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Imprint

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Dedication

This book is dedicated to all humans, parents and kids all over the world and my lovely son.

The world has changed, and none of us can go back. We can only do our best. And sometimes the best we can do is to start over.

My thanks go out to my son and the children I was able to help. I have put this information together with a lot of love and an enormous effort over 20 years and combined with many setbacks. The love for a child can change everything. His nature and his character have led me to write a guide and idea. My further thanks go to the people who have their heart in the right place and are not afraid of any effort to develop themselves further. My sister is just such a person. In what has become a very noisy world, it is very difficult to make the right decisions and use them in daily life. To realize this book a lot of people and encounters (unfortunately also terrible encounters) were necessary and took more than two decades. On the one hand to process the information and on the other hand to put it on paper and to check its content. Actively 8 people have participated in this book. A world flooded with bad information and misunderstandings no matter where you look. This can be very confusing and tedious. In this book you will find valuable information that may change everything. In a positive sense, where you can still maintain your values. I would like to state the following and I live by this motto every day. This is probably also true for many of you: Fate rarely calls us at a moment of our choosing.

If account of the times is inscribed in the cosmos, then those who exist long after us may know, that this was our best hour.

Introduction

Born and raised in Zurich (Switzerland) in 1985, I loved being a kid and discovering the world. Today I passionately share this gift with my son, and he loves it. I am united by the nationality of 2 continents. As a child, I was good at hiding the fact that I had physical problems. It was hard for me to understand why my body was fundamentally different from other people. Spinal disorders, arthritis, and rheumatism. After consulting about 30 doctors at the age of 16, almost no one could give me a reasonable answer as to why I had this terrible pain. Over all these years and thanks to help from many people, I also realized how it could come to this. At this point I do not want to assign blame. That is and never was my way of thinking and acting. The main reason was my way of thinking. And the use of the left and right hemisphere of the brain. Well, try to teach that to a child. At that time, I couldn't and didn't want to understand it and it took me some time to understand it. Only in the course of my life I was able to find the causes and the solutions. In the meantime, at the age of 37, I was able to overcome many obstacles and always learn more. Books have helped me a lot. I was also allowed to travel to over 35 countries and get to know different cultures/languages and people. This has also helped me a lot to develop as a person and it still does today.

All of us have to recognize that there are other people and rules of nature and physics, which are there to respect certain circumstances. And exactly these people and laws, know more than we ever dare to dream. This is true for every human being on this planet. Also, for a Dalai Lama or the richest people of this world. Reality is often disappointing. And without sacrifice there is no victory. But that should never take away the hope of giving up his life.

Brief Story of time

Introduction

Time? What an ingenious topic in my opinion. Everything we humans do, and experience happens in a moment. We cannot say how long it goes until an event occurs. If at all. Only one thing is clear, one day we are no longer there. A logical consequence of life.

How often have you heard the sentence: Life is short or too short! Everybody wants to tell you what to do and how to behave. Starting as a child when your parents tell you what they think. I must admit, I do not think too much of this statement. Many acts in the here and now, which is actually very good and reasonable from a spiritual point of view.

In a world where the pressure is daily noticeable and we have less and less time, this topic is more important than ever. The influence of social media is of course very present and a huge issue. I could write a whole book about the time and would blow up every frame of this book. For this reason, I will be very brief. Every day, each of us faces this issue. Consciously or unconsciously. Some count the seconds, minutes, or hours of a day. How often do you experience the situation where even close friends fail to reply to you on a message. Or simply stick to an appointment or deadline? The ridiculous reasoning: I don't have time!!! Wow. A woman wants to meet a man or vice versa. The response times are getting longer and longer I have noticed and talked to over 500 people who are of a similar opinion. Some answers no longer because they are so 'busy'. I see it like this: If someone is not able to answer, to keep appointments or to perceive them, is as a person mercilessly overwhelmed or has too much to expect. Of course, such people will never admit that they are overwhelmed and continue to do exactly the same. Regardless of whether this is important for other people or not....

