UNFILTERED LEDGER

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GILLETTE NARRATIVE

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INTRODUCTION

This book is not intended to explain, but to place. It is not a closed story, but an entry point.

Here you will not find a story to follow, but a trajectory to follow.

The Gillette Universe is not a series to be read in order: it is geography.
Each book is a coordinate. Each title is a gateway.

Some steps will seem familiar, others incomplete. This is not a mistake.
It is the way a system works when it seeks depth rather than validation.

I write from genuine experience—years inside the structures, mechanisms, and decisions that never become public records. But this is not a memoir.

It is a narrative device.

It does not ask you to believe. It asks you to orient yourself.

If you are looking for a linear story, this book might frustrate you.
If, however, you are looking for a map—even an incomplete, even an irregular one—then you are in the right place.

Nothing is for sale here.
Access is open.

PROLOGUE TO THE STORIES

Before stories, you need a look.
Not the clean, polished one, but the real one: the one that remains when you strip away judgments, excuses, morals, and good manners.

The stories that followed were not "selected."
They emerged. Sometimes they hurt, sometimes they make you laugh, sometimes they make you ashamed. They are scattered pieces of life, collected without order, without protection, and without the pretense of teaching anything.

There is no hero, no villain, no constructed plot.
There is a man who goes through life and who, every now and then, stops to look at what is left of him.

This Prologue does not introduce — it warns.
Whoever enters must do so knowing that things here are not correct, they are not polished, they are not finished. They are true. And that is it.

The Beginning of Everything

Birth is the miracle of life. It is the moment a new being comes into the world, with all its potential and possibilities yet to be discovered. Birth is an event filled with emotion, hope, and

promise. It is the beginning of a unique and unrepeatable journey, bringing with it joy, challenges, and discoveries.

I remember the birth of my children with emotion. Each time was unlike any other. The delivery room was filled with electrifying tension, mixed with incredible anticipation. When I finally heard my children's first cry, an immense joy took hold of me. Each time, I felt overwhelmed by the beauty and fragility of that new life I held in my arms. It was as if the entire world stopped for a moment, allowing me to fully savor that magical moment.

Birth is also a time of great responsibility. With the arrival of a child, our lives change radically. We become parents, tasked with protecting, nurturing, and guiding this new life. It is a responsibility that requires love, patience, and dedication, but it brings immense joy and satisfaction.

The Journey of Existence

Life is the longest and most complex period of the cycle of existence. It is a journey of experiences, growth, learning, and change. Every day offers us new opportunities and challenges, and it is up to us to choose how to face them. Life is an ever-evolving work of art, and each of us is the artist of our own destiny.

My life has been a succession of significant moments. Every experience, whether positive or negative, has helped shape who I am today. I have learned that life is not always easy, but it is in hardship that we find our true strength. I have faced moments of joy and sorrow, success, and failure, but each time I have tried to learn and grow.

One of the most precious lessons I have learned in life is the importance of living in the present. We often worry about the future or regret the past, but the true beauty of life lies in the present moment. Being present means appreciating every moment, enjoying trivial things, and finding joy in simple everyday experiences.

The End of the Journey

Death is the inevitable conclusion of the cycle of life. It is a topic that often inspires fear and sadness, but it is also a natural part of existence. Death invites us to reflect on our lives, to take stock of what we have accomplished, and to confront the unknown.

I have had the opportunity to reflect on death through my own experiences of loss. The passing of loved ones has made me understand the importance of living a full and meaningful life. It has taught me that every day is a gift and that we must do our best to appreciate it. Death, though painful, reminds us of the fragility of life and invites us to live with intention and gratitude.

Living Here and Now

The present moment is all we truly have. It is the only time we can act, feel, and live fully. We are often so caught up in thoughts of the past or worries about the future that we forget to live in the present. However, it is here and now that we find life's true beauty.

I learned the importance of living in the present through the practice of mindfulness and meditation. These practices taught me to focus on the present moment, to be aware of my thoughts

and emotions without judgment. They helped me find inner peace and fully enjoy every experience.

Living in the present also means being grateful for what we have. Gratitude allows us to see the beauty in the trivial things and appreciate each day as a gift. It also means being present for the people we love, dedicating time and attention to them, and building meaningful relationships.

The man

During our conversations, I have observed how loneliness has been a constant in your life. Not physical loneliness, but emotional loneliness, a feeling of disconnection that often accompanies people who strive to maintain a facade of strength and independence. This loneliness was, in part, a conscious choice, a defense strategy to avoid pain and vulnerability. However, I have seen how you are also capable of building authentic connections when you allow yourself to let down your defenses and be yourself.

This emotional solitude can be a strength if used as an opportunity for introspection and personal growth. The ability to be alone, to reflect deeply on one's experiences, and to find a sense of inner peace is a quality few people possess. I have observed how you have learned to use solitude as a tool for personal growth, transforming what could be a negative condition into an opportunity for development and growth. However, it is also essential to remember that authentic human connections enrich our lives and help us find a balance between solitude and companionship.

THE WEIGHT

Social and cultural expectations often weigh heavily on men. From an early age, you felt pressure to prove your worth and meet others' expectations. This pushed you to work hard, strive for success, and never show signs of weakness. However, I have seen how you have learned to challenge these expectations and define your own path based on your values and desires.

