## 7 ways, 7 days

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Schrijver: Firdaus Ak ISBN: 9789464480542

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## "If you want to be strong, learn how to fight alone!"

I don't know where to start or where to end. But what I do know is that I will continue this until it stops of itself. Sometimes you have to go after your feelings and sometimes you also have to listen to your heart. Follow your path and every step you take will bring you closer to your final destination.

So I follow and I take the step. I write and I listen. You talk and I remember, you ask and I answer. You read and I continue...

There is always one person who motivates you in this life.

That's the reason why I see you as a life lesson that I have learned a lot from and can still learn from day to day. I have learned to be strong and to be on my guard.

I have learned to be able to laugh again and stand up for myself.

And that is what I want to give you as a reader. Don't give up because there is always a way out. If a door closes, another door will certainly be opened for you!

Sometimes you meet people for a reason and you are the reason that I have become more aware of life. How do we deal with certain situations? Do we have our emotions under control?

Or do we let our heart speak?
As long as you follow your path and listen to your heart it will only get easier.
7 days and 7 ways are yours!

No one will be able to understand you until that person gets to know your true you!

And that is exactly why I write about you.

Just you...