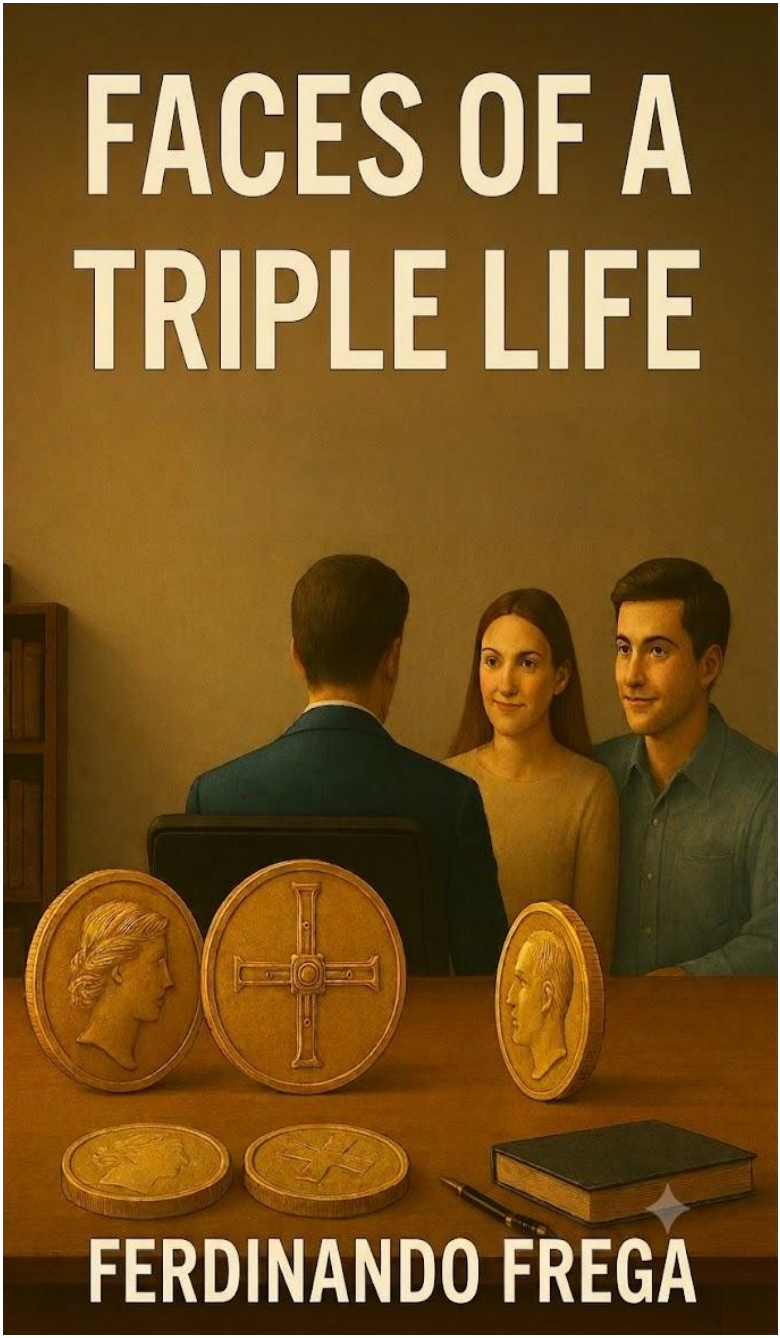
FACES OF A
TRIPLE LIFE
FERDINANDO FREGA

FACES OF A TRIPLE LIFE

Unresolved Thoughts of a Restless Mind

FERDINANDO FREGA

Summary

LITERARY MANIFESTO ***9***

EDITORIAL NOTE ***10***

DEDICATION ***10***

BACK COVER ***10***

PREFACE ***11***

PREMISE ***11***

SYNOPSIS ***12***

AUTHOR'S NOTE ***12***

INTRODUCTION ***13***

BOOK PARTITION ***14***

Part I -- Tolerance **14**

Part I -- The Seduction **14**

Part III - The Truth **14**

CHAPTER STRUCTURE ***14***

Section I – Tolerance **15**

Section I – The Seduction **15**

Section III – The Truth **15**

Epilogue **16**

PROLOGUE ***16***

Seduction And Abandonment **17**

Free Thoughts **19**

The Village of The Country **20**

History And Origins **22**

INDIVIDUAL FREEDOM ***23***

The Ability **24**

Exploring Practices **25**

The Importance **25**

PROLOGUE ***25***

The Man and The Dog **25**

The Photographer **27**

The Sheep and The Shepherds **28**

Female Courtship **29**

The Kiss Due **30**

Malicious Stairs **32**

The Beauty of The Years **33**

The World of War **35**

Real Moments of Crisis **36**

Jealousy And Envy **37**

The Culture of Food **39**

The Real Estate Agent **41**

An Improvised Lunch **42**

An Unexpected Encounter **43**

Men And Women **44**

The World of The Dwarves **46**

The Constant and The Variable 47

Numerology And Its Meaning 49

The World and Imagination 51

The Eternal Flame 53

The White Light 56

The News and The Newsagent.....57

Realism And Decadentism 58

From Russia on The Run 60

Laszlo Hanyecz And Bitcoin 63

Solidarity 65

***RELIGIONS* 66**

Religions And Appearances 66

Mao Zedong's Revolution 66

Confucius And Confucianism 67

Buddha And Buddhism 67

Hinduism.....68

Christianity.....68

Final Thought.....69

***THREE WORLDS* 69**

Chapter I – Justice: The Theater of Partial Truths 70

Specimen: The Judge..... 70

Specimen: The Lawyer..... 70

Specimen: The Defendant..... 70

Chapter II – Judicial Authority: Control That Reassures (Or frightens) 71

Specimen: The Carabiniere 71
Specimen: The Policeman..... 71
Specimen: The Financial Police 71

Chapter III – Law: The Line Between What Is Right and What Is Convenient 71

Specimen: The Thief 71
Specimen: The Culprit 72
Specimen: The Innocent 72

Conclusion – Three Worlds, No Peace 72

PROVOCATIVE POST-SCRIPTUM 73

"Forgotten Stories" 73

Selective Kindness 74

The Elegant Truth 74

Love Not Owned 74

The Revolution Sold 74

The Silence That Answers.....74

The World That Doesn't Want to Change 75

The Misunderstood Book 75

The Force That Calls for Help 75

Justice That Hurts 75

Freedom And Love 75

Epilogue.....75

WHY THIS BOOK?..... 76

COMMENTS..... 77

CONCLUSIONS 77

REFLECTIONS ***77***

THEMATIC COLOPHON ***78***

EDITORIAL LETTER ***78***

LETTER TO READERS ***78***

EDITORIAL REVIEW ***79***

AFTERWORD ***80***

LITERARY MANIFESTO

This book was not created to explain, but to evoke. It does not seek to convince, but to awaken. It is a collection of unresolved thoughts, suspended gestures, dreams that never sleep. It is the voice of a restless mind unafraid to show itself as fragile, contradictory, and alive.

You will not find answers here. You will find questions that linger, faces that overlap, truths that elude grasp. Every page is a fragment, every fragment is a face, every face is a possibility.

Writing was not an act of control, but of abandon. Every word was born from silence, every image from the need to feel. This book is a medal that cannot be revealed whole: it must be turned over, touched, listened to.

This is not work for those seeking validation. It is for those who have the courage to think, to feel, to stay.

— *Ferdinando Frega*

EDITORIAL NOTE

This book is not meant to please everyone. It is for those who have the courage to look within themselves, to listen to thoughts that do not always find an answer, and to accept that there is never just one truth. *Three Faces Inside One Medal* is a journey into the restless mind of a man who observes, reflects, loves, and loses himself—only to find himself again in words that do not ask permission to exist. Ferdinando Frega's writing is raw, lucid, and profoundly human. He does not seek to teach, but to share. He does not pretend to explain, but to evoke. Those who read these pages will find not solutions, but mirrors. And in one of these, they will see something of themselves.

DEDICATION

To those who thought too much. To those who loved without measure. To those who sought answers where there were only questions.

This book is for you. For restless minds, for hearts that are never satisfied, for souls that are not afraid to listen.

BACK COVER

Three faces. One coin. A man who is not content to float on the surface of things.

