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THE COMPASS

FROM SURVIVAL MODE TO CONTROL OF LIFE

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INTRODUCTION:

The Lost Seasons and the Daily Miracles

Today, I live in a different environment, in a different reality. I no longer need to operate in desperate survival mode. However, even surrounded by peace, there are moments when my body and mind react automatically, as if they were still on the battlefield. It's a reflection of the trauma of someone who fought for a long time not to sink. In those moments, I stop, breathe, recalculate everything, and remember: I need to relearn how to live.

To live consciously is to feel, see, and observe every detail. It's entering a new world that, in truth, has always been there, but which I passed through blindly, numbed by haste. Today, I see an indescribable beauty in the simplest things. For more than thirty years of my life, I didn't perceive the nuances and differences of the seasons. More than thirty springs and thirty autumns passed without me truly seeing the leaves fall and then be reborn. I didn't see the flowers emerging after the harsh cold of the landscape, nor did I perceive the shades of winter. In fact, there are not few shades; there are many. I thought life had few colors, but today, after more than thirty years passing before my eyes, I realize that they are infinite, and only now can I see details I had never seen before.

When we move beyond survival mode and truly begin to live, we start to love where we are, the people around us, and what we have. Life becomes more positive, more magical. We begin to see miracles every day, incredible things happening right before our eyes, things that exhaustion previously prevented us from seeing. This book is an invitation for you to open your eyes too, before more autumns pass by in vain.

SUMMARY OF THE WORK: The End of Voluntary Servitude

This book was not born from polished theories or distant academic thoughts. It was forged in the trenches of real life, in the abyss of chronic stress, in bankruptcy, and in the arduous, yet liberating, process of rebuilding.
We live in a system designed to capture our attention and deplete our resources. Without realizing it, most people have relinquished control of their own existence and become passengers on a ship adrift, reacting only to the winds of urgency, bills to pay, and emotional exhaustion. The boundary between living and surviving is the difference between mastering one's own course (being the captain) or being swallowed by the sea (being the passenger).
Throughout these pages, we will make an honest diagnosis of your current reality. We will explore the biological and psychosomatic reasons why stress destroys our capacity to feel joy, and we will provide practical tools—the engineering of pauses, mental protection filters, and the mastery of attention—so that you can break the inertia, stop the leakage of your vital energy, and build a life with emotional and financial autonomy. True freedom is not the absence of storms, but the unwavering ability to navigate them.