The great intelligence

The 5 characteristics

A question that concerns us more and more and challenges us every day again: How intelligent is a human being? How can we determine the intelligence of a person and what other characteristics belong to this important topic? It is underestimated and not talked about enough. I had to realize that in today's world there are big discrepancies between reality and what we believe. In connection with this topic, there are also others. For this reason, I have chosen the following 5 topics for this chapter to illustrate how important they are. I have divided it into these areas:

The intelligence of a human being

The intelligence quotient and the emotional intelligence quotient.

Here I want to explain the differences and what makes people really Intelligent.

The brain and the importance of the left and right brain hemisphere

The brain is a very important and complex subject, so I would like to explain only the variant of the left and right hemispheres of the brain. These are very essential and determine most of our personality.

The niceness

Unfortunately, niceness is not a positive quality in the classical sense. It can harm you very much if you tend to be very nice. Therefore, I would like to show you how niceness is bad and how it is possible to work on it.

The Cassandra Syndrome

What is the Cassandra Syndrome and how does it affect our lives. Additionally, what Cassandra Syndrome has to do with niceness.

Mentally Highly Efficient

Who are these people and what do they have in common with all these issues.

At first glance, these topics could not be more different, but they have a lot in common...

Partnerships and relationships

Different art of relationships

A very difficult subject for all of us. As a baby, we are born directly into a relationship. The one with our parents. Throughout the years of our lives, we are challenged and virtually everything has to do with a person. You know it all too well, a partnership begins and at some point, it ends. It can be private or business. How often do I hear people on the street complaining that they always end up with the wrong person? Well, if this is the case, it only means that your resonance field is not right. At this point, difficult decisions have to be made and the old patterns have to be discarded. Otherwise, you will get the same result over and over again. Unfortunately, partnerships always have to do with feelings. Means in plain language sometimes you will be disappointed and sad. But this is part of our existence. How many people have I met who have said to themselves, they withdraw and do not need a relationship. This is half the truth. Every person has to be able to live with themselves first and foremost. This means spending a lot of time with yourself and understanding who you are and what you want to achieve. The only question is if you want to do that and when. When is the time to do this. In my case after the birth of my child.

The most difficult of all relationships is the one within the family. Parents / siblings / grandparents / children. Just because you have a family does not mean that everything will be perfect. Of course, there are families that have really mastered this wonderfully, unfortunately these are great exceptions. Depending on the culture and religion, this can be an impossibility. Parents or children who are not willing to listen and find solutions will have an incredibly hard time. And sometimes the best thing we can do is start over. Of course, you can seek advice from friends or a therapist, but often these people have no understanding of what you are going through and so we are back to the point that you are responsible for your own life. The best of all solutions is yours. Not mine, not your neighbor's, not your parents, but you have to live with it. Do you know how many parents already have a life plan for their children, at least subconsciously. Children of stars, children of athletes, children of musicians and of famous people...

Social Media

Story written by Laura Martin (25 years old, Switzerland)

People refer to social media as digital media and methods that enable users to network on the Internet, share ideas, and create and share content. It is intended to serve networking with like-minded people. The term "social media" is also used to describe a new expectation of communication. This is meant to signal that it is more than just individual media or channels. It is meant to support the rapid dissemination of knowledge, opinions, experiences and other information. Unlike traditional mass media, there is direct contact from sender to receiver and vice versa. Text, images, audio or video are used as means of communication. Among other things, the intensive use of social media characterizes the digital lifestyle.

It is the totality of digital technology and media such as weblogs, wikis, social networks through which users can communicate with each other and exchange content. This includes platforms such as Facebook, Twitter, XING, LinkedIn, Pinterest, Instagram and many others still.

When using social networks, the chemicals dopamine and oxytocin are released. This triggers many positive feelings in us. That's why we want more and more of it. It is part of our self-expression, showing others and ourselves what we have and can do. Some companies have recognized this gap and more and more platforms have emerged that offer these services.