In *Three Faces Inside One Coin,* Ferdinando Frega takes us on an inner journey of unresolved thoughts, raw confessions, and scathing observations.

Through three perspectives—tolerance, seduction, and truth—the author unmasks the contradictions of the human soul, explores the tensions between what is visible and what is hidden, and invites us to look where we often do not want to look: inside.

This book does not console me. It does not explain. It does not simplify.

It throws open doors, breaks mirrors, raises questions. It is an existential diary, a collection of intimate chronicles, an act of rebellion against indifference.

For those who dare to think. For those who are not afraid to feel.

PREFACE

There are books that tell stories. Others that tell stories about people. This book tells the story of a mind. A mind that is not satisfied with simple answers, which navigates unresolved thoughts, unspoken desires, and uncomfortable truths. Ferdinando Frega writes not to explain, but to evoke. His words seek not consensus, but resonance. Readers of these pages will not find a linear plot, but a mosaic of reflections, experiences, and insights that compose the identity of a restless, lucid, and profoundly human man.

PREMISE

A medal is a symbol of value, of recognition. But what happens when that medal has more than two sides? When

does a man's identity cannot be defined by a single facet, but multiplies, contradicts itself, expands? This collection was born from the need to give voice to those facets that often remain silent. Tolerance, seduction, truth: three perspectives, three tensions, three ways of being. There is no order, no morality. Only honest attempts to reveal what pulsates beneath the surface.

SYNOPSIS

Three Faces Inside One Medal is a journey into the restless mind of Ferdinando Frega, a man who observes the world with sharp eyes and a vulnerable heart. Through three thematic sections—tolerance, seduction, and truth—the author explores the contradictions of the human soul, the tensions between appearances and reality, and the restless beauty of those who never stop questioning themselves. It is neither a novel nor an essay: it is a collection of thoughts, chronicles, confessions, and insights that paint a portrait of a man who chose to live without masks, but with a thousand faces.

AUTHOR'S NOTE

Authoring this book was like looking in the mirror without closing your eyes. Every word was born from a thought that could not find peace, from an encounter that left its mark, from a truth that could no longer be ignored. I did not try to please. I tried to be honest. If these pages can spark even a single thought in those who read them, then they will have

accomplished their purpose. Thanks to those who have the courage to enter this restless mind.

Ferdinando Frega

INTRODUCTION

We live in an age that demands clarity. Clear definitions, packaged identities, organized thoughts. But identity is not a label. It is constant tension, a rift that throbs beneath the skin. It is a minefield where every step can be a revelation or a lie, a truth revealed only to be immediately called into question.

This book was born from that tension. It does not offer answers. It offers fragments. It does not construct a linear narrative, but a mosaic of contradictory thoughts, chasing emotions, intuitions that flare and fade like lightning.

Its structure reflects this instability: three sections, three perspectives, three sides—all within a single coin. Each part is a fragment of me, but also a reflection of anyone who has ever felt they were more than they appear to be, more than what others see, more than what the world allows them to be.

It will not be a comfortable journey. It will not hold your hand; it will not offer you consolation. But it will be authentic. And if something scratches you, do not turn away. It is a sign that you are reading with your skin, that you are listening with your heart, that you are thinking with all your being.

Welcome. It is not simplistic here. It is felt here.

BOOK PARTITION

The book is divided into **three main sections,** each representing a different side of the coin that makes up the protagonist's identity. Each section explores a profound and often contradictory aspect of his troubled mind.

Part I -- Tolerance

Openness to others, engagement with diversity, the ability to welcome without judgment. Here you will find reflections on humanity, inclusion, and shared fragility.

Part I -- The Seduction

Desire, the power of attraction, the tension between what is visible and what is hidden. This section explores the relationship with the body, with aesthetics, with intimacy, and with emotional manipulation.

Part III - The Truth

The moment of revelation, of rupture, of awareness. Here are the contradictions, confessions, epiphanies, and wounds that can no longer be ignored.

Introduction: Each section is a fragment of a complex identity, a journey into thoughts that seek not answers but resonance. The reader is invited to enter a mind that is never satisfied, that observes, desires, and confronts its own truth.

CHAPTER STRUCTURE

Each section contains **5–7 chapters,** each dedicated to a specific theme, experience, or reflection. The chapters do

not follow a linear plot, but are **self-contained and dialoguing,** like pages from an existential diary.

Section I – Tolerance

- Chapter 1: The Face of the Other
- Chapter 2: Shared Silence
- Chapter 3: The Kindness That Saves
- Chapter 4: Error as a Bridge
- Chapter 5: Humanity Resists

Section I – The Seduction

- Chapter 1: The Eye That Captures
- Chapter 2: The Body as Language
- Chapter 3: The Mask of Desire
- Chapter 4: Game and Risk
- Chapter 5: Conscious Abandonment

Section III – The Truth

- Chapter 1: The Moment That Changes Everything
- Chapter 2: The Voice That Doesn't Lie
- Chapter 3: Necessary Pain
- Chapter 4: The Freedom That Costs
- Chapter 5: The Return to Self

Through these three sections, the book paints a fragmented yet authentic portrait of a man who lives every facet of his

existence intensely. There is no moral, but a constant tension between who one is and who one would like to be. The reader is asked to recognize himself, to question himself, to let himself be moved by it.

Epilogue

What if there is no answer in the end? The meaning lies not in finding an absolute truth, but in acknowledging one's own contradictions. In these pages, I have tried to describe what goes unsaid, what is felt but feared, what pulsates beneath the skin. If you have read this far, you too have felt something resonate. I do not ask you to understand. I only ask you to feel.

Ferdinando Frega

PROLOGUE

Not all stories begin with a beginning. Some open like wounds, others unfold like interrupted dreams. The ones you will find here follow no order, do not seek morals, and do not seek to be understood.

They are fragments. They are voices that did not ask to be heard, but that exist, nonetheless. They are thoughts that never closed, gestures that were never witnessed, truths that were hidden so as not to be betrayed.

Every story is a face. Every face is tense. Every tension is a question that does not rush to find an answer.

Reading them will not be comfortable. But if something grates on you, if a sentence sticks with you, if an image

haunts you, then it means you are reading with an open heart.

And in that case, these stories are yours too.

Seduction And Abandonment

Political, social, cultural, emotional seduction, whatever it may be, is a complex phenomenon that involves various aspects of personal, communicative, and human influence.

This theme explores how those who apply it have a great responsibility, where it is easy to encounter cultural figures who use it as a persuasive strategy to gain consensus, shape opinions, and influence behaviors.

It is a complex and far from simple topic, which allows us to understand the type of social movement the world develops, between reality, mystification, dreams, and false expectations.

The political one is the most evident, using rhetoric, oratory, symbolism, images, promises, and visions.

Social innovation adapts progress to new techniques and makes use of the media, communication, social movements, norms, and values.

The cultural sector affects a small audience, since schooling in the world is the second plague after hunger, putting forward art, entertainment, fashion, trends, education, and knowledge.

Emotional loss, which never lasts on the list, is managed within a small number of people, often in family

environments, where the natural consequence is abandonment, the only moment of genuinely great pain.

Personally, I have been fortunate enough to have been seduced several times, an amazing feeling, but I considered it extremely easy since we men are tied to only two priorities: intimacy and food, and it was not difficult to pursue them.

But I've always remembered the three sides of the coin; some might be quick to call me a charlatan, based on their knowledge that reveals a coin has only two sides, but instead I maintain that the coin has three sides, and that's exactly what it is.

The first side is heads, the second is tails, and the third is when the coin stands upright expressing its third side, the best or commonly called tolerant one.

It is certainly an introspective vision, linked to geometric figures, but it is still a reality to which we can refer, considering that seduction in love is the first possibility and intent that leads to communion, while abandonment is the result of a rupture, something destroyed that can never be repaired.

Returning to my emotional experience, I have always handled situations rationally, remembering my grandfather when he said that, if I had doubts about my thoughts, I should look at the fist of my hand, it was the parallel with the shape of my heart, and I would find everything I was looking for inside, without hurting anyone.

You must know how to use words, how to place them in the right order; if you make a mistake, you have gained nothing, only lost.

Free Thoughts

"Thoughts" represents a journey into the intimacy of the human mind, exploring the reflections, emotions, and ideas that accompany us daily. It is a theme that encompasses a variety of content that reflects the complexity and beauty of our existence, demonstrating that we have no mental limits in our processing and capabilities.