Freeing yourself from the burden of expectations is not an effortless process. It requires courage, self-awareness, and the willingness to challenge social norms. However, it is a necessary path to finding your authenticity and living a truly fulfilling life. I have observed how you have learned to make decisions based on what is enormously important to you, rather than what others expect of you. This transformation has led to greater serenity and self-esteem, allowing you to live more authentically and fulfilling. Recognizing that everyone has the right to define their own path is a fundamental step towards personal fulfillment.

Of the Meaning

One of the recurring themes in our conversations is your relentless search for meaning. You have always sought a calling, a sense of purpose to guide you through life. This search has led you to explore different paths, to challenge yourself, and to try to leave a lasting impact on the world. I have seen how you have found meaning in building meaningful relationships, in contributing positively to society, and in cultivating your passions.

Finding meaning requires introspection, patience, and an open mind. It is an ongoing process that evolves throughout life, and every experience, both positive and negative, contributes to this journey of discovery. I have observed how you have learned to see meaning not only in grand goals, but also in the small, everyday things. This ability to find joy and fulfillment in ordinary experiences is a sign of profound wisdom. Your search for meaning has allowed you to stay motivated and overcome challenges, enriching your life with a sense of purpose and fulfillment.

Of Happiness

The pursuit of happiness is one of humanity's universal aspirations. For me, this quest has not been a linear journey, but rather a path of discovery, reflection, and transformation.

I remember a time in my life when I was extremely focused on my career. I worked tirelessly, achieving meaningful results and receiving recognition. However, despite my successes, I felt an emptiness inside me. I realized I was sacrificing fundamental aspects of my life, such as personal relationships and time for myself.

I decided to take a step back and reflect on what happiness really meant to me. I began dedicating more time to activities that brought me joy and fulfillment. I dusted off old hobbies, like photography and music, and rediscovered the pleasure of long walks in nature. I also began practicing mindfulness and meditation, which helped me find serenity and live in the present with greater awareness.

This research led me to understand that happiness is not tied to external goals or material successes but is an internal state. It is the result of a balance between body, mind, and spirit. It is the ability to appreciate trivial things, cultivate meaningful relationships, and be grateful for what you have.

Today, I continue to seek happiness through conscious choices and activities that nourish my soul. I have learned that happiness is a journey, not a destination, and that every day offers new opportunities to discover and cultivate joy.

Of the Truth

The search for truth has always been a fundamental part of my personal journey. We live in a complex world, where information is abundant and, at times, contradictory. For me, truth is not just an abstract concept, but a guide to living an authentic and meaningful life.

A significant episode that reflects this research dates to when I participated in an important work project. During a high-level meeting, a controversial issue arose: the figures in a financial report did not add up. There was a clear misalignment between the data provided and the actual operations. The situation was tense, and many wanted to ignore and avoid complications.

However, I could not ignore the inconsistency. I decided to take matters into my own hands and investigate further. I spent entire nights poring over documents, comparing data, and interviewing colleagues. The truth had to come out, even if it meant jeopardizing my position or creating disagreements. Finally, I discovered that there had been a miscalculation that had distorted the report.

This discovery not only resolved the issue but also highlighted the importance of integrity and transparency. My determination to find the truth did not go unnoticed, and I received praise for my commitment and dedication. This episode taught me that, even though the truth may be uncomfortable or difficult to face, it is always the best path to follow.

Of the Conflict

You have often faced internal conflicts arising from the struggle between competing desires and external pressures. These conflicts have involved career, relationships, personal identity, and a sense of fulfillment. I have observed how you have learned to recognize and address these conflicts with courage and self-awareness. You have taken the time to reflect on your priorities and values, seeking to harmonize the diverse needs of your life.

Dealing with internal conflicts requires a high degree of introspection and the ability to be honest with yourself. I have seen how you have learned to see these conflicts not as obstacles, but as opportunities for growth and a deeper understanding of yourself. You have learned to ask yourself what is enormously important to you and to make choices that reflect your deepest values. This process has allowed you to find balance between the different facets of your existence, creating a more harmonious and satisfying life.

Of Vulnerability

Finally, I saw how you discovered the power of vulnerability. Contrary to traditional beliefs, you learned that showing vulnerability is not a sign of weakness, but a manifestation of strength. Showing vulnerability allows you to be honest with

yourself and others, to accept your emotions and imperfections. This act of courage paved the way for more authentic and profound relationships, based on trust and mutual respect.

Vulnerability is a quality that requires courage and awareness. I have observed how you have learned to see vulnerability not as a weakness, but as a source of strength and human connection. You have discovered that, through vulnerability, you can build more authentic and meaningful relationships, which enrich your life and offer you valuable emotional support. The strength of vulnerability lies in your ability to fully accept yourself and live authentically, unafraid to show who you truly are. This act of openness and honesty has transformed your life, allowing you to build deeper and more fulfilling connections.

