

# THREE YEARS TO CHANGE YOUR LIFE

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## FOREWORD

We all dream of a better world, and sometimes attempt to change people around us. As for me, with the inspiration of the Mahatma Gandhi's word ( Become the change you wish to witness around yourself ) , I was in a mind to start up with myself.

"Three years to change one's life" was written from the bottom of my heart. It is the tale of my experience : what I' ve lived, felt , received, understood, the most important steps of my path, far from being over since we constantly evaluate.

Why would I share such an intimate pathway? I just hope to bring answers to questions you may be confronted to. If you feel you're not getting what you should and wish to start life anew, if you need to reconnect with yourself, I'd like to provide you with the necessary courage-I had lost all of it at some point-, show you that everything's still possible and you're not alone in your quest.

I'd also like to share the ways and means I have discovered to reach serenity, as it's not always easy to know where to start when you want to work on yourself.

Without changing everything drastically, we can improve a few aspects of our lives in order to find peace of mind, and lead the life we've always wished for. It is never too late to learn how to appreciate the steps on our life path, the ones that enable us to enjoy our luck and happiness.

My tale is meant to transmit the energy to change, to give you the impulse you need during uncertain times.

Thanks to several people who helped me with a sharing inclination, I intend to share my experience with the same frame of mind. That is why my project was supported by Crowdfunding, via Mymajorcompany. You've been numerous to participate and to genuinely offer your support; we reach better achievements by sharing with a network.

My story is a simple one. What I have achieved, you can achieve as well. We all have our doubts deep within ourselves, until a voice from inside comes to our help. Sometimes it manifests itself in the outside world, like a wink to destiny, through meetings, discoveries...

Here is how everything has changed in my life.

What if everything changed in your life too?