

segment 1 exam study guide flvs hope Ebook

segment 1 exam study guide flvs hope is a critical resource for students enrolled in the Florida Virtual School (FLVS) Hope course, particularly those preparing for their final exams. As one of the foundational courses within FLVS's curriculum, the Segment 1 Exam holds significant weight in assessing students' understanding of key concepts related to hope, resilience, and positive psychology. Effective preparation through a comprehensive study guide can make the difference between passing with flying colors or facing unnecessary stress. In this article, we will delve into the essential aspects of the FLVS Hope course, provide detailed exam tips, review key topics, and offer actionable strategies to help students succeed.

Understanding the FLVS Hope Course

What is FLVS Hope?

The FLVS Hope course is designed to teach students about the science of hope, resilience, and positive psychology. It aims to empower students with skills to set achievable goals, overcome obstacles, and foster a hopeful outlook on life. The course typically covers topics such as:

- The psychology of hope
- Goal setting and planning
- Overcoming adversity
- Building resilience
- Strategies for maintaining hope during challenging times

This course is often part of health education or personal development pathways and is meant to equip students with lifelong skills.

Why is the Segment 1 Exam Important?

The Segment 1 Exam serves as an initial assessment of students' grasp of the fundamental concepts taught in the course. Performing well on this exam is essential because:

- It contributes to the final grade
- It verifies understanding of foundational principles
- It prepares students for subsequent course segments
- It enhances overall learning and retention

Key Topics Covered in the Segment 1 Exam

To excel in the exam, students should focus on mastering the core themes. Below are the main topics frequently tested:

The Science of Hope

- Definition and components of hope
- Hope theory by psychologist Charles Snyder
- The role of hope in mental health and well-being

Goals and Goal-Setting Strategies

- Types of goals (short-term vs long-term)
- SMART goal framework (Specific, Measurable, Achievable, Relevant, Time-bound)
- Steps to achieving goals

Overcoming Obstacles and Challenges

- Common barriers to hope and success
- Techniques for problem-solving and resilience
- The importance of adaptability and flexibility

Building Resilience

- Characteristics of resilient individuals
- Strategies to develop resilience
- The significance of a growth mindset

Maintaining Hope During Difficult Times

- Positive self-talk
- Visualization techniques
- Seeking support and building a support network

Practical Applications of Hope

- Hope in personal life
- Hope in academic and career settings
- Hope in community and societal contexts

Effective Study Strategies for the FLVS Hope Segment 1 Exam

Preparing for the exam requires a strategic approach. Here are proven strategies to maximize your study sessions:

Create a Study Schedule

- Break down topics into manageable sections
- Allocate specific times for each section
- Include review periods before the exam date

Use the FLVS Study Resources

- Review the course notes and modules
- Complete practice quizzes and assessments
- Utilize the official FLVS Hope study guide if available

Develop Flashcards

- Focus on key definitions and concepts
- Include important theorists such as Charles Snyder
- Use digital flashcard apps for portability

Engage in Active Recall and Practice

- Take practice exams under timed conditions
- Quiz yourself or with a study partner
- Recap topics aloud to reinforce memory

Focus on Weak Areas

- Identify topics you find challenging

- Revisit related lessons and seek clarification if needed
- Use additional resources like educational videos or articles

Sample Questions to Prepare For

Preparing for the types of questions asked can boost confidence. Here are sample questions similar to those you might encounter:

- What are the three main components of hope according to Charles Snyder?
- Describe the SMART goal framework and provide an example of a SMART goal related to personal development.
- List two techniques for overcoming obstacles when pursuing a goal.
- Explain how resilience differs from simply being tough or stubborn.
- What strategies can help maintain hope during stressful situations?

Additional Resources for Success

Online Study Groups and Forums

Joining online communities can provide support, motivation, and additional insights. Engage actively in discussions and share resources.

Video Tutorials and Educational Content

Platforms like Khan Academy, YouTube, and TED-Ed offer valuable videos explaining concepts related to hope, resilience, and goal setting.

Books and Articles

- "The Psychology of Hope" by C.R. Snyder
- "Resilience: The Science of Mastering Life's Greatest Challenges" by Steven M. Southwick and Dennis S. Charney

Counselor or Teacher Support

If you're struggling with specific concepts, don't hesitate to ask your FLVS instructor or counselor for guidance.