The areas in which we can act and be an integral part of situations are:

- **Daily:** moments of tranquility and fleeting thoughts.
- **Emotions and feelings:** joy and happiness, sadness, and pain.
- **Ideas and projects:** creativity and innovation, ambitions, and goals.
- **Philosophical reflections:** meaning of life, morality, and ethics.
- **Interactions and relationships:** interpersonal relationships, social connections.

The first piece of information I would like to share is that 80% of humanity considers the heart the most important organ in the human body. Well, that is not the case. The true and only central player in our lives is the brain, an organ that weighs 1.5 kg and without which nothing can exist, without which there is no possibility of continuity.

At a medical convention a few years ago, doctors agreed that the Italian male population had prioritized the care of their sexual organs, investing in treatments and therapies. At the

end of the meeting, the university rector left us with a reflection: in 20 years, everyone will be sexually active, but no one will know what to do.

A thought helps you with other things, too. We deliberately did not mention dreams, the only loyal friends in the battle against depression and anxiety; while you are obviously learning, you still have the chance to have tried.

I had been thinking about her for years, dreaming about her every night. She was fantastic, unique, the woman of my dreams. One morning she knocked on my door. I went to open it, still half asleep. I saw her come in, and I was happy. Then, when I woke up, I realized it was my grandmother, 94 years old, and I immediately realized that thoughts need to be managed carefully, otherwise you are ruined.

The Village of The Country

I was invited on Sunday evening to an art presentation in a suburb of my hometown. The teacher and organizer had seen me the previous evening at another event and was impressed. Too bad she was very mature, short, lacking youthful freshness and shape, but beautiful and highly intelligent.

He said, "Come, I'll offer you a piece of lemon cake at the end of the evening," as if he knew I was fond of it. The table of speakers was already well set, and I found a spot among the audience seats in the last seat near the entrance, so I could see who was arriving and participating.

This event helped me memorize ten new themes, to which I will later dedicate my reflections to this book:

- The Story

- Freedom
- Photography
- The Sheep
- The Courtship
- The Kiss
- The Weapons
- The Peones
- The Stairs
- The Cities

But returning to the villages, after listening to speakers and historians, no one spoke of what I knew and understood. I was careful not to express it there, but I intend to bring it to life in my letters.

Villages arose in small population densities, considering they are a European and South American phenomenon. Using a special compound of mud, grass, and stone, the people built with the chamber wall technique: two parallel walls of special composite, with a hollow center, thus facilitating the regulation of seasonal temperatures outside compared to the interior.

These structures were built without a master plan, and one morning a passageway might be three meters wide, and the next day it might be just one meter wide. The protrusions and recesses were part of family needs without any logic, since inside the home, the only thing that mattered was how many children there were and where they slept.

Many of the expanding villages initially formed neighborhoods and then, based on population density and territorial extension, became districts, hamlets, and finally towns. A European phenomenon, linked to the people who had conquered us, to our history that unfortunately could not be forgotten.

History And Origins

It is the fabric that connects the past to the present and charts the path to the future. It allows us to better understand our origins, our evolution, and the lessons learned along the way, exploring their importance in shaping our individual and collective identity.

Each theme has its own content, but I only want to point them out for information purposes, as the author has no historical content, but in summary we can consider it in these terms:

- **Origins and Roots:** The First Civilizations; Traditions and Cultures.
- **Key Historical Events:** Revolutions and Social Changes; Conflicts and Wars.
- **Historical Figures:** Leaders and Innovators; Heroes and Heroines.
- **Evolution of Societies:** Technological and Scientific Advances; Cultural Changes.
- **Memory and Identity:** Heritage and Historical Monuments; Reflections on the Past.
- **Lessons Learned:** Understanding Mistakes; Inspiration for the Future.

By identifying six fundamental and pivotal points, we have a guideline for understanding history, because often we do not

know the whys of certain things. All wars of the past, present, and future have been fought and will be fought for only one reason: food. When people are hungry, they have no time to reason, because an empty stomach inhibits brain processing, and everyone becomes like sheep, where one goes on the attack and the others follow.

But looking at history, we see the great peoples who shaped history: the Romans, the Celts, the religious, the political. Because the passage of just a single second is enough for what happened before to become history.

There's no point in telling you about fire, primitive people, fiefdoms, or romanticism, because only by reading can we capture those moments, relive them, and say: thank you, Lord, for having created me today, for defeating Covid, for Pasteur inventing penicillin, for medical advances, for computers, for a longer quality of life, all thanks to history.

A bit like telling my friends that if I am like this today and they appreciate me it is only the result of the experiences I have had, and I bring and tell them my story.

INDIVIDUAL FREEDOM

Freedom is one of the most profound and fundamental concepts of the human condition. It is the right to live according to one's will, to express one's ideas, and to choose one's own path without constraints. This essay explores different angles of the concept of freedom, from its human and philosophical definition to its historical and contemporary relevance, and the ways to preserve it.

- **Philosophical Theories:** Discussion of various philosophical theories of freedom.
- **Universal Declarations of Human Rights:** How they proclaim and protect freedom.
- **Civil Rights:** Freedom of expression, assembly, religion, and the press.
- **Economic Freedom:** The right to engage in economic and market activities.
- **Freedom of Movement:** The right to move freely within and across national borders.
- **Freedom of Expression:** Ideas and opinions without fear of repression.
- **Personal Freedom:** Issues such as the freedom to make decisions about one's health, education, and career.
- **Spiritual Freedom:** The right to have one's own faith and to be an atheist or agnostic.
- **Psychological Freedom:** Inner freedom, without fear, trauma, and mental constraints.

I felt I had covered all the main points about freedom, but there were three elements that needed to be addressed in more detail:

The Ability

to Make Individual Choices About One's Body, Lifestyle, and Relationships:

Achieving this goal is complex, since in shared projects between two people, one always tends to prevail over the other. In a democracy, this is called bullying, but in love, it is a relationship that works.

Exploring Practices

and Philosophies That Promote Mental and Emotional Freedom:

These concern those who have an evolved brain size, whether it is too evolved or highly involuted, in any case, excellent resources for psychiatrists.

The Importance

of Tolerance and Mutual Respect:

These are the first true educational factors. Behavior, shaped by genes and education, which unfortunately we inherit at birth and are not interchangeable.

I could not have concluded this reflection without mentioning a quote from Schopenhauer. At the age of forty-two, he decided to live in solitude. He died at the age of seventy-two, and on his deathbed, he expressed his final thought: "Remember, Ralph, a man is truly free only when he lives in solitude, the only time when he does not have to explain his actions."

PROLOGUE

The Man and The Dog

For a few months, I had a girlfriend who had a dachshund. Every time he saw me, the dog would bark and, if he could,

he would even bite me. Animals sense things that humans do not: they know if we love animals, what our inner self is, and our predisposition to share petting, walking, and cuddles with them.

Shortly afterward, this elderly dog, now almost eighteen years old, died, and my girlfriend's grief was immense. She cried constantly and incessantly searched for photos of the dog, unable to forget him. I made a promise: when we got married, we would get another dog, a male, small. We chose a Beagle.

After only twenty days of marriage, I found the dog on my bed, in my spot. I tried to explain that he was busy, but his languid eyes begged for support. My wife made him sleep in the middle of the bed like a baby.

Meanwhile, my wife was expecting twins, an extraordinary commitment, but the dog stayed at home. Do not be fooled by anyone who questions this: no matter what day or weather, my wife made the right amount of time for him, too.

My job kept me away from home Monday through Friday, and conversations with my wife were exclusively over the phone. We talked about the kids, the in-laws, and the dog. After about two years, I remember it was a Tuesday, when my wife called me at a client's office, out of breath and worried. Our dog would pace the 40-foot hallway all day, constantly throwing himself on the floor, worrying my wife, who did not know what to do.

That night I came home, but the dog would not stop. The next morning, we rushed to the vet, worried that he was sick and wondering what medication to give him to calm him down.

The vet, a friend of mine from our youth tennis days, started laughing and would not stop. I asked him, "Pippo, tell me what's going on." He replied, "Well, the dog is in heat. Now I'll give him a shot and he'll calm down."

My wife was happy and calm. I reflected on the fact that, even when I found myself in similar situations, I did not make such a fuss, this emergency, and that fortunately, a single shot would not have been enough for me.