The topic of social media will continue to shape us for a long time and will gain more and more attention as time goes on. It offers possibilities and opportunities for many that we didn't have available 30 years ago or more.

My mental state quickly allowed me to stop using social media the way many others do. I never wanted to use my skills for the digital world. I have seen many influencers destroy their lives with being online daily. Not only does it ruin lives, but it also ruins many brain cells if used incorrectly. Our brains are not prepared for the amount of information we encounter every day. So, it is clear that on the other side we have losses with our way of thinking, with attention, storing certain information and much more.

I am not saying that we should not use social media. On the contrary, I think it is a good thing when used correctly. However, in the wrong hands and used in the wrong way, it can do you more harm than good. I was never the one who had to follow every trend, I didn't have Facebook or Instagram for a long time, and I still don't use some portals to this day.

It's perfectly fine to use social media but use the platforms wisely. You don't have to follow everyone just because everyone else does. With enough research, you can find out well what or who suits you.

I see numerous individuals on public transportation all the time, glued to their phones and focusing all their attention on a device. How much emotion is lost here. Many are quickly overwhelmed with even the smallest tasks. Some can't even get a grammatically correct sentence out. I often ask myself how these people imagine their future. So many people who feel abandoned, who can't commit emotionally. A multitude who have to see a psychologist and suffer from depression at a young age. I don't want to drag the world of the 21st century into the mud, but positive thinking won't get you very far (because a lot of people don't even know what it means to think positively). It's hard to prepare for this time and not go under. To be strong and go your own way...

Books and movies

Books

How does an author of a book get the idea to write something about books or movies. The answer is quite simple: it is extremely important. Not only for the development, but also for the understanding of information and hidden messages which these contents want to convey to us. In this brief chapter I will not suggest books or movies, no, but we will devote ourselves to the topic of how we should read books and watch movies. And what alternatives there may be for the future. Among other things, videos on YouTube. How we can/will educate our children and certain movies could have a great impact on your life.

If you look around today and see that parents are already giving technologies like tablets to a 3-year-old child, here's what to consider about that. Basically, this is nothing reprehensible, as I used to think, but it depends on what and how it is shown to a child. I made it a habit: no matter how much work I had, to watch every single movie together with my son. No matter how many times I've seen the movie. And in doing so, I try to explain the key scenes to him. I start this capital first for the kids. Well, yes, we were all kids once. Thus, even as an adult person apply rules that can be used to develop.

From about three, four years old, children can already do more with picture books, child-friendly TV shows, short children's films, and other media offerings. But it is still very important that these are tailored to their age. Younger children can't tell if what they're seeing or hearing in the media is real or artificial. Three-year-old may still be looking behind the TV set or searching in or behind the smartphone to explore where the characters the story is about live. They cannot yet clearly distinguish between the technical apparatus and reality. Until preschool age, children also often only absorb individual parts from films and broadcasts and are often not yet able to follow an extensive plot. They are enthusiastic about simple, entertaining, and also exciting stories with short incidents, magazines or computer games and apps that are made for this age...

Entrepreneur

Definition and information

An entrepreneur is a natural or legal person who operates a business alone or together with other co-entrepreneurs (Wikipedia). Before I continue writing here, please pay very close attention to the definition. By law (at least here in Switzerland), this strictly means that anyone who does not have a business is not considered an entrepreneur by definition. How many people do you know, who do something, but without legal background, let alone that this was looked at with the tax office or an authority. Taking a path as an entrepreneur may sound very easy to many. I have been dealing with this since I was a little kid, and I can tell you it is anything but easy. At this point it should be mentioned clearly: For some people (no matter in which profession) it is easy, and these people can also become successful very quickly. However, this is a rather small part of the world population to which this great gift comes.

For some, trying something new all the time is the order of the day. It takes a lot of courage and time to build a business for the future. A long way in my opinion. In a fast-moving time, I think many will break it to build something over decades or longer. A short but important look at the statistics shows the following picture: from 10 companies after 5 years about 8 will be bankrupt. A frightening number. This is where the people who understand what this means come into play. So, the question should be: What did these 8 companies do wrong?

