

The title of the book is light.

gratitude

to all the people I meet along the way who contributed to the development of the idea and the writing of this book I am grateful to all the situations that happened in my life that led to changes new directions new ideas that gave me the motivation to change my life situations on situations and things from the other side from a different angle And not the way I looked at it before I am grateful to all the people who helped me on my way, but I especially want to highlight my mother Valentina pink my father Vladimir pink my brother Andrey pink and my my mother, my first mother, who gave birth to me, which I almost don't remember because she died when I was five years old, but I am very grateful to her because she gave me life and taught me a lot despite such a short time that I knew her during her life to my second mother to my father to my brother I am grateful for everything they have done for me in life, this is everything that they taught me and all their love and care, and unfortunately my brother, my father is no longer with us, but the situations associated with them taught me a lot, they also taught me a lot to be strong AND live and go towards my goals no matter what or even not that no matter what afraid of being strong and being able to overcome difficulties and be able to probably stop at the moment when you need to stop your mother second mother Valentina pink I am grateful for everything that she dedicated to me for all her time for all her care for everything I support and help we have very different characters and as if there was a lot of conflict and a conflict situation in which I will also mention the very best books, but I am very grateful to him because she is my mother and she taught me to be strong. I am also very grateful to my beloved Mario because he changed my life and he taught me to also look at things from a different angle, look at the situation from a second absurd side And see things in a slightly different light He changed my life And without him my life would not be the same what she is now. I am grateful to all my acquaintances and friends that I have around the world, even if sometimes we don't communicate very much and maybe someone I haven't communicated for a very long time, but I still believe that contact exists and in my thoughts I very often remember people with whom I don't even communicate for one reason or another. I am very grateful for all the lessons of life for all the lessons that people have taught me. Thank you. I hope you enjoy my book.

Why am I writing this book? Probably because this book is very important to me. and because writing this book will help me not to overcome difficult moments within myself and will become the starting point for a new life, or at least the starting point for subsequent changes in my life. also w.i. I sincerely believe that this book will be able to help many people who may be in similar situations in their lives or are experiencing life difficulties. I really hope that this book will teach you to be stronger, to find a solution in difficult life situations. Oh, not to be afraid to seek help and support, and also to find prudence and positivity even in the most difficult situations. In this book I walk my path. and he was not always light and light. and it wasn't always positive. On this path there were many losses, many difficulties, there were many dark thoughts, and a lot of searching. search for answers to questions. in search of myself. in search of a better life. search for love.

These situations, thoughts, and search I think are familiar to very many people. probably there is not a single person who is not looking for anything in his life. Probably the whole path from the moment of birth to the moment of death can be called some kind of search. and it is unknown whether He ends after the moment of death. even if you are not looking for anything consciously, the search may be subconscious. it can occur when you are in a crisis situation, when you have some kind of transitional period in your life, when you are not satisfied with the situation in which you are at the moment of life and you want changes. on the topic of search, I get more in-depth later in my book.

this is a book about how I learned and am still learning to live my life, and not live the lives of other people. I am learning to live here and now, to be grateful for everything that I have, a book. this is what I went through. I practically rebuilt myself with the help of my close family physicians AND my own desire to live a fulfilling, happy life. I am currently completing my psychotherapy course and hopefully soon I will be able to help other people in their life journey.

Where I am?

I opened my eyes. for the first thing I saw was a dropper and some devices with wires. The dropper was connected to my hand and the drops dripped monotonously 1 by 1. It hurt my hearing a lot, And the incoming light irritated my eyes. the man bent over me checking the

drip. the moment I opened my eyes and saw all this, I felt like I was being thrown into a cot in an ambulance. as if you threw me from somewhere above. I felt very warm and comfortable, but I didn't remember anything that had happened until that moment. A reboot has occurred. I clearly felt that everything that had happened before that moment was already the past. The self that was in this past is no longer relevant in this present. everything that was up to this moment felt like a shadow, a haze, a fog. It was Quiet no one asked anything and said nothing. Or maybe I just didn't hear anything.

We were driving somewhere. I did not know what would happen after we arrived somewhere. I felt completely calm and did not care what would happen next.

I had absolutely no feeling of anxiety, there was no Panic and I was not even surprised by this. I was just in this period of time cut off from the past and not knowing what will happen in the future. I did not hear people around, but I felt how the car was going, And I felt myself in this moment, I listened to myself ...

I remembered how I got here.