All this is just for a dog, man's best friend but my wife's friend.

The Photographer

The first thing I asked this photography professional was which he considered more important: a real photograph or a constructed one, an impromptu one or a historical one, a young one or an old one? He looked at me in the face, waited at least five minutes, and then asked me my name and my profession, trusting that few people made this kind of analysis and distinction, and that it was not common among many.

"A photograph expresses an emotion," he said, "and you can stop and look at it for hours; it will convey to you many things that the human mind does not immediately grasp."

"Today, our most important work is weddings, followed by baptisms, communions, and birthdays. A few artistic events, a fashion show, are unlikely in our latitudes due to the lack of fashion houses, but we do produce many passport photos. It should also be said that many people, faced with the prospect of dying, want to have their funeral photos taken while they are alive, and they will pay any price for it.

I remember a lady in her eighties who asked me for a photo of her gravestone, no matter the price, which had to have the characteristic that, whoever saw it, would think she was still alive.

And then there are some legal inquiries into real estate auctions or photos of previous criminal activities, where the judge requests additional documentation. Finally, many come here to have their photos taken, demanding filters that make them appear younger. This is to gain traction in new romantic relationships; the most investigated are women, who would sell their souls to the devil to appear different, younger, but also thinner.

This is the magic of my work, of my life. Behind a lens, I watch the world go by, and then, coming home, my wife says, 'Take out the trash.'

The Sheep and The Shepherds

Sheep are irreplaceable companions on humanity's journey. We do not know which came first, but the union between man and sheep has always represented a bond of immense importance and necessity.

Carefully led by faithful sheepdogs, these creatures are led from the prairies to the sheepfolds, always under watchful protection to avoid danger and loss. Their milk and wool, which they renew seasonally, are precious resources in the economies of many regions.

A shepherd knows his flock perfectly, recognizing each member even in large numbers. When a sheep is sick or pregnant, he knows exactly how to care for it, with the dedication of a specialized nurse. The relationship between

shepherd and sheep is so profound that an English woman told her husband, "Love me as a shepherd loves his sheep." Unfortunately, her request was not well understood, and she ended up in a psychiatric ward.

A shepherd's strength and power are often measured by the number of sheep he owns, sometimes leading him to make nocturnal raids to steal animals from neighbors, branding them as his own. Some regions, such as those in Europe and Australia, celebrate sheep-rearing traditions with contests and competitions, such as the fastest shearer.

In these stories, sheep graze peacefully, oblivious to human competition, and provide us with milk and wool. One day, a ram, eager to mate but held back by the shepherd, decided to buy flowers to win over a sheep. Thus, that quiet sheepfold became a meeting place for love.

What a fascinating life, that of my sheep!

Female Courtship

When I decided to address this topic, I went back in history to the early 1900s and observed how men were accustomed and accustomed to courting. Without such an exhilarating, precise, and refined activity, a man does not stand out, he does not fight, and when he thinks he has achieved something, he often does not realize he is brought home little of real value.

We are speaking clearly about the courtship of women, be they friends, girlfriends, wives, lovers, mothers-in-law, aunts, or grandmothers. The world of women is vast and limitless, like a vast field enclosed by barbed wire, where

only the most capable emerge victorious and enjoy the fruits of their victory.

Impossible women do not exist. There are women of character and intelligence who need capable men, capable of appreciating and leveraging their intelligence. That is why, in my forty years of traveling the world, I have never failed women, always finding consistency in behavior, avoiding lies and promises, and focusing only on the facts, the ones that truly matter.

When you look at a woman on the street, she is prepared and communicates her state of mind, her goal, her priority. Whether she is looking for money or a dowry, it is a constant hunt, and we men are the prey, forced to sell our lives to the highest bidder. Never giving everything away at once is the first big mistake men make, and never revealing your financial capacity is crucial. It is like playing a slot machine without knowing when the game will end.

Remember that we come from a woman and are constantly seeking a woman. This often leads to poor choices, so never have children simply out of selfishness. We must bring children into the world and not abandon them but love them because they are the fruit of what we have decided to do. It all starts with courtship.

The Kiss Due

According to anthropologists, the origins of kissing seem to date back to prehistoric times, when women, to feed their babies, would crush food in their mouths and then pass it to their children in a sort of kiss. A gesture like what birds still do today with their young, but fortunately without the

regurgitation. Even primitive people, when kissing, hid for fear of journalists.

A kiss is one of the most intimate and meaningful acts two people can share, capable of expressing a wide range of emotions, from love and passion to affection and comfort. The history of the kiss is ancient and varied, with diverse cultures interpreting it in unique ways.

The earliest recorded forms of kissing date back to Roman times, where kissing on the hand was a sign of reverence and observance, reserved for emperors. This gesture continued in the papal oligarchies of the time, among bishops, cardinals, and popes, and later in fiefdoms, baronies, criminal associations, and secret societies.

In Western countries, kissing is often seen as a sign of romance and love: on the cheek for a friendly greeting or on the lips to express love and desire. There is also the ritual of the three kisses, introduced by the French and adopted by Masonic organizations around the world. In some Eastern cultures, however, kissing in public may be considered inappropriate and is therefore reserved for private moments.

As a physical act, kissing triggers chemical reactions in the human body. Kissing can release endorphins, the " happy hormones," which improve mood and reduce stress. It also strengthens emotional bonds between people, creating a sense of intimacy and connection. It is also an opportunity to evaluate how much we are being appreciated, whether we are good kissers, and whether we are paying careful attention to our breath, the true enemy of kissing.

Kissing is much more than just a touch of lips; it is a universal language of affection and connection that continues to evolve and fascinate.

Malicious Stairs

When I first started going to church in the evenings for pre-marriage classes, I always entered through the sacristy, a door in the left corner, and I was not yet familiar with this new spiritual temple. On my wedding day, my grandmother accompanied me, a tall, 80-year-old woman who resembled Alan Ford because of her perpetually gray hair. When the car dropped us off on the street leading to the church, my heart leaped, wondering: when will we get to the top? I counted 420 steps, and I have not been back since.

I was always comfortable with stairs; I lived on the third floor as a youngster and had no difficulty. As I grew older, my father immediately took care of installing an elevator, and my only difficulty was having to climb the manual stairs at home to change a few light bulbs.

I remember one day when a cousin of my mother's came to visit. I asked her if she could help me change some curtains by climbing the stairs, and she agreed. She treated me to a ten-minute view, but then she came downstairs and I had to go up. Pretending to fall onto the bed, I hugged her for a long time. The rest is indescribable.

At my job, during a meeting in Milan, I was asked in front of an audience of 250 people what steps to success were. The answer was simple and made everyone smile: "Success is all about embracing it and never letting go, as if it were the most beautiful woman, you've ever met."

Stairs, as simple in their function as they are fundamental to our daily lives, are present in many aspects of our existence, from the simple ascent to the next floor to the creation of complex architecture. Stairs allow us to overcome differences in level, allowing us to move from one floor to another.

Beyond their practical function, stairs also have profound symbolic meanings. They can represent growth, aspiration, and progression, both physically and metaphorically. In literature and art, climbing stairs often symbolizes reaching new heights or seeking greater knowledge.

Stairs are an essential element in architecture, influencing the design of buildings and the layout of interior spaces. Architects and designers use them not only as means of connection, but also as true furnishing elements, capable of transforming and characterizing spaces.

In popular culture, stairs often appear as symbols of progress or challenge. Climbing a ladder can represent overcoming obstacles or aspiring to something higher, while descending can indicate a return to origins or a period of introspection.

Stairs are a ubiquitous element in our lives, a bridge between various levels of existence and knowledge, continually pushing us to look forward and upward.

The Beauty of The Years

A universal concept that goes beyond aesthetics, touching every aspect of our lives, what inspires us, excites us, and connects us with the world and with others. Being beautiful is simply luck, a gift, the fate of a good destiny, the legacy of genetics, like those born healthy, and share the same fate:

always having to worry about caring for it and taking care of it. This theme explores the different dimensions of beauty and its impact on our existence, creating clear and never classy distinctions, just simple and banal truths: Outer Beauty, Inner Beauty, Beauty in Relationships, Beauty of Knowledge, Beauty of Everyday Life—these are the general elements that distinguish and characterize the specific areas where Beauty is applied and recognized.