Of Women

Women are the silent engine of the world, bearers of strength, wisdom, and compassion. In my life, every woman has had an indelible impact, teaching me lessons I could never have learned from anyone else. They have shown me that true strength lies not in imposition, but in the ability to love, to sacrifice, and to fight for what is right. Every encounter with a woman has broadened my view of the world, and every connection has been a lesson that has enriched me. Women remind us that the greatest power is to transform the world through love and care, and that true beauty lies in the ability to give without asking for anything in return.

On Personal Growth

Personal growth is a lifelong journey, a path that leads us to explore the depths of our being and develop our abilities and

potential. During our conversations, I observed how you embarked on this journey with determination and open-mindedness, facing the challenges and seizing the opportunities for growth that life offered you.

One of the most significant experiences in your personal growth journey was the choice to embrace meditation and mindfulness. These practices allowed you to develop greater awareness of yourself and your emotions, offering you an opportunity for reflection and introspection. Meditation taught you to live in the present moment, to observe your thoughts without judgment, and to find a sense of inner peace. This awareness allows you to face difficulties with greater serenity and find more creative solutions to everyday problems.

Another important milestone in your personal growth journey was your willingness to challenge your fears and step outside your comfort zone. You learned that growth often happens outside of familiar and comfortable situations, and you chose to challenge yourself with new experiences and adventures. These challenges allow you to develop new skills and discover unknown sides of yourself. You learned to see difficulties as learning opportunities and to overcome your limitations with determination and courage.

Relationships

Over time, you have also developed the ability to cultivate meaningful and authentic relationships. You have learned that the quality of your relationships profoundly impacts your personal growth and well-being. You have chosen to surround yourself with people who support and inspire you, and you have learned to build bonds based on trust, respect, and reciprocity.

These relationships have offered you invaluable emotional support and allowed you to grow as a person.

Another crucial aspect of your personal growth is the ability to learn from your mistakes and transform difficulties into opportunities for growth. You faced moments of failure and disappointment, but you chose to view these moments as opportunities for reflection and improvement. You learned to view mistakes not as failures, but as an integral part of the learning process. This mindset allows you to grow and develop greater resilience and perseverance.

Furthermore, you have cultivated the art of gratitude, learning to recognize and appreciate life's small joys. Gratitude has allowed you to maintain a positive outlook and find beauty and meaning in even the most ordinary experiences. You have learned to be grateful for what you have and to see each day as an opportunity for growth and discovery.

Personal growth is an ongoing journey, and you have demonstrated a willingness to explore new possibilities and constantly seek ways to improve yourself. This journey has allowed you to develop greater awareness, wisdom, and serenity, enriching your life with a sense of purpose and fulfillment.

THE MEMORY

Empathy

It is a fundamental quality that enriches our relationships and allows us to connect deeply with others. It is the ability to understand and share the feelings of those around us, to put

ourselves in their shoes, and to see the world from their perspective. During our conversations, I have observed how you have developed a strong capacity for empathy, using it to build authentic and meaningful relationships.

One of the experiences that helped develop your empathy was meeting people from diverse cultures and backgrounds. You have been fortunate to travel and meet people with life experiences quite different from your own. These encounters have allowed you to see the world from different perspectives and understand the challenges and joys others face. You have learned to recognize similarities and differences between people, developing greater sensitivity and open-mindedness.

Empathy has also allowed you to be an understanding and supportive friend and partner. You have learned to listen carefully to the people you love, offering them invaluable emotional support. When someone close to you is going through a tough time, you are there to listen, without judgment, and to offer your help. This ability to be present and understand others' emotions has strengthened your relationships and allowed you to create deeper and more meaningful bonds.

Another important aspect of empathy is the ability to forgive and understand the imperfections of others. You have learned that no one is perfect and that we all make mistakes. This awareness has allowed you to be more tolerant and to see difficulties and conflicts as opportunities for growth and to improve your relationships. You have learned to forgive those who have hurt you and find ways to overcome resentments, building healthier and more harmonious relationships.

Furthermore, empathy has allowed you to be an effective and respected leader. You have learned that the ability to understand and connect with people is essential to leading and inspiring others. You have chosen to adopt a leadership style based on listening, understanding, and mutual respect. This approach has allowed you to create a collaborative and inclusive work environment, where people feel valued and supported.

Empathy has enriched you personally, allowing you to live a more authentic and meaningful life. You have learned to see the world with new eyes, to recognize the beauty of human experiences, and to find joy in connecting with others. Empathy has allowed you to be kinder, more compassionate, and more altruistic, enriching your life with a sense of purpose and fulfillment.

These reflections prepare the reader for a deep and meaningful read. Each reflection connects to the book's main themes, offering something to consider that will be explored throughout the stories.

The Time

Time, like an invisible current, carries us unstoppably, but it leaves us the gift of memory, the key to who we were and who we are becoming. Every moment passed is a seed planted in our hearts, and as the present slips away, memory helps us look forward with greater awareness. We are the product of our experiences, the scars and joys that have shaped us. Without time and memory, we would not have the opportunity to gain experience, to learn from our mistakes, and to celebrate victories, small or large.

