

Poems That Lose Workbook

poems that lose evoke a profound sense of loss, nostalgia, and the fleeting nature of time. These poetic works explore themes of heartbreak, fading memories, the impermanence of life, and the melancholy that accompanies the end of something beautiful. Whether reflecting personal grief or universal human experiences, poems that lose resonate deeply with readers, offering a voice to feelings that often remain unspoken. In this article, we delve into the essence of poems that lose, examining their themes, notable examples, and the impact they have on readers and literary traditions.

Understanding Poems That Lose

Defining the Theme

Poems that lose center around the concept of loss—be it the loss of love, innocence, hope, or life itself. Unlike celebratory or triumphant poetry, these works often embody a somber tone, emphasizing the transient nature of existence. The theme is rooted in the acknowledgment that all things, eventually, fade or change, and capturing this inevitability is a hallmark of such poems.

The Emotional Landscape

These poems typically evoke a spectrum of emotions:

- Sadness and grief
- Longing and yearning
- Reflective melancholy
- Acceptance and serenity

The emotional depth often invites readers to confront their own experiences of loss, fostering empathy and introspection.

Common Themes in Poems That Lose

Loss of Love

Many poems explore heartbreak, unrequited love, or the end of a relationship. They depict the pain of separation and the ache of memories fading over time.

- Unfulfilled longing
- Remembrance of happier times
- Acceptance of moving on

Impermanence and Mortality

Poets often reflect on the ephemeral nature of life and the certainty of death, emphasizing that all things are temporary.

- Fading youth and beauty
- The inevitable decline of health
- Mortality and the passage of time

Memory and Nostalgia

Loss in poetry frequently ties to memories of the past, highlighting how they can both comfort and haunt.

- Longing for bygone days
- Sweetness and sorrow intertwined
- Inability to recapture the past

End of Innocence or Hope

Some poems deal with losing innocence, faith, or hope in the face of hardship.

- Disillusionment with the world
- The loss of childhood wonder
- Despair and resilience

Notable Poems That Lose

Classic Examples

Many timeless poems serve as powerful exemplars of the theme of loss.

- **“Because I Could Not Stop for Death” by Emily Dickinson** ? An exploration of mortality and

the inevitable journey towards death, personified as a kind companion.

- **‘O Captain! My Captain!’ by Walt Whitman** ? An elegy mourning the death of Abraham Lincoln and the loss of leadership and hope.

- **‘Funeral Blues’ by W.H. Auden** ? A poignant lament on the profound grief following a loved one's death.

Modern Poems

Contemporary poets continue to explore themes of loss with fresh perspectives.

- **‘One Art’ by Elizabeth Bishop** ? A poem about the art of losing, illustrating how loss is a part of life and how we cope with it.

- **‘Nothing Gold Can Stay’ by Robert Frost** ? Reflects on the fleeting nature of beauty and innocence.

- **‘Do Not Go Gentle into That Good Night’ by Dylan Thomas** ? An urgent plea to fight against the dying of the light, confronting mortality head-on.

The Literary Techniques in Poems That Lose

Imagery

Poets use vivid images to evoke feelings of loss and impermanence:

- Descriptive visuals of fading flowers or setting suns
- Metaphors of dying embers or fallen leaves

Symbolism

Symbols often represent deeper themes:

- Night or darkness symbolizing death or despair
- Broken objects representing loss or endings

Tone and Mood

The tone is frequently melancholic or contemplative, establishing a mood that invites reflection and emotional engagement.

Form and Structure

Many poems about loss utilize traditional forms such as sonnets, elegies, or free verse, depending on the poet's intent and style.

The Impact of Poems That Lose on Readers

Emotional Catharsis

Reading poems that confront loss can provide comfort, validation, and a sense of shared experience. They enable readers to process their own grief and find solace in shared human vulnerability.

Philosophical Reflection

Such poems often prompt questions about mortality, the meaning of life, and the nature of memory, encouraging deep philosophical thought.

Legacy and Cultural Significance

Poems that lose often become part of cultural and literary heritage, shaping how societies understand and cope with loss.