At this point there could be millions of reasons: ...

Popular Businesses

Introduction

We spend two-thirds of our lives working. Well, this is a very long time. Some of us spend more time working, some of us less. But you can say, much of our life is determined by daily work. In this exciting chapter we explore several questions. One of these questions will be what the labor market of the future will look like. We will also discuss the difference between public and known professions and other professions. You know this very well, because each of us does it, as a child you have ideas/plans which are hardly implemented in old age when it comes to choosing a profession. Only a very very small part of mankind will perform the work that he had in mind as a 6-year-old child. Or did you have the idea to become an accountant as a 6-year-old? Probably not. The known ideas of children are mostly astronaut, policeman, doctor, or sportsman/musician/actor (of course there are some others).

It is also necessary to note in which country in the world you are. Because also in this way rather occupational groups are created. And also, the family situation plays a considerable role. If over different generations always the same occupation was exercised, you are practically born into this occupation. A sometimes-difficult hurdle to get out of this profession if you no longer want. Often parents / grandparents or children are then disappointed by a decision. In the end, everyone must make this decision for themselves and stand by their decision.

As a teenager, you usually have to decide what kind of education you want to do. However, this does not mean that you have to do this for the rest of your life. A reorientation can also take place later in life. I decided to become an entrepreneur at the age of 32. I had the original idea to become an entrepreneur at the age of 23. However, my plan was different. Namely, first work, meet people and gain experience.

Starting position

The dream idea could look like this. Earn a lot of money, work little, and be absolutely thrilled about his work. As advertised in some well-known books and success coaches, these people have the idea to be able to achieve it and want to share this idea. In some very few cases quite realistic. But for 90% of people this will not be feasible. The other question would have to be, if you work little, what you do with the rest of the day? Have fun? It won't be that simple, because otherwise hardly any millionaires or billionaires would continue to work. This is one of the reasons why lottery millionaires lose their money or die. Financial literacy is the other explanation. Quite simple.

Every person makes his own decisions. The right occupation for some is very quickly clear, visible, and logical even at a young age. Unfortunately, this is not true for everyone. There are millions of examples of this, that only in old age the true ability is revealed. For example, you can be very good at something and earn a lot of money, but it does not fulfill you. If you then decide to do something else and start all over again, it can be a huge challenge. And here, of course, the brain will have an objection, because you will not earn the same salary in the first few years. For this reason, many people find it difficult to learn another profession after a certain age. Questions will arise such as: I will earn nothing 'yet'. Or who will pay for my new training if not my employer? How can I afford an apartment? How will I be able to send my children to this school? As you can see, there are many thoughts that come up when deciding on a job that should be fun and bring in enough money. In principle we can state the following: Inner satisfaction, love for work and a strong compensation for the work done could be an approach...

Rich vs. Poor

Rich vs. Poor

The gap is widening:

At this point, our attention is not only focused on the financial aspect, but also on major errors and the resulting damage. And they are huge. If you want to buy a would-be financial book that will be of little use to you, then do so. Here we look very closely at what has happened and also at the thought processes between these 2 social classes and we start with an everyday example: an example of an experiment by UNICEF.

This is how unequal children are treated

Would you help a child in need? Even if their clothes are broken and their face is dirty? In theory, everyone would probably answer these questions in the affirmative - but the reality is quite different

Tbilisi (capital and the largest city of Georgia) - Using hidden cameras, UNICEF filmed a six-year-old girl wandering alone through the streets of the Georgian capital Tbilisi - once in a pretty outfit, once in run-down clothes.



While little Anano in a fancy coat and with a pretty hairstyle is immediately offered help by numerous passers-by, the exact opposite happens during the second attempt, where the girl stands on the street with unkempt hair and worn-out clothes. No one gives her a glance or offers the girl help.