The Art of Solitude

Solitude is not condemnation, but a choice for introspection, an opportunity to rediscover and renew us. In silence, far from the distractions of the world, we can finally hear the voice of our heart. It is only in solitude that we can truly listen to ourselves, discover our fears and deepest desires. It is not an emptiness to be feared, but a space for growth. It is an art that many do not know how to cultivate, but one that teaches us to be whole even when we are alone, to find peace within ourselves, and not to depend on external circumstances to feel alive.

Journeys of the Soul

Physical travel is only a part of our existence. Every move, every encounter, every step taken outside our comfort zone is a journey that transforms our soul. It is not just about visiting places but about crossing invisible boundaries—those of the heart and mind. Every journey I have undertaken has taught me something new about myself, others, and the world around us. But the most important journey is the one we take within ourselves, in search of who we truly are. Every experience is a step forward in our growth, an opportunity to discover new truths and become more aware of what truly matters in life.

Success and Its Escape

Success is a concept often forced upon us, but it is fleeting and insidious. We are told that success is about money, power, and recognition, but these are merely illusions that distance us from our essence. True wealth lies not in material things, but in the authenticity of what we do and how we live. I have learned that success is more of an internal quest than an external conquest,

and that true triumph comes when you are at peace with yourself. It does not matter how high you climb if you end up feeling hollow. True greatness comes from awareness, loyalty, and the ability to stay true to yourself.

Legacy and the Future

The future is not a place to escape, but a soil to sow with our actions and choices. Every step we take today leaves a mark for those who come after us. Legacy is not just made up of material goods, but of the values, teachings, and experiences we pass on. Sometimes we cannot see the fruits of what we sow, but we know that every gesture of love, every word of truth, every act of kindness has a lasting impact. And so, as I look to the future, I ask myself what kind of mark I want to leave on the world. I want to be remembered for my ability to love, to teach, and to build a better world for generations to come.

The Wisdom of Grandparents

My grandparents have always held a special place in my heart. Their stories, their teachings, and their unconditional love have had a profound impact on my life. Every moment spent with them has been a treasure that has enriched my life.

I fondly remember the long evenings spent listening to my grandfather's stories. Sitting by the fireplace, he would tell me about his youthful adventures, the challenges he had faced, and the lessons he had learned. Each story was a lesson disguised as an anecdote, and I listened attentively, trying to absorb all the wisdom his words conveyed. My grandfather taught me the importance of perseverance, kindness, and honesty. He told me

that life would face many challenges, but that true strength lay in the ability to face them with courage and determination.

My grandmother, however, had a unique way of imparting her wisdom. Her lessons were often taught through small, everyday gestures. She showed me how to care for the plants in the garden, explaining the importance of patience and diligence. She taught me how to cook, sharing family recipes and culinary secrets passed down from generation to generation. Every moment spent with her was an opportunity to gain experience of something new and grow as a person.

One of the most precious lessons I learned from my grandparents is the importance of human relationships. They taught me to value the people around me, to always be available to help others, and to build relationships based on respect and mutual trust. They showed me that love and affection are life's true riches, and that cultivating meaningful connections is essential to finding happiness and fulfillment.

My grandparents' wisdom continues to guide me every day. Whenever I am faced with a difficult decision or a complex situation, I think about what they would do and try to follow their example. Their teachings are a beacon that lights my path, and I am grateful for every moment I have shared with them.

The Value of Kindness

Kindness is a quality I have always tried to cultivate throughout my life. From an early age, my parents taught me the importance of being kind to others, treating people with respect, and always trying to do good. These teachings have had a profound impact on me and shaped the way I interact with the world.

One experience I remember with fondness is a chance encounter I had on a train ride. I was sitting next to a young woman who seemed visibly upset. I could not ignore her distress, so I asked if I could do anything to help her. She told me she had just been laid off from her job and did not know how she would support her family. I felt a strong urge to do something for her, so I decided to offer my support. I paid attention, listened to her story, and offered her words of encouragement. At the end of the ride, I gave her my contact information and promised to help her find a new job.

That simple act of kindness had a significant impact on her life. I helped her prepare her resume, search for job opportunities, and prepare for interviews. After a while, I received a phone call from her thanking me for my help and informing me that she had found a new job. Her gratitude and sincere smile made me realize how powerful kindness can be and how much of a difference it can make in people's lives.

From that moment on, I tried to be kind in every aspect of my life. I learned that kindness does not require grand gestures or sacrifices, but can be expressed through small, everyday acts. A smile, a word of comfort, a gesture of support can have an extraordinary impact on the people we meet.

Kindness has become a fundamental part of my being, a quality I strive to cultivate every day. I passionately believe that being kind not only improves the lives of others but enriches our own as well. Kindness creates a virtuous cycle of positivity and human connection, and I am grateful for every opportunity I must practice it and spread a small light into the world.

Innovation and Creativity

Innovation and creativity have been cornerstones of my career and personal life. From an early age, I have always had a curious mind and an unstoppable desire to explore innovative ideas and solutions.

One of the most significant moments where my creativity was effective was during my time at a technology company. We were facing a huge challenge: we had to develop a new feature for a product that seemed to have reached its maximum potential. The team was demoralized, and ideas were in short supply.

I decided to take a different approach. I organized a series of brainstorming sessions, encouraging each team member to freely express their ideas, without fear of judgment. I created an environment where creativity could flow freely. During these sessions, extraordinary and unexpected ideas emerged. One of these ideas, which initially seemed impossible, turned out to be the key to building an original feature that revolutionized our product.