Writing Poems That Lose

Tips for Crafting Poems on Loss

If you wish to write your own poems that explore loss:

- Be honest and authentic about your feelings
- Use vivid imagery to evoke emotions
- Incorporate symbolism to deepen meaning
- Experiment with different poetic forms to find what best expresses your message
- Allow space for reflection and acceptance in your tone

Inspiration Sources

Sources of inspiration include:

- Personal experiences of grief or change
- Historical tragedies and events
- Nature and its cycles of renewal and decay
- Other literary works and art forms

Conclusion

Poems that lose artfully capture the transient, often painful aspects of human existence. They serve as reminders of mortality, the impermanence of beauty, and the importance of cherishing moments before they fade. Whether through classical elegies, modern reflections, or personal compositions, these poems offer a space for mourning, understanding, and ultimately, acceptance. Engaging with poetry about loss enriches our emotional depth and fosters a deeper appreciation for the fleeting nature of life itself.

By exploring themes, techniques, and impactful examples, readers and writers alike can find solace and inspiration in the timeless genre of poems that lose. They remind us that in embracing loss, we also find the profound beauty of living fully amid impermanence.

Poems that lose?at first glance, this phrase might evoke notions of failure, defeat, or the transient nature of success in the realm of poetry. However, in the realm of poetic craft and interpretation, "poems that lose" can be a rich thematic territory, exploring themes of loss, impermanence, vulnerability, and the beauty that emerges from failure. Whether these poems intentionally depict loss or are themselves ?losing? in the sense of being overlooked or misunderstood, they offer profound insights into the human condition and the art of poetry itself.

In this guide, we will delve into the concept of poems that lose, exploring their characteristics, significance, and how both poets and readers can engage with such works meaningfully. From examining classical examples to contemporary works, this analysis aims to shed light on the power of poetry that embodies loss?transforming perceived defeat into a compelling narrative of resilience and reflection.

Understanding the Concept of Poems That Lose

What Does It Mean for a Poem to "Lose"?

The phrase "poems that lose" can be interpreted in multiple ways:

- Poems about loss and defeat: Poems that explicitly address themes of losing?be it love, innocence, or hope.
- Poems that are overlooked or misunderstood: Works that fail to reach their audience or are

dismissed by critics.

- Poetry that embraces imperfection: Poems that intentionally break traditional rules or challenge aesthetic norms, thereby "losing" in formal terms but gaining artistic depth.
- Poetry as a form of vulnerability: Where the poet exposes personal loss or failure, risking rejection but creating authentic art.

Understanding these nuances allows us to appreciate the layered significance of "poems that lose"?they are not merely failures but can be powerful expressions of human experience and artistic exploration.

Thematic Explorations of Loss in Poetry

- Poems That Explore Personal Loss

Many poets have used their craft to process personal grief, making their work resonate with universal audiences. These poems often deal with:

- The death of loved ones
- Breakups and heartbreak
- Loss of innocence
- Personal failures and regrets

Example:

"Because I could not stop for Death" by Emily Dickinson explores mortality and the inevitable loss of life with delicate introspection.

- Poems That Address Societal or Collective Loss

Poetry can serve as a mirror to societal suffering?wars, displacement, injustice?that results in collective loss. These works often aim to evoke empathy or invoke social change.

Example:

"The Waste Land" by T.S. Eliot reflects cultural disillusionment and spiritual loss following World War I.

- Poems That Celebrate the Loss

Some poets elevate loss as a moment of transformation or awakening. These poems recognize that losing something valuable can lead to growth or new understanding.

Example:

Robert Frost's "Nothing Gold Can Stay" captures the fleeting nature of beauty and innocence, reminding us to cherish precious moments.

Characteristics of Poems That Lose

Poems centered around loss often share certain stylistic and thematic traits:

A. Tone and Mood

- Melancholic, somber, or reflective
- Resigned or bittersweet
- Introspective and vulnerable

B. Language and Imagery

- Use of stark, evocative imagery
- Symbolism representing impermanence or decay
- Repetition emphasizing absence or emptiness

C. Formal Elements

- Free verse or irregular structure to mirror chaos or loss
- Sparse language reflecting emptiness
- Use of enjambment to convey ongoing emotional unraveling

Notable Examples of Poems That Lose

Classical Examples

- "Ode to a Nightingale" by John Keats: explores the fleeting nature of happiness and the pain of

mortality.

- "The Raven" by Edgar Allan Poe: embodies persistent mourning and loss.