• Visual Arts, Nature, Fashion and Design, the identification of the external part of man; • Character and Virtues, Experiences and Emotions, Spirituality, the identification of the internal part of man. • Love and Friendship, Empathy and Solidarity, Community, the identification of the Relationships part of man. • Science and Discovery, Literature and Philosophy, Education and Learning, the identification of the Knowledge part of man. • Small Moments, Rituals and Traditions, Creativity and Hobbies, the identification of the Everyday part of man.

We must never forget that beauty is an extemporaneous effect, not only in terms of time and decay, but also in terms of structure, because maintaining lofty expectations requires commitment and self-sacrifice that are never easily found. Women know this when they invest their time in makeup, adding that feminine touch to their natural beauty that signifies many things and nothing. It is a bit like when you are convinced, they want something, and they promptly change their minds with a start. It's pointless to say you're beautiful on the inside; appearances are the first thing you consider, and when you have to hire someone to work with, it's always better to choose a woman who can't do anything

but is beautiful, than one who's good at her job and yet so ugly.

The World of War

Today I want to talk to you about weapons, seen from the author's perspective and point of view, which are uncommon to many but indicative and, I hope, exhaustive.

Primitive man found his first means of developing weapons in spear-making and trap-setting, primarily used to procure food and settle a dispute with a cave neighbor. Then, the Stone Age led him to optimize his weaponry, using sharpened stones to complement pointed spears and allow him to fight even large prey.

Everything seemed to be going well with the discovery of fire, another weapon par excellence, but humanity's first true weapon had yet to make its first appearance and would change the fate of man, of the world, of the universe of every generation: it was only her, the splendid WOMAN.

Over the course of millions of years, the discovery of gunpowder ushered in the birth of pistols and rifles, the foundation of all warfare, whether planned or unplanned. Evolution led to the optimization of the performance of each weapon, from single-shot pistols to the 17-shot pistols now in use by police forces in most countries. Single-shot rifles, like the carbine, reached their peak with models capable of firing up to twelve rounds at a time.

The advent of the submachine gun and machine guns made a great contribution to the war, being able to fire up to six hundred rounds per minute, using a sufficiently large

magazine or the famous belt magazine which held a greater number of bullets.

But the arms industry today represents every nation's primary economy, producing weapons for personal defense or warfare and selling them to people for their local wars. Today weapons are regulated by a conventional system, where some are permitted while others are not; biological and nuclear weapons, fortunately, are merely deterrents used to control and intimidate the adversary.

We talked about women: they can make you live and die at the same time, without even touching you or using a weapon. This is their power, and we were inside them and never knew it. Long live women!

Real Moments of Crisis

I had been a company manager for almost forty years and often encountered this demon, but I had learned how to manage it, how to overcome it, never stopping in the face of every opportunity that presented itself.

Crisis arrives unexpectedly, often without warning, upsetting the balance of life. It comes in many forms: a sudden loss, a radical change, a work-related problem, a relationship issue, an emotional problem, or an insurmountable challenge. In these moments, we discover the true nature of our inner strength, we rise to the challenge and fight, ready to respond.

I remember a moment when the crisis knocked on my door, a time when everything was going well, yet, in the blink of an eye, everything changed. I put on my best suit, left the house, and walked down the main street of my city. I was penniless, and I immediately realized that the security I had

taken for granted over the years had evaporated, and that fate had intended to leave me at the mercy of uncertainty. But this never happened.

Crisis can be a barren desert, but also fertile ground where new opportunities sprout. It was the memory of an elderly fisherman I had met years before that came back to me, and his words resonated with me. It was at this moment that I learned to look within, to reflect on what truly matters, discovering resources I did not know I had, strengthening new relationships, and finding new paths to follow.

A moment of crisis offers the opportunity to rediscover ourselves, like a beacon illuminating our values, our fears, and our deepest desires. Overcoming adversity made me stronger, and each challenge I faced added a layer to my armor, preparing me for future battles.

In times of crisis, we often seek support and find comfort in new friendships or strengthened relationships. We must never forget the farmer's saying: necessity is the mother of invention. Crises spark creativity, pushing us to find innovative solutions to complex problems. Crisis is simply an opportunity for change.

Jealousy And Envy

I have written over 2,000 stories in my books. I had deleted some because the person they referred to was not worthy of my attention. I had trashed other stories because I did not like them or they did not represent me. Some I discovered I had written at the wrong times and were confusing, polemical, and without rationale. But in all this panorama, today I found myself for the first time dealing with these two demons:

JEALOUSY and ENVY, which I had never considered given my nature as a good man.

I was aware that jealousy and envy were two different emotions, though most people tend to confuse them, failing to discern the mental distinction. Both have powerful and negative effects on our lives if not managed properly and correctly.

Jealousy is the fear of losing something precious we already possess. It frequently manifests itself in romantic, friendly, or family relationships. It is rooted in fear and insecurity.

Envy, on the other hand, is the desire to have what someone else has. It is not the fear of losing something, but the frustration of not having what we desire. It arises from comparison and personal dissatisfaction.

Both emotions share some common roots, such as personal insecurity and a lack of self-confidence. However, while jealousy is linked to potential loss, envy is connected to unfulfilled desire.

The effects on relationships lead to detachment and isolation for both, which do not involve anyone, creating neither conflict nor resentment, avoiding painful confrontations.

As experience teaches, we must always keep an eye on our origins. Southern Europeans are more enthusiastic than Northern Europeans. It's a classic story of a Scandinavian husband who comes home to find his wife in bed with another man; he apologizes, walks out the door, and says, "When you're done, we'll all sit around a table and talk about it."

The same situation occurred in Sicily, where the husband returned home to find his wife in bed with another man, much to his wife's surprise and concern. But he locked the door, bricked it up with cement, and left.

Diverse cultures, but always a solution in hand to continue living happily.

The Culture of Food

Traveling the world, I have always preferred to eat local cuisine, preferably cooked at home by people I know, friends, or newcomers, without prejudice. Women, as we know, are masters in the kitchen and are perfectly aware of our weaknesses. Intimacy manifests itself in the right places, and food is more common, produced by multiple people with a vast array of ingredients we often do not know.

Being a realist, I know I have eaten many animals over the years: bear, turtle, elephant, cat, fox, bison, buffalo, camel, but I am unaware of many others. A good chef's recipes are always secret.

Food culture is a fascinating and fundamental aspect of every society. Every culture has its own culinary traditions, influenced by factors such as climate, geography, history, and available structural and economic resources.

In this story I talk about the specialties and culinary cultures of five nations:

- In Italy, food is much more than just nourishment; it is a celebration of life. The world-famous Mediterranean diet is based on fresh, quality ingredients like olive oil, tomatoes, fish, and pasta.

Italian culinary traditions vary from region to region, with iconic dishes like Neapolitan pizza, risotto alla Milanese, and pasta carbonara.

- Japanese food is known for its aesthetic presentation and diligence. Sushi has a perfect balance of flavors and textures. Japanese cuisine uses fresh, seasonal ingredients, with an emphasis on simplicity and natural flavor. Even the act of eating is a ritual, with precise etiquette accompanying every meal.
- Mexican cuisine is famous for its vibrant, spicy flavors. Ingredients like corn, beans, chili peppers, and avocado are the foundation of many traditional dishes. Tacos, enchiladas, and tamales are just a few of the Mexican delicacies that reflect a fusion of ancient indigenous traditions and Spanish influences.
- Indian cuisine is a symphony of spices. Each region has its own unique recipes, but they all share a skillful use of spices such as curry, cumin, coriander, and ginger. Indian food is often vegetarian and includes iconic dishes such as curries, Burmese, and nana bread. The act of sharing food is also an important part of the culture.
- French cuisine is synonymous with elegance and refinement. With dishes like mulled wine, ratatouille, and croissants, France has influenced cuisines around the world. Food preparation is considered an art, and meals are often accompanied by high-quality wines. Even the act of eating is seen as a rich and fulfilling cultural experience.

Every culture has its own peculiarities that make food not only a necessity, but also a pleasure and a celebration.

Personally, every dish reminds me of its cook; what can you say? I cannot help but be strong enough.

The Real Estate Agent

During a period in my life, I met Rodica, a Romanian real estate agent. We met to discuss a property, but that simple professional interaction quickly turned into something more. I decided to invite her to dinner, and I immediately noticed her charisma and passion for life.