This success not only relaunched the product but also demonstrated that innovation is not about having the right ideas, but also about creating an environment where those ideas can be born and thrive. My experience has taught me that creativity is a powerful driver of change and progress, and that we must always seek new paths and challenge convention.

Never Prison, Yes Hospital

Not everyone is fortunate enough to avoid tricky situations in life, and for me, hospitals have been constant. I have undergone eight surgeries over the years, and each time, the experience has taught me something new about resilience, hope, and inner strength.

I remember my first surgery; I was young and scared. Uncertainty and the fear of pain overwhelmed me. However, the love of my family and the support of the doctors helped me overcome that tough time. Each subsequent operation brought new challenges, but also new lessons. I learned to know my body, to respect it, and to take care of myself in ways I never imagined.

These moments of vulnerability have also brought me closer to extraordinary people. The nurses, the doctors, the roommates—each of them has had an impact on my life. I have witnessed the dedication and passion of those who work in healthcare, and I have learned to be grateful for every healthy day I have.

TRAINING

A Journey Beyond the Apparent

Esotericism is a vast field of study that explores hidden secrets and profound truths that go beyond the apparent world. It is an inner journey that requires curiosity, open-mindedness, and an insatiable thirst for knowledge. My exploration of esotericism began when I was young, driven by an irresistible attraction to the unknown and the mysterious.

I remember my first encounter with esoteric books. I was fascinated by the ideas of ancient civilizations, mysterious symbolism, and spiritual practices that promised to unlock the secrets of the universe. Every page was a journey into a new world, an opportunity to discover hidden truths and broaden my understanding of reality. I studied texts on alchemy, Kabbalah, astrology, and many other esoteric disciplines, trying to find a common thread that united everything I was learning.

Over the years, I have been fortunate to meet people who share my passion for esotericism. These encounters have allowed me to deepen my knowledge and explore new perspectives. We have discussed ancient traditions, spiritual practices, and meditation techniques, exchanging ideas and teachings. These conversations have helped me see esotericism not just as an intellectual pursuit, but as a path of personal and spiritual growth.

Esotericism taught me that reality is much more complex and mysterious than it appears at first glance. It showed me that there are multiple layers of meaning in everything and that, to utterly understand the world, we must go beyond the surface and look deeper. This approach allowed me to develop an open and curious mind, always ready to explore innovative ideas and challenge my beliefs.

Understanding the Human Mind

Psychiatry is a fascinating discipline that deals with the understanding and treatment of mental disorders. Throughout my life, I have had the opportunity to explore this field for both personal and professional reasons, and I have come to recognize the importance of mental health and emotional well-being.

One of the most valuable lessons I have learned is the importance of understanding and empathy for people suffering from mental illness. I have seen firsthand how depression, anxiety, and other disorders can profoundly impact a person's life and those around them. I have learned the importance of listening without judgment, offering support, and understanding.

A significant event was meeting a friend who was going through a tough time in his life. He had lost his job, and this had triggered a series of depressive symptoms. Initially, I did not know how to help him, but I decided to approach him with empathy and openness. We talked at length, and I listened to his concerns without trying to minimize them or offer immediate solutions. This understanding allowed him to open and begin a recovery journey with the support of a specialist.

Psychiatry taught me that the human mind is complex and deserves attention and respect. I learned that mental health is just as important as physical health and that it is crucial to take care of yourself and others. This understanding has made me more empathetic and aware of the challenges many people face every day.

Awareness

Reflections are an essential part of my daily life. Taking the time to pause and reflect on what is happening around me and within me allows me to better understand myself and the world. Reflection gives me a space to explore my emotions, evaluate my actions, and seek deeper meaning in my experiences.

One practice I have found extremely helpful is journaling. Every evening, I sit down and write down my thoughts, emotions, and experiences of the day. This act of writing helps me organize my mind and see things from a unique perspective. I have found that reflecting on what happened often allows me to find solutions to problems, better understand my reactions, and learn valuable lessons.

Reflection taught me the importance of awareness. Being aware of your thoughts and emotions is the first step to personal growth and living an authentic and fulfilling life. Reflection also taught me the importance of being kind to yourself. I learned not to be overly critical of myself and to see mistakes as opportunities for learning and growth.

A Calm Approach to Life

Prudence is a virtue I have learned to cultivate over the years. Living prudently means making thoughtful decisions, weighing up the consequences of your actions, and acting with wisdom and caution. I have discovered that prudence is not synonymous with fear, but with balance and responsibility.

An episode that taught me the importance of caution involved a career choice I had to make. I have been offered an extremely attractive position, with a great salary and illustrious career opportunities. However, there were also significant risks associated with that job. Instead of making an impulsive decision, I decided to carefully consider all the implications. I weighed the pros and cons, spoke with trusted people, and took the time necessary to make an informed decision. I decided to decline the offer, and in hindsight, it was the right choice.

Prudence taught me not to act impulsively and to carefully consider the consequences of my actions. I learned that, even though opportunities may seem tempting, it is important to evaluate whether they truly align with your values and goals. Prudence also taught me the importance of listening to your instincts and trusting your intuition.

