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Prologue

10 years ago I went through a very stressful situation maintained over time, as a result, I lost my sleep, my thyroid gland and my sanity, or was it my sanity, my thyroid gland and my sleep, or was it my thyroid gland first? What difference does it make!

Anyway, the result was that I ended up in a psychiatric ward/asylum and was diagnosed as "post-traumatic stress disorder"

What I experienced then was my own "dark night of the soul", and I sincerely believe that not only enlightened mystics suffer from that condition.

10 years later, I am able to share my experience with other women, who like me, are looking forward to be the best version of themselves, enjoying the process.

At that time, I was living a life that I considered healthy, working out, doing yoga, meditating, eating healthy, I had a great family, a supportive group of friends, nevertheless a situation of great stress led me to an incomprehensible disease.

I realized that, although everything seemed perfect in my life, the truth was that deep inside it wasn't the case, I was living the life of others and not the one I really wanted, but ... What did I really want?

"If one does not know to which port one is sailing, no wind is favourable." Seneca. I had been full sail, adrift, at the mercy of the winds of others, to the shipwreck.

In the depths of the ocean I discovered Viktor Frankl and his book "Man in Search for Meaning": "Everything

can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

And this is what I have been doing in the last 10 years, first finding out what drove me to collapse, then how to recover and finally how to get the most out of my life, regardless of the circumstances.

I discovered that there is no such thing as bad weather, only unsuitable clothing.

This manual contains the wardrobe that has helped me get out of my dark night of the soul and it continues to help me, my clients and students in the day to day. I hope these stories help you light up your life or the life of someone you know.

Albert Einstein said: "The world we have created is the result of our thinking." If you do not like your world easier than changing the whole world is to change your thinking.

My intention is that you can achieve the best version of yourself, with a sense of curiosity and adventure, so you can learn, experience and enjoy more everyday.

One of the most endearing learning contexts for most of us have been stories, usually the tale, but none of us wants to be Cinderella, at least until the end of the story, and in my case, not even at the end. How boring!

I have always felt comfortable using metaphors, stories and tales as a very useful tool in the process of learning

and development because, as Maya Angelou said, "People will forget what you said, will forget what you did, but they will never forget how you made them feel. "

This manual was created for you, so you can rewrite the story about yourself.

Once upon a time ... Through this collection of stories and metaphors, you'll learn to rewrite your past and reinvent your future. What would it be like to be the writer and main character of your own story?

Once upon a time there was a queen, searching for the meaning of her life ... What if we stop telling stories and start living our lives? Let's get started. Are you ready?

Live life,
live
YOUR
life.