argument without overpowering your own voice. Your examples provide clarity. Please note my comments throughout. JH



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