Contemporary Examples

- "One Art" by Elizabeth Bishop: a villanelle about mastering the art of losing, highlighting the inevitability and acceptance of loss.

- "Funeral Blues" by W.H. Auden: a powerful lament mourning the loss of a loved one.

How Poets Engage with Loss: Techniques and Strategies

Poets often employ specific strategies to craft poems that grapple with loss:

- Use of Symbolism and Metaphor

- Flowers wilting symbolize aging or death.
- Darkness representing despair or the unknown.

- Incorporating Personal Narrative

- Sharing intimate stories of loss to foster connection.
- Using autobiographical elements to lend authenticity.

- Playing with Form and Structure

- Fragmented lines to mirror emotional disarray.
- Repetition to emphasize enduring grief.

- Embracing Imperfection

- Allowing the poem to be raw and unpolished, reflecting vulnerability.
- Breaking traditional rules to express chaos or loss.

The Power and Purpose of Poems That Lose

While the phrase "poems that lose" might suggest failure or rejection, these works often serve vital functions:

- Processing grief: They provide a safe space for both poet and reader to confront loss.
- Creating empathy: By sharing vulnerability, they foster connection across shared human experiences.
- Challenging norms: They push boundaries, encouraging innovation and authenticity in poetry.
- Preserving memory: Poems about loss often act as memorials, ensuring that loved ones or moments are remembered.

Engaging with Poems That Lose

For Readers

- Approach these poems with an open mind, embracing their emotional depth.
- Reflect on the universality of loss?recognizing that no one is immune.
- Consider the stylistic choices and how they evoke feelings of absence or mourning.

For Poets

- Use loss as a creative catalyst rather than a stumbling block.
- Experiment with form, language, and imagery to authentically express vulnerability.
- Remember that even works deemed "unsuccessful" in traditional terms can hold profound significance.

Conclusion: The Beauty in Loss

Poems that lose are not necessarily failures but vessels of truth, vulnerability, and resilience. They remind us that loss is an inherent part of life and art, and through poetry, we can find meaning, solace, and even hope amid the shadows. Whether they mourn what has been lost or celebrate the fleeting nature of beauty and innocence, these poems enrich the poetic landscape?offering a mirror to our shared human experience.

By embracing the themes of loss and imperfection, poets and readers alike can discover that sometimes, losing is the most profound form of gaining.

Question What is the theme of poems that lose? Poems that lose often explore themes of loss, grief, impermanence, and the transient nature of beauty and emotions. How can poems that lose resonate with readers? They resonate by capturing universal feelings of loss and change, allowing readers to find solace and understanding in shared human experiences. Are poems that lose considered a specific genre? While not a formal genre, poems about loss are a common motif across many poetic forms, often categorized under elegies or laments. Can poems that lose help in the healing process? Yes, expressing grief through poetry can be therapeutic, helping individuals process their emotions and find closure. What poetic devices are frequently used in poems that lose? Imagery, metaphor, personification, and tone are often used to evoke feelings of loss and deepen emotional impact. Are contemporary poets writing poems that lose more frequently? Many contemporary poets explore themes of loss, reflecting personal, social, or environmental changes, making such poems highly relevant today. Can poems that lose be uplifting? While traditionally associated with sorrow, many poems about loss also offer hope, resilience, and the possibility of renewal. How do poets craft effective poems that lose? By using honest emotion, vivid imagery, and a rhythmic flow that authentically conveys the depth of loss. What are some famous examples of poems that deal with loss? Examples include 'Do not go gentle into that good night' by Dylan Thomas and 'Because I could not stop for Death' by Emily Dickinson, both exploring themes of mortality and loss.

Related keywords: loss poetry, melancholic poems, grief verses, sad poetry, mourning poems, heartbreak poetry, sorrow poems, lament poetry, emotional poetry, despair verses

Nothing more to lose

Nothing More to Lose: Embracing the Spirit of Risk and Resilience

Nothing more to lose is a phrase that resonates deeply across various contexts?be it personal growth, entrepreneurship, or overcoming adversity. It encapsulates a mindset of daring, resilience, and taking bold steps when circumstances seem dire or options appear limited. In today's fast-paced and unpredictable world, understanding the meaning, significance, and applications of "nothing more to lose" can empower individuals to embrace challenges, pursue their passions, and emerge stronger.