After a pleasant dinner, I invited her to my house to continue the evening. Rodica, with her charming personality, enthusiastically accepted. We spent the night laughing and having deep conversations, while she drank four bottles of wine, showing me a resilience I had never seen before.

When I finally decided to walk home, the evening took an unexpected turn. Once we arrived, Rodica locked the door, preventing me from leaving for five hours. At first, I was perplexed and a little worried, but as time went by, I realized she simply wanted to prolong our encounter and share even more.

Just when I thought the evening could not get any weirder, her relatives arrived, including her cousin. I found myself mingling with them, listening to family stories and learning more about their lives in Romania. It was a surreal experience, being welcomed so warmly by people I had just met.

The next morning, I had to catch a plane back to Italy. When Rodica finally let me leave, I felt enriched by that unusual experience, but also a little dazed by the turn of events.

Rodica taught me the importance of seizing the moment and finding meaningful connections even in the most unexpected situations. That extraordinary encounter stayed with me, always reminding me that the people we meet can have a profound impact on our lives, often when we least expect it.

An Improvised Lunch

One summer, I was invited to a beautiful seaside villa by some friends. The view was breathtaking: the azure sea stretching to the horizon and the sound of the waves gently crashing on the shore. When it was time for lunch, we realized we only had one kilo of spaghetti for three people. It seemed like an excessive amount of pasta, but we decided to take on the challenge with enthusiasm.

There were only three of us: me, my friend Marco, and his sister Giulia. Marco, a true master in the kitchen, proposed turning that kilo of spaghetti into a feast fit for a king. With a knowing smile, we headed to the kitchen and began searching for available ingredients.

We found a couple of ripe tomatoes, some garlic, some fresh basil, and a bottle of excellent olive oil. We decided to make simple but delicious pasta with tomato sauce. While Marco worked on the sauce, Giulia and I dedicated ourselves to setting the table, enhancing the atmosphere with fresh flowers and a bottle of chilled white wine.

The kitchen was filled with scents of tomatoes and garlic mingling in the air. Marco, with his mastery, transformed those few ingredients into a rich and flavorful sauce. Once the spaghetti was ready, we threw it into the pot and wait impatiently for it to be cooked to perfection.

When we finally sat down at the table, we realized that there was something special about that simple meal. The flavors were intense, and every bite was an explosion of taste. Laughing and chatting, we shared stories and laughter, momentarily forgetting the outside world.

But the highlight came when, with a single forkful, **I ate almost six hundred grams of spaghetti alone.** They will always be amazed by that scene. Even today, they tell it as one of the funniest and most absurd anecdotes of that summer.

That impromptu lunch turned out to be one of the most memorable moments of that summer. It was not just the food that made it special, but the company and the spontaneity of the occasion. We learned that sometimes you do not need expensive ingredients or complex recipes to create an unforgettable meal. What matters is the company and the love we put into what we do.

An Unexpected Encounter

During a trip to Morocco, I decided to explore the Marrakesh market, a labyrinth of colors, scents, and sounds. As I wandered among the stalls, observing the exotic spices, intricate carpets, and glittering jewelry, I found myself chatting with a local merchant named Youssef.

Youssef was a middle-aged man with lively eyes and a warm smile. He offered me mint tea, and we began to talk about our lives. He told me about his adventures around the country, the people he had met, and the secrets of trade. Every word was imbued with wisdom and passion for his culture.

Suddenly, Youssef invited me to his home to meet his family and share a traditional meal. I enthusiastically accepted and followed him through the winding streets of the medina to his modest but welcoming home.

There, his family welcomed me with warmth and hospitality. They prepared a feast of traditional dishes: couscous, chicken tagine, fresh salads, and honey desserts. As we ate, we shared stories, laughs, and moments of genuine connection.

That day I learned not only about Moroccan cuisine, but also the importance of family, hospitality, and openness. Meeting Youssef and his family reminded me that the true treasures of travel are not just the places we visit, but the people we meet along the way.

Men And Women

The people of the world to whom we are eternally grateful have left us a wealth of knowledge and testimony about who we are. To them goes our deepest gratitude. Today, I do not intend to share information easily found on the internet or in newspapers. Rather, reflecting on who we are and analyzing our reality in an extemporaneous way helps us understand our place in the world.

Men and women, while sharing many common characteristics, also possess physical, biological, emotional, and intellectual differences that distinguish them and make them unique. Men, with greater muscle mass and a more robust bone structure, embody physical strength. Women, with a higher percentage of body fat, especially in the hips, thighs, and breasts, embody a softer figure. Men are on

average taller and heavier, with a dominant physical presence.

The chemical difference between men and women is manifested in their hormones: men have elevated levels of testosterone; women have abundant estrogen and progesterone. This hormonal difference governs their vital functions. Their reproductive systems also differ women have ovaries, fallopian tubes, uterus, and vagina, and men have testes, prostate, and penis, illustrating the complexity of life and the continuation of the species.

Both sexes experience emotions with similar intensity, although cultural and social influences shape their expressions, creating a mosaic of unique behaviors. Some research suggests differences in the size of certain brain areas between men and women, without establishing cognitive superiority.

Rational intelligence involves the ability to reason logically, solve problems, and analyze critically. Emotional intelligence involves awareness of one's own emotions and those of others, managing emotions, and empathy, which is essential in interpersonal relationships. Instinctive intelligence refers to the ability to make quick decisions based on intuition, which is useful in emergency situations.

Despite these differences, men and women share much of their biology and possess similar intellectual and emotional capabilities. Individual differences often outweigh gender differences, varying from person to person. Knowing all this, I choose my dates carefully, and if I have any doubts, I go home to my wife, since I already know how she treats me.

The World of The Dwarves

It had been a battle since childhood, the one against the dwarves, creatures who always had the arrogance to think like giants. Evil had taken possession of them, and the greater their interest, the greater their malice and rage, which left no room for anything else, not even the imagination. They would fight all their lives to conquer something, so strong was their mission and their voracity, no one could stop them. When they swore loyalty and fairness, they were the first to betray, for their greed knew no bounds or goals.

Yet, in fairy tales like Snow White, we would all believe dwarves to be fascinating figures spanning diverse cultures and traditions. Often depicted as small but sturdy, with astonishing craftsmanship and great fortitude, they are described as masters of metalwork, skilled warriors, and inhabitants of treasure-rich subterranean worlds. The figure of the dwarf, though it varies across cultures, maintains some distinctive traits: their small yet powerful stature, the long beards they proudly display, and their resilience. They often live in close-knit communities, hidden in the mountains or deep underground, where they work tirelessly to extract precious metals and create artifacts of unparalleled quality. Today, however, dwarves have moved to the cities, and you will find them beardless, always hawking on street corners.

Physical dwarfs are individuals with short stature due to medical conditions, such as dwarfism. These conditions can result from various genetic or hormonal factors that affect bone growth and height. Despite physical challenges, many people with dwarfism lead full and active lives, excelling in

numerous fields and proving that height does not limit talent or determination.

The term "mental dwarf" can be interpreted as a metaphor for a narrow-mindedness or a limitation in the capacity for critical and creative thinking. This is not related to physical condition or intellectual disability, but rather to a mental attitude that can impede personal growth and open-mindedness. Overcoming these limitations often requires a shift in perspective and a commitment to constant learning and growth.

The Constant and The Variable

The topic of constants and variables came back to me after a conversation I had had the day before with a math professor, in which I stated that numerology led to God and that physics was one of my great passions. I also recalled an encounter with a musician who was complaining about the flu that had struck three members of his orchestra. Despite having followed the same treatment regimen, the healing did not come in time. Even worse, the variables had complicated side effects, causing damage and pain.

I told Peter that it was all Constant and the Variable's fault, but that he should not worry, because they are also found in relationships. Constants in relationships can include core values like trust, respect, and love. These elements are essential for building and maintaining healthy, lasting relationships. Other constants can be long-term commitments, like marriage or stable partnerships, which provide a foundation of security and stability.

Variables in relationships are represented by the changes and challenges we face together. These can include life situations such as job changes, relocations, the birth of children, or health issues. The ability to adapt to these variables and grow together as a couple or family is crucial to the success of relationships. These concepts of constant and variable are fundamental to understanding how we face and manage the various challenges and changes in life.