Experiment aborted

Even more shocking was the result of the experiment in a restaurant. At first, the girl in her pretty dress was the center of attention in the restaurant. When she slipped into run-down street clothes, she was loudly sent away, handbags were pulled closer and even a waiter asked to remove the girl from the restaurant. The experiment had to be stopped shortly after, as Anano could no longer bear the rejection.

So much for clothes not playing a big role. But they do, and unfortunately so do many other things. Would you help a homeless person or drug junkie. I think rather not. So, we can also clearly state that clothes and appearance will play an important role, also in the future. As sad as it may be, you can't close your eyes to the facts.

Wikipedia gives the following information about wealth:

Wealth refers to the abundance of objective or spiritual values. However, there is no universally valid definition, since the idea of wealth depends on culturally shaped, subjective and in part highly emotional or normative value concepts. In modern industrialized countries, wealth is often referred to exclusively in quantitative terms in terms of prosperity and standard of living, although it cannot in fact be reduced to material goods. The importance of intellectual wealth is often underestimated. In social terms, the creation of wealth requires the generally accepted agreement that things, land, or money belong to someone, and that this ownership is protected. Thus, wealth is (or was) unknown in egalitarian societies. The cultural difference of the term is sometimes the subject of heated debate...

Stories of successful billionaires

Introduction

In the following chapter, our attention is not on wealth, no, it is on history and people. I learned early in life to look at things from very different perspectives. Thus, completely new ideas and ways emerge, which for me at least were of very great importance. Since every person in the world is different, we can never apply certain patterns to everyone in the same way. This is true for almost all parts of life. Both in the diet, health, love, financial freedom, or many other topics, just to address some.

Of course, there are books, which biographies of every successful person of our time or earlier are verifiable. The following people are only examples and could be other exciting people. A part of the following persons come from the share business and have accordingly also with the stock exchange and the trade to do. The importance of an investment is still a current topic worldwide and accordingly the importance is very great. I hope you as a reader recognize the stories and sometimes their context. Also, exciting to see is the age difference/the experience/the proceeding in young years and above all, that nothing, but also really nothing happens overnight. Everything is a process. That will always be the case. Who happens a stroke of luck and had a lucky hand, will have to fight with problems later.

I am fascinated by the development of each person. I find it very interesting to see what is possible and the development that can arise. I live by the motto: that I can read as many biographies as possible and will still read to understand how some people can overcome their fears and blockades and always improve and pass this on, also to their children, I hope. If you know a story of one of these people very well, you are welcome to move on to the next chapter. If not, please look at the stories from different angles...

31 Bridges

WARNING IN THIS BOOK YOU WILL GET IMPORTANT INFORMATION... it is time to stop wondering what is important and necessary, - BUT to know.

Possibly the most important information book ever written.

People fear what they do not understand. Misunderstandings and insults arise more and more.

To be free in a world that puts so many obstacles in your way, not an easy task.

To find your way in this world we live in. The greatest challenge.

We are ignorant in an all-knowing world. So many opinions and yet so little knowledge.

Our only task, which we have set for ourselves, is to share our information, which we have collected over the years, with the world. On the path called life.

To evolve in a time in which many things are alive and everything is a connection, but still many are so foreign to each other. The book is meant to endure times and be a support. Inspired by the information of great personalities. We should not change our nature by force - not let ourselves be influenced by wrong people - but rather strengthen existing potentials. This is exactly what this book is intended for.

In a noisy world we are desperately looking for answers, but we can't find them. Everything is moving too fast, and we are constantly searching. Sometimes we don't even know what to look for. We feel empty, lonely, sometimes happy but often we lie to ourselves and others.

In this book you will find unconventional and sometimes extreme ideas and information. Collected from a value system that comes from the great thinkers of past days and improved by the individuality of our time.

By extreme we simply mean OTHER and usually the opposite of what everyone else around you is doing.

Almost everything we point out contradicts what is taught in traditional books, schools, or associations.