

A scenic view of a village street. In the foreground, two people are walking away from the camera on a paved path. The street is lined with traditional stone and brick houses. Some houses have red doors and windows. In the background, a green valley with rolling hills and a few more houses is visible under a clear sky. A large tree with green leaves is on the right side of the frame.

# Human' s Trails

**Kyösti Waris**





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*To Human – with Friendship*

*Author*



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*Know yourself ("Gnōthi seauton")*

A famous aphorism in ancient Greece

*Anyone is nothing*

An aphorism by farmer *Antti Rannanjärvi*  
Southern Ostrobothnia Finland, 19<sup>th</sup> century

*In human relationships, love and truth are important. However, the truth is not always love, honesty towards oneself is.*

Autor

*Kyösti Waris* was born in Lahti 1946 and graduated from Lahti lyceum. He has completed his doctoral degree (Ph.D.) majoring in psychology and sociology. He is a social scientist, psychologist, sociologist and a health care professional. He specializes in mental health care, in work and organization psychology and in psychology of occupational health care. He is an expert of work-related issues and he has got the training of work mentor.