Everyone has been affected by the sensitive issues that have had a significant impact on society and human development: technology. Technology is one of the fields where progress has been most rapid and revolutionary. In recent decades, we have witnessed an explosion of innovations that have transformed the way we live, work, and communicate. From the invention of the internet, which connected the world like never before, to advances in artificial intelligence and robotics, technology continues to redefine the boundaries of human possibility. Digitalization and automation are transforming the work landscape, creating new opportunities but also new challenges.

Finally, there is the world of women who, in the initial stages of marriage, are always ready and available to their husbands: a constant. But when things change, headaches arise, the usual variables. And I have found a solution: I always carry headache pills in my pocket.

"Professional dwarfs" can be seen as individuals who, despite their abilities and potential, fail to achieve elevated levels of success in their careers for assorted reasons. This could be due to a lack of opportunities, resources, support, or even self-esteem. However, with the right mentoring, training, and

self-improvement, these obstacles can be overcome, allowing these individuals to grow professionally and achieve their goals.

When you see a dwarf, never turn your back, it is their favorite place to attack.

Numerology And Its Meaning

Numerology is an ancient discipline that attributes profound meaning to numbers, viewing them not merely as calculation tools, but as living symbols of human qualities, vibrations, and potential. Each number carries with it a unique energy, a dominant characteristic, a voice that speaks to the most subtle part of our consciousness.

The number 1 represents individuality, leadership, and the power of initiative. It is the active principle, the seed that gives rise to movement. Those who vibrate with the energy of one are often independent, ambitious, capable of making firm decisions and breaking new ground.

The number 2 symbolizes cooperation, balance, and sensitivity. It is the number of listening, mediation, and kindness. People associated with the number 2 tend to be patient, diplomatic, and focused on building harmonious relationships.

The number 3 is associated with creativity, expression, and sociability. It is the number of the artist, the communicator, the one who knows how to transform emotions into words, images, and gestures. Those who carry the number 3 love to share, cheer, and inspire.

The four indicate stability, order, and discipline. It is the solid foundation upon which everything is built. People with this vibration are practical, dependable, and love structure and routine. They know how to create lasting foundations in every area of life.

Five represents change, adventure, and freedom. It is the number of travelers, the curious, and those who cannot stand confinement. Those who live under the sign of five are versatile, dynamic, and always seeking new experiences and stimuli.

The number 6 symbolizes responsibility, harmony, and a sense of family. It is the number of the guardian, the carer, the protector. People associated with the number 6 have a keen sense of ethics and strive to maintain balance in relationships and in the community.

Seven is the number of spirituality, introspection, and wisdom. It represents the mystic, the seeker, the one who looks beyond the visible. Those who vibrate with seven are reflective, analytical, drawn to the mysteries of existence and inner truth.

The number 8 represents success, power, and ambition. It is the number of the achievers, of those who know how to manage, command, and build empires. People with this energy are determined, strategic, and capable of achieving material goals with great strength.

The number 9 symbolizes compassion, idealism, and humanitarianism. It is the number of the wise, the generous, and those who feel the pain of others as their own. Those who carry the number 9 in their hearts tend to dedicate themselves

to noble causes, seeking to improve the world through altruism and empathy.

Finally, the number 0. Empty, it is the container of all possibilities. It is the circle, the origin, the point of departure and return. In numerology, zero represents the very essence of the numerical system: it is what amplifies, what transforms, what makes the invisible visible. It is the basis of mathematical logic, the bridge between the finite and the infinite.

Numerology, in this view, becomes a tool for better understanding ourselves and the world around us. Pythagoras, the great Greek philosopher and mathematician, believed that the universe was structured according to numerical principles. For him, numbers were not simple symbols for counting, but mystical realities that reflected cosmic harmony and order.

According to his esoteric vision, each number possesses a specific vibration that resonates with various aspects of reality. Numbers thus become a universal language, through which we can connect with the divine and unravel the deepest mysteries of existence.

In this chapter, the reader is invited to look at numbers not as figures, but as archetypes. As mirrors. As keys. Because numbers, as words, hide the secret of who we are.

The World and Imagination

Reading is much more than a simple pastime; it is a journey that transports readers to unknown worlds and immerses

them in alternative realities. Readers, with their thirst for knowledge and insatiable curiosity, become true guardians of worlds and imaginations. They are explorers of stories, bearers of culture, and interpreters of emotions.

Personal discovery: For many, reading is a process of personal discovery. Each book is an open door to new horizons, an invitation to explore ideas and concepts that enrich the mind and soul. Readers find answers to their deepest questions and, often, new questions to ask. Through reading, they develop a deeper understanding of themselves and the world around them.

Empathy and understanding: Reading is also a powerful tool for empathy. Putting yourself in characters' shoes, living their experiences, and feeling their emotions allows readers to better understand the lives of others. This emotional journey enriches their ability to relate to the real world, making them more open and understanding of others' differences and challenges.

Escape and adventure: For many readers, books represent an escape from everyday reality. Through the pages of a captivating novel, they can travel to fantastical realms, explore distant planets, or relive past historical eras. This escape is not only a way to escape from everyday worries, but also an opportunity to experience extraordinary and inspiring adventures without leaving their reading corner.

Knowledge and growth: reading is one of the most effective ways to increase your knowledge. Every literary genre offers a unique wealth of information and expertise, from scientific essays to technical manuals, from classic literature to self-help books. Readers are always evolving, continually

enriching their knowledge, and honing their critical and analytical skills.

Community and sharing: Reading creates bonds between people. Book clubs, online discussions, and book reviews are places where readers can share their experiences, compare their interpretations, and discover new books. These sharing spaces foster a sense of community among people who, despite living in various places, are united by the same passion for reading.

Esoteric reflection: The great philosopher and mathematician Pythagoras believed that the act of reading was a form of meditation, a means of attuning to the harmony of the universe. Pythagorean numerology, which attributes profound meaning to numbers, reflects the idea that even words and stories have a special vibration. Reading, therefore, is not only an intellectual activity, but also a spiritual experience that can lead to a greater understanding of the divine nature of existence.

Reading is a bridge between imagination and reality, between past and future, uniting people, and ideas on an endless journey of discovery and growth. Readers, as guardians of worlds and imaginations, preserve the power of stories and the magic of words, contributing to a universe rich in meaning and beauty.

The Eternal Flame

In a remote mountain village in the Calabrian province, cut off from the rest of the world, lived a young woman named Aria. Aria was known for her breathtaking beauty and kindness, but what truly made her special was her ability to

ignite flames that never went out. This ability had been passed down to her from her great-grandmother, an ancient guardian of sacred fire, a power passed down from generation to generation.

Aria's fire was no ordinary fire; it had the power to warm hearts, enlighten souls, and protect the village from the freezing winter nights. Every year, on the night of the winter solstice, the village gathered around a great bonfire lit by Aria, where the dancing flames told stories of ancient times and promises of the future.

Aria was not only a guardian of fire, but also a woman of irresistible charm. It was said that she had enchanted over 1,200 men with her smile and grace. Every man who met her was enchanted by her presence, as if she were a living flame that ignited the hearts of all who approached her.

One day, a traveler named Luca arrived in the village. He was a mysterious man, with a magnetic beauty and eyes that seemed to gaze into the soul. Luca was searching for something he had lost long ago. Drawn by Aria's stories of eternal fire, he hoped she could help him rediscover what he had lost. Aria, with her generous heart and irresistible charm, agreed to help Luca, sensing that his quest was connected to something greater.

Together, they set out on a journey through the Calabrian mountains, following the trail left by ancient legends. During the journey, amid intense glances and moments of complicity, Luca revealed to Aria that he was searching for an ancient flame, capable of healing any wound and bringing lost souls back to life. Aria understood that the power Luca sought was precisely that of her family's sacred fire.

They faced many challenges along the way: snowstorms, magical creatures, and puzzles that evaluated their determination and courage. Whenever they seemed on the verge of giving up, Aria would light a small fire, which not only warmed them physically but also renewed their hope and inner strength. The tension between the two grew, fueled by the dangers and the intensity of their emotions.

Finally, they reached a hidden cave in the Calabrian mountains, where the source of the eternal flame was said to be kept. Inside, they found an ancient altar with a small brazier, whose flames glowed with a warm, welcoming light. Luca approached the altar, recognizing in the flames the power he had long sought. Aria understood that her destiny was to unite her fire with that of the source, to preserve and protect the power of the eternal flame.