Understanding the Meaning of "Nothing More to Lose"

Origins and Context

The expression "nothing more to lose" often signifies a state where an individual feels that all

resources?be it material, emotional, or social?have been exhausted. It can reflect a sense of desperation, liberation, or readiness to take risks, depending on the perspective. Historically, the phrase has been associated with moments of intense decision-making where the stakes are high, and the fear of failure diminishes as options run out.

Psychological Implications

Adopting a mindset of "nothing more to lose" can influence how people approach challenges. It may lead to increased courage, willingness to take risks, and a focus on what truly matters. However, it can also carry negative connotations of despair or recklessness if not balanced with awareness and responsibility.

The Power of the "Nothing More to Lose" Mindset

Encourages Boldness and Risk-Taking

When individuals believe they have nothing more to lose, they often become more willing to step outside their comfort zones. This can lead to:

- Innovative ideas and creative problem-solving
- Seizing opportunities that others might shy away from
- Overcoming fears of failure

Fosters Resilience and Inner Strength

Facing adversity with the mindset of having nothing more to lose can bolster resilience. It encourages perseverance, adaptability, and emotional strength in the face of setbacks.

Serves as a Catalyst for Transformation

Many inspiring stories of personal transformation and social movements are rooted in the "nothing more to lose" attitude. When people feel that their current situation is untenable, it can ignite a desire for change, leading to breakthroughs and new beginnings.

Real-Life Examples of "Nothing More to Lose"

Personal Stories of Overcoming Adversity

- **Entrepreneurs Taking Risks:** Many successful startups were born out of situations where

founders had little to lose financially or emotionally. This fearless approach often results in groundbreaking innovations.

- **Activists and Social Movements:** Movements like the Civil Rights or environmental activism have often been propelled by individuals who felt they had nothing more to lose, inspiring collective action.

- **Individuals Facing Personal Crises:** People overcoming addiction, illness, or loss frequently reach a point where they decide to fight back, embracing the "nothing more to lose" mentality to rebuild their lives.

Cultural and Literary References

From films to literature, the theme of having nothing more to lose is prevalent. Characters often make daring choices when they feel their back is against the wall, leading to pivotal moments of growth or downfall.

Applying the "Nothing More to Lose" Philosophy in Your Life

Assess Your Situation Honestly

Before adopting this mindset, it's essential to evaluate your current circumstances:

- Identify what resources or options you believe you have exhausted.
- Understand the risks involved in taking bold actions.
- Determine your motivations?are they driven by desperation, aspiration, or necessity?

Reframe Your Perspective

Shift your thinking from fear of failure to opportunity for growth. Recognize that sometimes, losing everything can be a catalyst for new beginnings.

Set Clear Goals and Boundaries

While embracing risk, it's important to:

- Define what success looks like for you.
- Know your limits and when to reassess your approach.
- Prepare for potential setbacks and plan accordingly.

Take Calculated Risks

Risk-taking doesn't mean reckless abandon. Instead, it involves:

- Weighing potential benefits against possible losses.
- Seeking advice and gathering information.
- Being adaptable and ready to pivot if necessary.

Benefits and Drawbacks of the "Nothing More to Lose" Approach

Advantages

- Enhanced courage and motivation to pursue dreams.
- Increased resilience in challenging situations.
- Potential for significant personal and professional breakthroughs.
- Breaking free from limiting beliefs or fears.

Potential Risks and Pitfalls

- Impulsiveness leading to unfavorable outcomes.
- Neglecting responsibilities or consequences.
- Possible deterioration of relationships or stability.
- Risk of burnout or emotional exhaustion.

Balancing Courage and Responsibility

While the "nothing more to lose" mentality can be empowering, it's vital to strike a balance. Here are strategies to do so:

Maintain Self-Awareness

- Regularly assess your emotional and physical well-being.
- Recognize signs of impulsiveness or recklessness.

Seek Support and Guidance

- Consult mentors, friends, or professionals before making major decisions.
- Leverage networks for advice and reassurance.

Plan for Contingencies

- Have backup plans in place.
- Set realistic expectations.

Conclusion: Embracing the Unknown with Confidence

In essence, "nothing more to lose" is not merely about despair or giving up; it is a powerful mindset that can unlock hidden strengths and inspire transformative actions. Whether you're facing personal challenges, pursuing a daring career move, or seeking social change, embracing this mentality can be the catalyst for growth and resilience. Remember, the key lies in balancing courage with responsibility, daring with prudence, and ambition with self-awareness. When you truly have nothing more to lose, you might just find that you have everything to gain.