Final Tips for Acing the Segment 1 Exam

- Stay Consistent: Regular study sessions are more effective than cramming.
- Prioritize Understanding: Focus on grasping concepts rather than rote memorization.
- Stay Calm and Confident: Maintain a positive attitude; confidence can improve performance.
- Review Your Mistakes: Learn from practice tests and understand where you went wrong.
- Ensure Adequate Rest: A well-rested mind is more alert and capable of recalling information.

Conclusion

The **segment 1 exam study guide flvs hope** is an invaluable tool for students aiming to excel in their assessments and deepen their understanding of hope and resilience. By focusing on core topics, employing strategic study techniques, and utilizing available resources, students can confidently approach their exam. Remember, success is not just about passing an exam but about internalizing skills that will serve you well beyond the classroom. Embrace the journey of learning about hope, and use this guide as a stepping stone toward academic achievement and personal growth.

Segment 1 Exam Study Guide FLVS Hope: A Comprehensive Resource for Success

Introduction

Segment 1 exam study guide FLVS hope encapsulates a crucial resource for students navigating Florida Virtual School's (FLVS) first segment assessments. As online education continues to expand, students often face unique challenges in preparing for exams without traditional classroom environments. This study guide aims to demystify the exam process, offering strategies, key content insights, and practical tips to help students approach their FLVS Segment 1 assessments with confidence and clarity. Whether you're a newcomer or a returning student seeking to sharpen your understanding, this guide promises to serve as a reliable companion on your academic journey.

Understanding FLVS and the Significance of Segment 1

What is FLVS?

Florida Virtual School (FLVS) is a fully accredited online learning platform that provides K-12 education to students across Florida and beyond. With flexible course offerings spanning core academics, electives, and advanced courses, FLVS enables students to learn at their own pace, often from the comfort of their homes.

What Does Segment 1 Cover?

The FLVS curriculum is divided into segments, each representing a set of lessons culminating in an assessment or exam. Segment 1 typically corresponds to the first quarter or initial module of a

course, covering foundational concepts essential for subsequent learning. For example:

- In Math courses, Segment 1 may introduce algebraic expressions and equations.
- In Science, it might cover basic principles of biology or physical science.
- In History, foundational events and concepts are often addressed.

Successfully completing Segment 1 assessments ensures students build a solid knowledge base, which is vital for mastery in later segments.

Why is a Study Guide Important?

Preparing for FLVS exams can be daunting, especially given the online format's unique demands. A comprehensive study guide:

- Clarifies key concepts and learning objectives.
- Offers effective study strategies tailored to online learners.
- Highlights common pitfalls and misconceptions.
- Provides practice questions for self-assessment.
- Boosts confidence and reduces test anxiety.

Key Components of the Segment 1 Study Guide

- Familiarize Yourself with the Course Syllabus and Learning Objectives

Before diving into content review, review your course syllabus and the specific learning objectives outlined for Segment 1. This alignment ensures your study efforts target the right areas.

- Identify core topics: Focus on the essential concepts emphasized by your instructor.
- Understand assessment formats: Know whether exams are multiple-choice, essay-based, or project-driven.

- Review and Summarize Lesson Content

Deep understanding starts with active review:

- Read through lesson notes and materials thoroughly.
- Create concise summaries or concept maps to visualize relationships.
- Highlight key definitions, formulas, and dates.

- Practice with Interactive Resources

FLVS often provides interactive tools, such as quizzes, flashcards, and videos:

- Use these resources to reinforce learning.
- Complete end-of-lesson quizzes to gauge understanding.
- Revisit concepts where errors occur.

- Focus on Critical Skills and Key Topics

Depending on your course, some topics may be more heavily emphasized:

- Mathematics: Solving linear equations, understanding inequalities, and working with functions.
- Science: Scientific method, basic biology, physical properties.
- History: Key historical events, timelines, and cause-effect relationships.

Make sure to master these areas, as they often feature prominently on exams.

- Practice Past Exams and Sample Questions

Many FLVS courses provide sample questions or practice exams:

- Attempt these under timed conditions.
- Review explanations for incorrect answers.
- Use repeated practice to build familiarity and speed.

- Develop Effective Test-Taking Strategies

Online exams require not only knowledge but also strategic approach:

- Read questions carefully.
- Manage your time efficiently.
- Eliminate obviously incorrect options in multiple-choice questions.
- Double-check your answers if time permits.

