

## FOREWORD

We live in a society that conditions us to be or have something that they classify as a success. I'm talking about things like having a partner, a house, children, a stable, well-paying job, a good car, a group of friends, a college degree, etc.

All those rules have created a stereotype that we have to live up to, and not doing so is a failure. There are so many rules that not complying with any one of them makes us immediately feel dissatisfied.

It doesn't matter if you have a house, a partner, a degree and a job; if you have not had children you are no longer a fulfilled person. Or maybe you had kids, but got divorced, and you feel the same sense of failure inside. You may have a job, a home, a car, but you don't have a degree, or maybe you don't have a group of friends and that makes you unhappy.

Either way, is all of that what you really want?

Most people build a life based on those rules and norms created by society and pursue an external stereotype and turn it into their dream, instead of following the true longings of their soul.