Nothing More to Lose: An In-Depth Exploration of Its Themes, Impact, and Cultural Significance

Introduction

In the vast landscape of modern entertainment, few titles evoke the raw intensity and visceral emotion encapsulated by the phrase "Nothing More to Lose." Whether as a film, a novel, a song, or a cultural motif, this phrase resonates deeply with themes of desperation, resilience, and the human condition. This investigative article undertakes a comprehensive examination of the multifaceted existence and influence of "Nothing More to Lose," dissecting its origins, thematic core, cultural impact, and the reasons behind its enduring relevance.

Origins and Evolution of the Phrase "Nothing More to Lose"

Understanding the significance of "Nothing More to Lose" begins with tracing its roots. The phrase has appeared in various contexts across history, often symbolizing moments of crisis, surrender, or decisive action.

Historical and Literary Roots

- Early Usage: The phrase's earliest appearances can be traced back to literary works in the 19th and early 20th centuries, often depicting characters at the brink of despair or those who have exhausted all options.

- Notable Literary Examples:

- "Nothing more to lose" in William Shakespeare's plays often signifies characters facing inevitable tragedy.
- In American literature, themes of loss and desperation are frequently encapsulated by similar expressions, emphasizing a turning point in personal or societal narratives.

Modern Adoption and Popularization

- The phrase gained widespread popularity in the late 20th and early 21st centuries, especially in music, film, and pop culture, often associated with themes of rebellion and resilience.
- Its use in song lyrics and movie titles has helped cement its place as an emblem of confrontation with adversity.

Thematic Core of "Nothing More to Lose"

At its heart, "Nothing More to Lose" embodies a spectrum of profound themes. Analyzing these provides insight into why the phrase resonates so powerfully across different media.

Desperation and Surrender

- The phrase often signifies a point where an individual or group has exhausted all options, leading to moments of surrender or decisive action.
- Examples:
 - Characters in films or novels who have hit rock bottom often declare they have "nothing more to lose," signaling a shift from caution to recklessness or liberation.

Resilience and Defiance

- Conversely, the phrase can be an expression of defiance?an assertion that, despite loss or hardship, the core spirit remains unbroken.
- It can serve as a rallying cry for those fighting against oppressive systems or personal demons.

Existential Reflection

- The phrase prompts reflection on mortality, purpose, and the human condition?what remains when all else is stripped away.

- It invites audiences to consider the value of perseverance versus surrender.

Motivational and Rebellious Undertones

- Used in contexts of rebellion, it symbolizes the willingness to confront authority or societal norms without fear of consequence.

Representation in Popular Culture

The phrase "Nothing More to Lose" has permeated various aspects of popular culture, often utilized to evoke emotional intensity or to underscore pivotal moments.

Music

- Several influential songs bear the title or themes related to "Nothing More to Lose," spanning genres from rock to hip-hop.

- Notable examples include:

- All That Remains - "Nothing More to Lose" (2002): A metalcore anthem emphasizing resilience amidst adversity.

- Emo/Alternative Tracks: Artists like Foo Fighters and others have used similar phrasing to express personal struggles.

Film and Television

- Films and TV series often explore characters in situations where they declare "nothing more to lose," emphasizing themes of desperation and moral ambiguity.

- Examples:

- Crime thrillers or action movies where protagonists have exhausted all options.

- Dramas depicting characters at life's crossroads.

Literature and Poetry

- The phrase appears in poetry and novels to evoke a sense of finality or profound change.
- It often serves as a thematic motif representing the climax of a character's journey.

Video Games and Digital Media

- In gaming, characters or narratives incorporate themes of desperation, with titles or story arcs reflecting "nothing more to lose" attitudes.
- Social media and memes also utilize variations to express feelings of burnout or defiance.

Cultural and Psychological Significance

Understanding why "Nothing More to Lose" resonates requires exploring its psychological impact and cultural symbolism.

Psychological Perspective

- The phrase often aligns with states of high stress, trauma, or crisis.
- It can signify a shift into a fight-or-flight mode, where individuals feel cornered but also empowered to take radical actions.
- Such moments can catalyze personal growth or destructive behavior, depending on context.