Study Tips for Success in FLVS Segment 1 Exams

Create a Study Schedule

Break down your study sessions into manageable chunks:

- Dedicate specific days to different subjects or topics.
- Use a calendar or planner to stay organized.
- Allow time for review and rest.

Establish a Distraction-Free Study Environment

Find a quiet, comfortable space free from interruptions:

- Turn off notifications.
- Keep necessary materials within reach.
- Ensure good lighting and minimal noise.

Utilize Support Resources

Don't hesitate to seek help when needed:

- Contact your FLVS instructor or tutor.
- Participate in online discussion boards.
- Connect with classmates for study groups.

Practice Self-Assessment

Regularly test yourself to identify weak areas:

- Use flashcards or practice quizzes.
- Keep track of scores to monitor progress.

- Focus additional effort on topics where you struggle.

Maintain a Positive Mindset

Confidence impacts performance:

- Celebrate small victories.
- Stay motivated by reminding yourself of your goals.
- Practice stress-relief techniques like deep breathing or brief physical activity before exams.

Common Challenges and How to Overcome Them

Procrastination and Time Management

Solution: Implement a daily study routine, set specific goals, and use timers to stay on track.

Understanding Complex Concepts

Solution: Break complex topics into smaller parts, seek explanations from multiple sources, and ask for help early.

Technical Difficulties

Solution: Ensure your device and internet connection are reliable. Keep backup copies of work and know how to contact technical support.

Test Anxiety

Solution: Practice relaxation exercises, simulate exam conditions, and arrive at the exam feeling prepared.

Additional Resources for FLVS Segment 1 Preparation

- Official FLVS Study Guides: Provided within the course platform.
- Khan Academy: Offers free tutorials on Math, Science, and more.
- Quizlet: Flashcards and practice quizzes created by other students.
- YouTube Educational Channels: Visual explanations for complex topics.
- Local Libraries and Study Centers: Access to additional tutoring and resources.

Conclusion

Segment 1 exam study guide FLVS hope is more than just a collection of notes; it is a strategic roadmap designed to empower students to excel in their online assessments. By understanding the course structure, actively engaging with learning materials, practicing regularly, and adopting effective study techniques, students can approach their FLVS Segment 1 exams with confidence. Remember, success in online education hinges not only on knowledge but also on discipline, resourcefulness, and a proactive attitude. With the right tools and mindset, every student can navigate their first segment assessments successfully and lay a strong foundation for future academic achievement.

Question What are the key topics covered in the FLVS Segment 1 exam study guide? The study guide covers foundational concepts, core subject areas, important vocabulary, practice questions, and review materials to help students prepare effectively for the FLVS Segment 1 exam. **Answer** How can I best utilize the FLVS Hope study guide to improve my exam scores? You should review all sections thoroughly, take practice quizzes, focus on areas where you feel less confident, and create a study schedule that allows consistent review leading up to the exam. Are there any online resources or additional materials recommended with the FLVS Segment 1 exam study guide? Yes, FLVS provides supplementary resources such as video lessons, interactive quizzes, and tutoring support that can enhance your understanding alongside the study guide. What are some effective study strategies for the FLVS Segment 1 exam? Effective strategies include creating flashcards, practicing past exams, breaking study sessions into manageable chunks, and teaching the material to someone else to reinforce learning. When should I start studying using the FLVS Hope study guide for the upcoming Segment 1 exam? It's best to start studying at least two to three weeks before the exam date, allowing ample time to review all topics, take practice tests, and identify areas needing improvement.

Related keywords: exam prep, FLVS coursework, study tips, test strategies, online education, subject review, exam tips, student resources, Florida Virtual School, academic success

Hope against hope

Hope Against Hope

****Hope Against Hope: Finding Light When the Odds Seem Impossible****

hope against hope is a phrase that resonates with many of us because it captures a

deeply human experience: holding onto optimism when all signs point to despair. It's that stubborn spark of belief that refuses to be extinguished, even when the situation seems bleak or hopeless. Whether in personal struggles, societal challenges, or global crises, hope against hope keeps us moving forward, inspiring resilience and courage in the face of adversity.