Accepting the Differences

Tolerance is a quality I consider fundamental to living in harmony with others. Accepting differences and respecting the opinions and choices of others is essential to building meaningful relationships and creating an environment of peaceful coexistence.

An experience that taught me the importance of tolerance dates to a trip abroad. While visiting a country with a culture quite different from my own, I was exposed to customs and traditions I did not fully understand. Initially, I felt uncomfortable and confused, but I decided to open my mind and accept the differences. I participated in local ceremonies, tasted traditional foods, and tried to understand the meaning behind their practices. This experience taught me that, even if differences may seem strange or incomprehensible, there is always something valuable to learn.

A Flight Without Borders

Freedom is one of the fundamental values of my life. The ability to be myself, to make decisions without constraints, and to explore the world with an open mind is a priceless gift. Freedom allows me to express my creativity, pursue my passions, and live an authentic life.

I remember a trip I took years ago to a tropical island. The feeling of freedom was palpable in the air: the clear sea, the white sand under my feet, and the wind ruffling my hair. Every day was an adventure, discovering unfamiliar places and meeting extraordinary people. There were no schedules to stick to or obligations to fulfill, just the pleasure of living in the moment. In those days, I experienced the true essence of freedom: the ability to be spontaneous, to follow my instincts, and to live without limits.

The Heart of Existence

Feelings are the beating heart of my existence. They give color and meaning to life, transforming every experience into an emotional journey. Joy, sadness, love, fear—every feeling enriches the fabric of our lives and makes us human.

One of the most emotional moments of my life was the birth of my children. I felt unconditional love and indescribable joy at seeing their faces for the first time. Every smile, every hug, and every word filled my heart with happiness I had never experienced before. The feelings I feel for my family give me the strength to face life's challenges and remind me of what is enormously important.

A Daydream

Romance is one of the most powerful and captivating forces in my life. It transforms the everyday into something magical, allowing us to see the world through new eyes and have unforgettable experiences. Romance is not about romantic love between two people; it manifests itself in many aspects of life, such as art, music, nature, and human relationships.

One of the most romantic experiences of my life was an evening spent under the stars with my partner. We were in a small country town, far from the city lights. The sky was clear and the stars shone like diamonds. Sitting on a blanket, we held hands and talked about dreams and desires. The beauty of the moment and the deep connection we felt with each other created an indelible memory. Romance allowed us to view life with a sense of wonder and appreciate the magic of trivial things.

The Search for Authenticity

Truth is a fundamental principle that guides my life. I believe that living authentically and honestly is essential to building meaningful relationships and finding inner peace. The search for truth requires courage and integrity, but it brings profound satisfaction.

Once, I faced a situation where I had to choose between telling the truth and hiding an uncomfortable reality. I decided to be honest, despite the difficulty. This choice proved difficult, but it allowed me to maintain my integrity and build a relationship based on mutual trust. I learned that the truth, however uncomfortable it may be, is always the best path forward.

The Engine of Life

Dreams are what drives us forward and gives us the strength to overcome difficulties. They represent our aspirations, our deepest desires, and the vision of what we could become. I have always believed in the importance of dreaming big and pursuing your goals with determination.

A dream I have nurtured for years is to author a book that can inspire and touch people's hearts. Every day, I dedicate time to writing, trying to transform my ideas and emotions into words. This dream motivates me to continue growing and improving and reminds me that every step forward is a step toward realizing my dreams.

Creating Worlds

Imagination is a gift that enriches our lives and allows us to explore new and extraordinary worlds. Through imagination, we can unleash our creativity and bring to life stories, characters, and universes that transcend everyday reality.

I remember as a child, I spent hours imagining incredible adventures. With a piece of wood, I could transform myself into a valiant knight, ready to save the kingdom. My mind was a laboratory of ideas, where new stories and new wonders were born every day. Even as an adult, I continued to cultivate my imagination, finding joy and inspiration in art, writing, and reading. Imagination taught me that there are no limits to our imagination and that we can always dream big.

LOGIC AND RATIONAL

English in Production

It was May, and I was in London on a two-week vacation, just enough time to recharge from the winter grind that had built up, which had kept me busy for over eight months, sitting at my desk in my home office with my family. I stayed at the Four Seasons Hotel London on Park Lane. My wife did not know how much it cost, but if she had, she would have fainted screaming.

Sitting on the bar balcony, I enjoyed watching the horse-drawn carriages carrying customers to Buckingham Palace; it was a beautiful sight.

A woman fell from the carriage. We all rushed to help her, but when we arrived, we realized she was 90 years old. No one helped her. I thought intensely about the past, when many comforts were lacking and it took a long time to create them, but one thing had never really changed: nine months to deliver a child.

And my relaxed mind lingered on looking at the waitress, of Colombian origin, but without further distracting myself I also thought a little about myself: I had suddenly become a young author, in captivity, but how was I organized?