Cultural Symbolism

- The phrase embodies the archetype of the outsider or rebel—those who challenge authority or societal norms when they perceive no other options.

- It is associated with freedom, as surrendering attachments or fears can lead to a sense of liberation.

Impact on Identity and Self-Perception

- Declaring "nothing more to lose" can serve as a form of self-assertion, reclaiming agency in dire circumstances.

- Conversely, it can also symbolize a loss of hope or innocence, marking a pivotal moment in personal narratives.

Critical Analysis and Interpretations

While the phrase is potent, its interpretation varies across contexts and audiences.

Positive vs. Negative Connotations

- Empowerment: In some instances, the declaration signifies courage?the willingness to face the worst and still fight.

- Despair: Conversely, it can denote resignation, a sense that all options have been exhausted without resolution.

Case Studies of Notable Uses

- Case Study 1: A film where the protagonist reaches a breaking point, choosing the path of rebellion because they have "nothing more to lose," illustrating resilience and defiance.

- Case Study 2: A song that captures the pain of loss, where the singer arrives at the conclusion that they've lost everything meaningful, and thus, have "nothing more to lose."

Philosophical Implications

- The phrase invites philosophical debate about human agency, mortality, and the nature of hope.

- Is surrender in the face of despair a form of strength or weakness? The phrase encapsulates both perspectives depending on context.

Conclusion: The Enduring Power of "Nothing More to Lose"

The phrase "Nothing More to Lose" remains a compelling expression across various domains, symbolizing the human capacity to confront adversity, the depths of despair, and the indomitable spirit of rebellion. Its versatility allows it to serve as a rallying cry, a lament, or a philosophical statement, making it a powerful motif that continues to resonate in contemporary culture.

Through examining its origins, themes, cultural representations, and psychological significance, it becomes clear that "Nothing More to Lose" encapsulates a universal human experience?facing the precipice of despair and choosing to confront it on one's own terms. Its enduring relevance underscores the complex interplay between vulnerability and resilience, making it a phrase that will likely persist as a symbol of both hardship and hope.

Final Thoughts

Whether encountered in the lyrics of a song, the lines of a novel, or the moments of a personal crisis, "Nothing More to Lose" challenges us to reflect on the boundaries of human endurance and the choices that define us. Its layered meanings continue to inspire, provoke, and resonate, cementing its place as a potent cultural and psychological touchstone.

Question What is the meaning of the phrase 'nothing more to lose'? The phrase 'nothing more to lose' typically signifies that a person has nothing remaining to risk or fear, often implying a sense of desperation or readiness to take bold actions due to having no other options. How is 'nothing more to lose' used in popular culture? It is frequently used in songs, movies, and literature to convey themes of desperation, rebellion, or liberation, such as in the song 'Nothing More to Lose' by Billy Talent or in scenes depicting characters facing their lowest point. Can 'nothing more to lose' be a motivational phrase? Yes, for some, it can serve as a motivational call to take risks or make changes, emphasizing that since they have nothing to lose, they might as well pursue their goals boldly. Are there any famous quotes or lyrics with 'nothing more to lose'? Yes, for example, Billy Talent's song 'Nothing More to Lose' features lyrics that explore themes of resilience and defiance, echoing the idea of having nothing left to fear or hold back. What are common scenarios where someone might feel they have 'nothing more to lose'? Individuals facing severe financial hardship, relationship breakdowns, or life-threatening situations often feel they have 'nothing more to lose' and may act more impulsively or courageously. Is 'nothing more to lose' associated with a particular genre or context? It is commonly associated with genres like rock, punk, and rebellious literature, often emphasizing themes of defiance, freedom, or existential risk. How can understanding the phrase 'nothing more to lose' help in analyzing characters in stories? It provides insight into characters who are at a pivotal point, often acting without fear or restraint, which can be crucial for

understanding their motivations and the story's emotional depth. Are there any notable movies or TV shows titled 'Nothing More to Lose'? While there are songs with this title, there are no widely known movies or TV shows with exactly that name, but the phrase is often referenced in dialogues and plot themes involving desperation or risk-taking.

Related keywords: desperation, risk, surrender, hopelessness, final chance, recklessness, despair, giving up, desperation mindset, no options

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