In this article, we'll dive into what hope against hope truly means, why it matters, and how to nurture this powerful mindset when life feels overwhelming. We'll explore psychological insights, real-life examples, and practical tips to embrace hope even when the odds appear stacked against us.

The Meaning Behind Hope Against Hope

The phrase "hope against hope" originates from biblical literature, notably from the story of Abraham in the Book of Romans, where it describes hoping despite seemingly impossible circumstances. In everyday language, it conveys the act of maintaining faith or optimism when rationality suggests giving up.

It's more than blind optimism. Hope against hope involves acknowledging reality's harshness yet choosing to believe in a better outcome. It's a conscious decision to push past fear, doubt, and uncertainty.

Why Hope Matters in Difficult Times

Hope is essential because it fuels motivation and perseverance. When facing challenges like illness, loss, or failure, hope can be the difference between giving up and finding new

solutions. Psychological studies have shown that hopeful people tend to cope better with stress and recover faster from setbacks.

Here are a few reasons why hope against hope plays a crucial role:

Resilience: Hope strengthens resilience, helping individuals bounce back from

1.
adversity.

Mental health: Maintaining hope reduces symptoms of anxiety and depression.

2.

Goal achievement: Hope encourages goal-setting and the pursuit of meaningful

3.
objectives.

Social support: Hope can foster connection by inspiring individuals to seek help

4.
and community.

Examples of Hope Against Hope in Real Life

Throughout history and everyday life, countless stories illustrate hope against hope in action. These narratives highlight human endurance and the power of optimism amid the darkest moments.

Survivors of Illness and Injury

Medical miracles often stem from patients and families clinging to hope when prognosis is

grim. Whether it's cancer survivors who beat the odds or individuals recovering from severe accidents, hope against hope keeps their spirits alive during grueling treatments and uncertain outcomes.

Overcoming Personal and Professional Setbacks

Many entrepreneurs and artists faced multiple rejections and failures before achieving success. Their stories remind us that hope against hope is not naive but a driving force toward eventual breakthroughs.

Social Movements and Change

Hope against hope also fuels social justice movements. Activists fighting for equality, environmental sustainability, and human rights often persevere despite slow progress and resistance. Their unwavering hope energizes communities and sparks transformation.

How to Cultivate Hope Against Hope in Your Life

Embracing hope when circumstances feel hopeless is challenging but possible. Here are some practical strategies to nurture hope against hope:

1. Acknowledge Reality Without Losing Sight of Possibility

It's important to recognize difficulties honestly rather than deny them. At the same time, remind yourself that situations can change and that positive outcomes are still within reach.

2. Focus on Small Wins

When facing overwhelming problems, breaking goals into smaller, manageable steps can build momentum. Celebrating incremental progress reinforces hope and keeps motivation

alive.

3. Surround Yourself With Positive Influences

Connecting with hopeful people or uplifting stories can inspire optimism. Avoid negativity that drains your energy or reinforces feelings of despair.

4. Practice Mindfulness and Gratitude

Mindfulness helps you stay present and reduces anxiety about the future. Gratitude shifts focus toward what is still good and meaningful, fostering a hopeful mindset.

5. Visualize Success and Positive Outcomes

Visualization techniques—imagining yourself overcoming challenges—can enhance confidence and hope. This mental rehearsal prepares you emotionally for potential success.

The Science Behind Hope: Why It Works

Research in psychology reveals that hope is a measurable cognitive process involving two components: agency and pathways. Agency refers to your motivation to achieve goals, while pathways are the perceived routes to reach those goals.

People with high hope believe they can find ways around obstacles and have the willpower to pursue those paths. This mindset activates brain regions associated with reward and motivation, making hopeful individuals more resilient and adaptive.

Moreover, hope reduces the harmful effects of stress by lowering cortisol levels and improving immune function. In essence, hope is not just wishful thinking but a

scientifically supported mental state that promotes well-being.

Challenges to Maintaining Hope Against Hope

Despite its benefits, sustaining hope against hope is not always easy. Certain factors can erode hope over time:

Repeated failures: Continuous setbacks may lead to discouragement and

1.

hopelessness.

Isolation: Lack of social support can make it harder to stay optimistic.

2.

Negative self-talk: Internal doubts and fears can diminish hope.

3.

External circumstances: Prolonged crises such as poverty or discrimination

4.

challenge hopeful outlooks.