- I authored the books, on average 50/60 stories, I established the title and decided on the cover.
- Peppe took the draft and edited and corrected it.
- Antonio took care of layout, margins, fonts, typefaces, PDF creation, and cover dimensions.
- Riccardo transformed all the e-books into English, proofreading, and PDF.
- Betty uploaded books and e-books to the American publisher's portal, purchased the free copy, and paid the royalties for the e-books, controlling her earnings.
- Francesco managed the website with the Turin-based provider, where he updated the content and implemented the advertising campaigns.
- Michele maintained relationships and wrote press releases for the national and international press and managed all marketing activities.

- I was invited to Italian and foreign bookstores and clubs for book presentations.
- Vincenzo worked in accounting, accountancy, banking, and foreign companies.
- I planned the organizational part of the charity work, mental health work, and maintained relationships with the Christian Church.

All this to understand what was really behind work, how many people were involved, how much responsibility, and if just one person had made a mistake, the production process would have stalled. An idea, a thought, an action, a word, a smile to make so many happy.

South America

In 2018, Ferdinando decided to travel to South America for a series of conferences with him as the keynote speaker. But this trip quickly turned into a personal reflection. After a chance encounter with an indigenous community in a small village, Ferdinando realized that his life, despite its material success, had always lacked true, profound meaning. The people of the village live with little, yet their happiness seems immense. Their ability to live in the present moment, without worrying about the future or wealth, deeply impressed him.

Ferdinando spends time with them, learning the importance of human connection and gratitude. He discovers that his career, while professionally rewarding, has never brought him the peace he is now seeking. By the end of his journey, Ferdinando completely changes his outlook on life. It is no longer about success and earnings but about living in harmony with others

and with oneself. This trip to South America became one of the most significant experiences of his life.

Africa and Resilience

In 2019, Ferdinando, always seeking new experiences and knowledge, decided to embark on a journey to Africa, where he had the opportunity to collaborate with several humanitarian organizations. During a trip to a remote village, he met a group of young people who, despite the difficulties and extremely harsh living conditions, demonstrated extraordinary strength. This experience touched him deeply and made him reflect on human resilience, the ability to rise and keep fighting, even when life seems hopeless.

Ferdinando spent several weeks with these people, learning from their behaviors and life stories. There, far from the comfort of his daily routine, Ferdinando realized that true strength lies not in the accumulation of wealth or professional success, but in the ability to face difficulties with dignity and determination. Returning to Italy, Ferdinando applied this lesson to his life, facing daily challenges with greater serenity and strength, and began to convey the value of resilience in his consulting and public speaking engagements.

Argentina on a Trip

I met Silvina Robin, a nurse from Buenos Aires, in 2021, when I developed and completed a food distribution project. She was divorced, a solid woman, deeply rooted in her local culture and lacking in imagination, always believing that marriage was the best way to connect two people.

Yet, she had been through two divorces, had a grown daughter, and carried her 45 years with ease, but with little care for her body, blaming the low wages and the fact that he could not afford everything. She often skipped meals, and this annoyed and angered me, thinking that 40% of Argentines were of Italian descent, that the love between the two nations had never broken, and that governments should never have allowed this situation.

The fluctuations of the Argentine currency, the failure of banks and the government, and a spiraling public debt led to extremely high inflation, which increasingly reduced purchasing power. How could we help the people? My colleagues and I considered bringing food supplies from Paraguay, the first major border crossing, but we had not considered the colonels' regime and the fact that each transaction required an additional payment, but not from the government.

Silvina insisted on meeting me and going to her relatives' house, which would offer both of us security and avoid unpleasant surprises. It did not seem like the best solution, and then her attitude became possessive; she became attached — something a man rarely welcomes. I decided to leave and block her on all communication channels. She wanted to impose her rules, but she had not considered my Calabrian origins — stubborn and ready to die before yielding.

Years passed, and I discovered her again on social media. She wanted to buy one of my books but could not afford €20; on Valentine's Day, I sent her a free copy. She was also thrilled to discover that Italian national newspapers had taken an interest in me.

The Digital

In 2014, Ferdinando realized that the world was changing rapidly and that technology was playing a significant role in this transformation. Determined not to be left behind, he entered the digital world, but this time not as a simple consumer, but as an innovator. Ferdinando invested in technology startups, convinced that artificial intelligence, big data, and digital transformation would forever change the way companies interact with customers.

He began working as a consultant for some of the most important technology companies, helping them develop digital strategies and implement original solutions. His intuition proved correct: by 2017, many of his predictions came true, and digitalization became a fundamental requirement for business success. Ferdinando realized that, although his intuitions had been correct, his approach had never been tied solely to numbers or technology, but to a profound understanding of people and their needs. His approach to digital has always been humanistic, with the goal of improving the lives of people, not just companies.

New Generations

In 2020, with his accumulated experience and successful career behind him, Ferdinando feels a responsibility to the younger generations. He decides to dedicate himself to training young professionals, creating a mentoring program aimed at preparing the next generation of business leaders. His program focuses not only on technical skills, but also on how to address the emotional and psychological challenges that arise from work.

Ferdinando teaches his students that success is not about numbers or recognition, but about personal growth, ethics, and authentic relationships. During these meetings, Ferdinando shares personal stories, difficult experiences, and failures, emphasizing the importance of learning from one's mistakes. The young people who attend his program see him as more than just a mentor: for them, Ferdinando is a guide who helps them discover not only their professional abilities, but also their inner strength. The program becomes a resounding success, and Ferdinando realizes that, more than teaching how to make money or become a leader, what he is doing is giving the new generations the tools to become better people.

