

Movie Review: Adrift



By

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Adrift is a story of love and survival. Love birds Tami (Shailene Woodley) and Richard (Sam Claflin), set out to sail from Tahiti to San Diego and get caught in one of the most powerful hurricanes to ever happen. Their boat capsizes and is damaged, and Richard is badly hurt. Tami then takes on the fight for her survival and the love of her life's, not losing hope. Watch this breath-taking love story play out now that it hit theaters June 1st. A great watch for those who crave love with the chaotic, intense twist of the struggle to survive.

***Adrift*, although having a natural disastrous twist, is about the perseverance of love and not losing hope due to that love. Read on to continue reading our [movie review](#) and get some tips on how not to lose hope when you're in love:**

Should you see it: Yes! *Adrift* has a good story line that can keep our eyes glued to the screen. With the topics of love, hope, and fighting to survive with your loved one – we will get the intensity we are asking for.

Who to take: Take your other half or a friend. Grab some drinks and snacks, sit back, and enjoy the movie. The plot is good for whoever likes a love story and/or a movie of surviving a natural disaster.

Cupid's Advice:

Sometimes we find ourselves in a situation that we feel has no remedy. And yes, there are times that this is true and we have no choice but to move on. However, there are also times where we shouldn't lose hope. Here are a few mental techniques to keep yourself hopeful in what feels like a hopeless situation:

1. Be appreciative: Evaluate the situation and see what you should be glad for. Think about the positives of the situation and how things could have been worse. Then, appreciate the situation you are in before fixing it. At the end, be glad you're learning from all this.

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2. Think it through: Most of the time – where there is a will,

there is a way. This brings us to evaluating again, but this time in search of a solution or something to calm things down a bit. Sit down, think deep about what's going on, and ponder it all until an idea comes to mind. Don't be shy to ask for help either, two heads are better than one after all.

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3. Be positive: It is easier said than done, but whenever you think of the situation negatively, push it out of your head. Think about what is to come and how things will be okay again. Look ahead. Things may look glum now, but they will get better. Positive thoughts can bring positive outcomes – like the law of attraction states.

What tips do you have? Share below!