Recognizing these obstacles is the first step to addressing them. Seeking professional help, building supportive relationships, and practicing self-compassion can help maintain hope even in tough times.

Hope Against Hope in Literature and Culture

The theme of hope against hope has inspired countless works of literature, film, and art.

From classic novels like Victor Hugo's *Les Misérables* to contemporary movies that depict survival and redemption, this concept taps into a universal human experience.

Writers and artists often use hope as a motif to explore the tension between despair and perseverance, illustrating how hope sustains human spirit through trials.

Symbolism and Metaphors

Hope is commonly symbolized by light in darkness, seeds sprouting through cracks, or a distant horizon. These images evoke the idea that even small glimmers can lead to significant change.

Embracing Hope Against Hope as a Lifelong Practice

Ultimately, hope against hope is not just for moments of crisis but a mindset to cultivate throughout life. It encourages us to dream, to persist, and to find meaning regardless of uncertainty.

By integrating hope into daily habits—whether through reflection, connection, or purposeful action—we prepare ourselves to face the inevitable challenges ahead with courage and optimism. After all, sometimes holding onto hope when it feels impossible is exactly what leads us to unexpected breakthroughs and the fulfillment of our greatest aspirations.

Question

Answer

What does the phrase 'hope against hope' mean?

The phrase 'hope against hope' means to continue hoping

for something even when it seems very unlikely or impossible.

Where does the phrase

'hope against hope'

originate from?

The phrase 'hope against hope' originates from the Bible, specifically Romans 4:18, where it describes Abraham's unwavering faith despite seemingly impossible circumstances.

How is 'hope against hope'

used in everyday language?

'Hope against hope' is used to express maintaining optimism or faith in a positive outcome despite facing significant challenges or evidence to the contrary.

Can 'hope against hope' be

considered a positive

mindset?

Yes, 'hope against hope' reflects resilience and determination, encouraging people to stay optimistic and persistent even in difficult situations.

How can 'hope against

hope' help in mental health?

Adopting a 'hope against hope' attitude can promote emotional strength, reduce anxiety, and foster perseverance during times of uncertainty or hardship.

Are there any famous

literary works that use the

phrase 'hope against hope'?

Yes, the phrase 'hope against hope' appears in various literary works and is often used to highlight characters' determination and faith despite adversity.

How can one cultivate 'hope

against hope' in challenging

times?

To cultivate 'hope against hope,' one can focus on positive thinking, set small achievable goals, seek support from others, and remind themselves of past successes and resilience.

Hope Against Hope: Understanding the Resilience of Human Optimism

hope against hope is a phrase that embodies the profound human capacity to maintain

optimism even when circumstances seem overwhelmingly bleak. This expression captures

the essence of perseverance and the psychological resilience that drives individuals and communities to strive for better outcomes despite daunting odds. In contemporary discourse, "hope against hope" resonates across various contexts?from personal struggles and mental health to social movements and global crises?making it a concept worthy of deeper exploration.

The Psychological Foundations of Hope Against Hope

Hope, as a psychological construct, is more than mere wishful thinking; it involves a dynamic cognitive process that motivates individuals to envision positive outcomes and formulate pathways to achieve them. The phrase "hope against hope" specifically highlights situations where hope persists even when evidence or probability suggests otherwise. Psychologists often link this kind of hope to resilience, a trait that enables people to recover from adversity and maintain mental well-being.

Research in positive psychology underscores that maintaining hope, even in dire situations, can lead to better coping mechanisms and improved emotional health.

According to a 2021 study published in the *Journal of Clinical Psychology*, individuals exhibiting high levels of hope against hope demonstrated greater endurance in managing chronic illnesses and life-altering setbacks. This suggests that hope functions not only as an emotional balm but also as a practical tool facilitating problem-solving and goal-directed behavior.

Hope and Cognitive Dissonance

One intriguing aspect of hope against hope is its relationship with cognitive dissonance—the mental discomfort experienced when holding conflicting beliefs or attitudes. In situations where hope contradicts rational assessment, individuals may experience cognitive dissonance but still choose to cling to hope as a psychological defense. This phenomenon can explain why hope endures in the face of seemingly impossible odds, providing comfort and motivation where logic might otherwise lead to despair.