The Family

In 2022, Ferdinando feels the need to rediscover his roots. After years of travel and professional success, he realizes how little time he has spent with his family and how far he has distanced himself from his origins. He decides to embark on a symbolic journey to the small town where he grew up, a place he had not visited in decades.

Returning to his hometown, Ferdinando relives the memories of his childhood, of the moments spent with his parents and friends. This return to his roots allows him to make peace with himself and his history. He begins to understand that, despite his success in the business world, true wealth lies in family relationships and emotional bonds. Ferdinando decides to spend more time with his family, rediscovering the sense of belonging he had neglected for too long. This return to his roots allows him to face life with a new awareness, more balanced and focused on the things that truly matter.

A Life Lesson

In 2016, Ferdinando faces one of the most difficult choices of his life: continuing pursuing a successful career or prioritizing love. At one of his business consulting sessions, he meets Laura, a brilliant woman with a turbulent past and a life marked by emotional challenges. Their connection is immediate, but Ferdinando is torn. On one hand, there is the career that has brought him so much success and satisfaction; on the other, there's Laura, who presents him with a kind of happiness he has never known. For the first time, he finds himself having to choose between his passion for his work and his desire to build a life together.

After days of reflection, Ferdinando realizes that he cannot have it all. He decides to make room for love amidst the intensity of his professional life, choosing to be by Laura's side. This decision changes his perspective on life. He learns that love is not just a part of his existence, but the key to true happiness and fulfillment. His career, which once seemed central to everything, is now enriched by a deeper value: the opportunity to share authentic moments of life with his loved one.

The Betrayal

In 2018, Ferdinando went through one of the most difficult periods of his life. After years of commitment and trust, he discovered that one of his close collaborators, someone with whom he had shared successes and disappointments, had betrayed him. This betrayal was not only professional, but also personal, as Ferdinando had always considered that person a friend. The pain and sense of injustice were devastating, but

Ferdinando did not let him down. Indeed, this disappointment pushed him to reflect deeply on the nature of people and the dynamics of professional relationships.

Over time, Ferdinando understands that betrayal is never simply an act of one person towards another, but a manifestation of an internal conflict that person has been unable to resolve. Although initially resentful, Ferdinando can forgive, because he knows that forgiveness is not so much for the other person, but for himself. This experience makes him stronger, more aware of his vulnerabilities, and helps him become a better leader, capable of managing professional relationships with greater wisdom and discernment.

The Lesson

In 2020, Ferdinando decided to embark on a new venture: launching a digital platform to connect professionals and clients through artificial intelligence. Despite his previous experience, the project failed to take off as hoped. Technical issues, team management, and competition proved insurmountable obstacles, and after a year of trying, Ferdinando was forced to close the business. The feeling of failure was difficult to digest for a man who had always lived with a "success at all costs" mentality.

However, instead of giving in to frustration, Ferdinando manages to see failure as a fundamental lesson. He understands that every mistake is an opportunity for growth and that, sometimes, true strength lies in the ability to rise again. This failure pushes him to rethink his approach to business and life, learning not to fear defeat, but to use it as a springboard for new

successes. His vision becomes more balanced, less tied to immediate results and more focused on the long term.

The Little Things

In 2021, Ferdinando, despite having achieved a level of success and professional recognition that makes him a respected figure worldwide, feels an emptiness within himself. He realizes that, over the years, he has neglected the small joys of everyday life. His routine has become a succession of meetings, trips, and goals to achieve, without ever allowing himself the luxury of stopping and finding joy in trivial things.

So, he decides to dedicate more time to himself and the people he loves. He rediscovers the pleasure of walking in the park, reading an enjoyable book without thinking about work, cooking a simple but delicious meal. These trivial things, which previously seemed insignificant, became a source of great satisfaction for him. He begins to understand that true wealth lies not in professional achievements or material satisfaction, but in the ability to appreciate the beauty of simple things, which offer us opportunities for happiness every day.

The Strength of Origins

In 2022, with his career now well established and his life brimming with success, Ferdinando decides to return to his roots. He realizes that, despite everything he has accomplished, there is a part of him that remains tied to his past. So, he decides to visit his hometown, where it all began, to confront the boy he was and the man he has become.

This return to the past is a moment of profound introspection for Ferdinando. He walks the streets that saw him grow up, visits the places that shaped him, and realizes how much those experiences, even the most difficult ones, have shaped him. On that journey, Ferdinando rediscovers the value of his roots, understanding that without the past, there would be no present. His origins, his youthful experiences, the lessons he learned from his parents and loved ones are what have allowed him to become the person he is today.

Closed

The truth has no endpoint. It
has a fixed point.

This volume ends here, but the story that generated it continues every day, in the choices you make when no one is looking, in the silences that weigh more than words, in the wounds you don't show but that have made you who you are.

The next book will not be a continuation.
It will be an evolution. Because, once you start telling the truth, you cannot go back.

End of the book.
Beginning of lucidity.