Hope Against Hope in Literature and Culture

The endurance of hope despite overwhelming odds is a prevalent theme in literature, art, and cultural narratives. From classical tragedies to contemporary cinema, the motif of hope against hope symbolizes the indomitable spirit of humanity. Literary critics often interpret characters who exhibit this trait as emblematic of existential courage, reflecting a universal human experience.

For example, in Emily Dickinson's poetry, hope is personified as a "thing with feathers" that "perches in the soul," singing relentlessly regardless of hardship. This metaphor captures the essence of hope against hope—an unwavering presence amid uncertainty. Similarly, in modern narratives like the film "The Pursuit of Happyness," protagonists embody hope against hope by pursuing dreams despite economic deprivation and social barriers.

The Role of Hope in Social Movements

Beyond individual psychology and artistic expression, hope against hope plays a critical

role in collective action and social change. Movements for civil rights, environmental justice, and political reform often rely on the collective hope of marginalized groups who push for transformation despite systemic oppression. This kind of hope acts as a catalyst, sustaining momentum when immediate victories are scarce.

A historical analysis reveals that hope against hope has been pivotal during pivotal moments like the abolition of slavery, women's suffrage, and anti-apartheid struggles. Activists and communities maintained hope even when faced with severe repression, illustrating how hope can function as a powerful force for societal progress.

Challenges and Criticisms of Hope Against Hope

While hope is generally regarded as beneficial, the concept of hope against hope is not without its complexities and critiques. Some scholars argue that clinging to hope when evidence strongly suggests unfavorable outcomes can lead to unrealistic expectations, emotional exhaustion, or even denial. This raises important questions about the balance between hopeful optimism and pragmatic realism.

Potential Downsides

Emotional toll: Persisting in hope against hope may result in prolonged stress or

1. disappointment when goals remain unattainable.

Inhibited decision-making: Excessive hope might prevent individuals from

- 2.

making necessary changes or accepting difficult realities.

Social implications: In communities, unrealistic hope can hinder collective

3.

strategies that require sober assessment and adaptation.

These concerns highlight the necessity of fostering hope that is both resilient and grounded—a form of hope that inspires action without ignoring practical constraints.

Hope Against Hope in Contemporary Contexts

In today's fast-paced and often uncertain world, the concept of hope against hope remains highly relevant. Economic instability, climate change, global health crises, and geopolitical conflicts all present scenarios where hope is tested. Yet, across these challenges, hope against hope continues to emerge as a vital psychological and social resource.

Hope Against Hope and Mental Health

Mental health professionals increasingly recognize the importance of cultivating hope in therapeutic settings. For individuals facing depression, trauma, or chronic illness, fostering a sense of hope against hope can be transformative. Techniques such as narrative therapy, mindfulness, and goal-setting are designed to nurture this hopeful mindset, encouraging patients to envision and work toward a better future despite setbacks.

Technological and Scientific Advances

Hope against hope also manifests in the realm of science and innovation. Breakthroughs

in medicine, such as gene therapy and personalized treatments, often arise from persistent research driven by hope despite early failures. The rapid development of COVID-19 vaccines is a recent example where hope against hope fueled unprecedented global collaboration and achievement.

Integrating Hope Against Hope Into Daily Life

Recognizing the power of hope against hope invites individuals to consciously cultivate this mindset in everyday situations. While it is natural to face moments of despair or uncertainty, embracing hope can enhance resilience and encourage proactive problem-solving.

Set realistic goals: Balance optimism with achievable objectives to maintain

1.
motivation without fostering frustration.

Seek social support: Community and relationships bolster hope, providing shared

2.
strength in adversity.

Practice mindfulness: Awareness of present emotions helps manage the tension

3.
between hope and reality.

Reframe challenges: Viewing obstacles as opportunities for growth can sustain

4.

hope against hope.

By integrating these practices, individuals can harness the constructive aspects of hope, ensuring it serves as a catalyst for growth rather than a source of denial.

Hope against hope is more than an idiom; it is a testament to the human spirit's enduring capacity for optimism in the face of adversity. Whether in personal trials, cultural narratives, or collective movements, this phenomenon reveals the complex interplay between belief, resilience, and action. As global challenges continue to evolve, understanding and nurturing hope against hope remains indispensable for fostering psychological well-being and social progress.

optimism, perseverance, faith, resilience, determination, belief, endurance, courage, aspiration, trust

Read the full article online: [hope against hope](#)