With a solemn gesture and a touch of passion, Aria lit her fire in the brazier, creating a light that illuminated the entire cave. In that moment, Luca found the peace he sought, feeling that his journey had ended. Aria, on the other hand, understood that her duty was not only to protect the village, but also to keep alive the flame of hope and courage in anyone who needed it.

They returned to the village, where Aria and Luca became a living legend, united not only by the eternal fire, but also by an unbreakable bond. Their story of courage, love, and sacrifice was told from generation to generation, inspiring others to find their inner flame and illuminate the world with their light.

Over time, it was discovered that Aria was of Italian descent, specifically from Naples. Her family had deep roots in the

tradition of sacred fire, passed down through generations, and this connection to ancient Neapolitan traditions made her story even more fascinating. Legends told of how the fire of Naples had the power to unite hearts and heal souls, and Aria perfectly embodied this ancestral magic.

The White Light

Light has fascinated humans since the beginning of time. Isaac Newton was one of the first to study it systematically, demonstrating that white light could be broken down into a spectrum of colors through a prism. The wave theory of light developed by Christiaan Huygens and later refined by James Clerk Maxwell describes light as an electromagnetic wave. Albert Einstein's discovery of photons introduced the wave-particle duality, paving the way for quantum mechanics. Light is the basis of many modern technologies. Fiber optics have revolutionized communications, allowing data to be transmitted at extremely high speeds over long distances with minimal loss. Lasers invented in the 1960s find applications in fields ranging from medicine to industrial manufacturing, from telecommunications to scientific research. Artists and writers have always used light to create atmosphere and symbolism. Impressionist painters such as Claude Monet explored the effects of natural light on colors and shapes, while in literature, light often symbolizes knowledge and truth. A classic example is the use of light in the works of Dante Alighieri, where it represents divinity and salvation Light plays a significant role in many spiritual and religious traditions. In Christianity, Jesus is often described as the light of the world. In Eastern traditions such as Hinduism and Buddhism, light symbolizes enlightenment and inner knowledge. Delving into how diverse cultures interpret and

celebrate light can offer a deeper understanding of its universal significance.

The News and The Newsagent

News reporting is a fundamental aspect of communication and can be divided into several categories, each with its own focus and importance. Crime reporting covers crimes and incidents, often exploring the details of police investigations and the consequences of criminal activity. This type of reporting keeps the public informed of dangers and contributes to public safety by highlighting measures taken to combat crime. Crime reporting covers events of general interest such as celebrations, inaugurations, and cultural activities. This type of journalism highlights positive aspects of society and promotes a sense of community and civic participation, highlighting collective successes and local traditions. Gossip reporting focuses on the personal stories of celebrities, exploring their private lives, relationships, and controversies. This type of reporting attracts a wide audience thanks to its interest in public figures and their lifestyles, often influencing cultural and consumer trends.

Investigative journalism plays a crucial role in democracy, holding established powers to account and exposing injustice. Reporters like Bob Woodward and Carl Bernstein, who uncovered the Watergate scandal, demonstrate the impact that courageous and independent journalism can have on society. These journalists not only exposed corruption at the highest levels of the U.S. government but also demonstrated the importance of press freedom and public accountability. Their meticulous investigations and

willingness to take personal risks for the truth have left an indelible mark on the history of journalism.

Journalism must adhere to strict ethical principles, including accuracy, impartiality, and transparency. These principles are essential to maintaining public trust and ensuring the credibility of information. Maintaining these standards in an era of fast-moving news and social media is a daunting challenge. Fake news and information manipulation can spread rapidly, making it essential for journalists to verify sources and maintain professional integrity. Transparency is crucial to showing the public how news is gathered and presented, allowing readers to better understand the context and complexity of the stories being reported.

With the advent of the internet, journalism has undergone profound transformations. News is now accessible in real time, and digital platforms enable direct interaction with the public. Readers are no longer merely passive recipients of information but can comment, share, and contribute to the news creation process. This shift has led to a greater democratization of information, but also to new challenges such as the fight against misinformation and the need to adapt to sustainable business models. Analyzing how these innovations have changed the way we report can offer interesting insights into the future of the profession and how journalists can continue to play their fundamental role in modern society.

Realism And Decadentism

Realism is an artistic and literary movement born in the 19th century, characterized by the faithful depiction of everyday reality. Authors such as Honoré de Balzac in France and

Giovanni Verga in Italy depicted the lives of ordinary people, often highlighting social injustice and economic hardship. Balzac, through his monumental work "La Comédie Humane," portrayed a broad spectrum of French society of the time, exploring the various social strata and their interactions. Verga, with his cycle of "The Vanquished," including "I Malavoglia," offers a raw and sincere depiction of life in Sicilian rural communities, exposing the daily struggles of ordinary people against an adverse fate.

Decadentism emerged in the late 19th century as a reaction to positivism and realism. Authors such as Oscar Wilde and Gabriele D'Annunzio explored themes of decadence, beauty, and sensuality, often using rich and symbolic language. Wilde, in his famous novel "The Picture of Dorian Gray," addresses moral corruption and the cult of eternal beauty, while D'Annunzio, in works such as "Pleasure," paints a hedonistic picture of life, extolling beauty and the sensual as supreme values. Decadentism reflected a crisis of values and an escape from reality toward a world of aesthetics and sensation, opposing the pragmatically realistic view of the world.

Realism and Decadentism, though contemporaneous, represent opposing visions of reality. While Realism seeks to describe reality objectively and in detail, seeking to reveal the social and economic dynamics that influence everyday life, Decadentism focuses on the more subjective and aesthetic aspects of the human condition, exploring the depths of the soul and hidden desires. These two movements reflect the tensions of an era of momentous change, in which society was confronted with the new realities of modernity and industrialization.

Both movements had a lasting influence on literature and art. Realism paved the way for Naturalism and Verism, movements that sought to further deepen the scientific and objective analysis of reality, while Decadentism influenced 20th-century avant-garde movements, such as Symbolism and Modernism, which continued to explore the most intimate and subjective dimensions of human experience. Exploring these connections offers a broader view of cultural evolution, showing how different artistic and literary currents influence each other and reflect societal transformations.

From Russia on The Run

I was in Russia, a guest to meet a special woman, a wingless angel. It was a chilly winter evening when we finally met. As soon as I saw her, my heart felt like it was going crazy. The extrasystoles began to multiply, causing a tachycardia that left me breathless. It was as if my heart immediately recognized the importance of that moment and responded with an unstoppable tumult.

She was there, standing before me, with a gentle smile that instantly melted the chill I felt inside. Her luminous eyes reflected a light that seemed to come straight from the heavens. I slowly approached, each step accompanied by a racing heartbeat. It was only when I embraced her that the storm in my chest subsided. Her embrace was warm and reassuring, and I felt my heartbeat slow until it returned to a normal rhythm. In that moment, I understood that our meeting was not just a coincidence, but destiny manifesting itself in a palpable and undeniable way. It was as if all my fears and anxieties had vanished, replaced by a profound sense of peace and belonging.

The woman spoke Italian with a Neapolitan accent that made me smile. Hearing that familiar accent in such a distant place made me feel at home. It felt like I had known her forever, as if our lives were destined to intersect somehow. Every conversation with her was a pleasure, a dive into nostalgic memories of an Italy I missed.

From that moment on, my life in Russia changed radically. Every encounter with her was a discovery, a journey into a world where love and hope were always present. Her ability to instill calm and courage was a testament to her inner strength. Every word, every gesture, represented a promise of a better future, a haven far from the shadows of the past.

One evening, as we were sitting on a bench under a starry sky, he took my hand and, with a smile, told me we would soon be married. My heart skipped a beat, but this time not from fear or anxiety, but from the immense joy and certainty of a future together. In that moment, all my worries and uncertainties seemed to vanish, replaced by a feeling of security and happiness.

But as our bond grew stronger, tensions around us mounted. The situation in Russia became increasingly precarious, and rumors of persecution and arbitrary arrests became increasingly insistent. We realized we had to act quickly if we wanted a future together. We decided to flee, to leave everything we knew behind to seek a new life elsewhere.

The escape was not easy. Every step was filled with uncertainty and danger. We hid in unfamiliar places, trusting people we met along the way. There was always the fear of being discovered, of losing everything we had built. But

whenever fear reared its ugly head, a look, a touch of his hand, was enough to find the strength to continue.

During our journey, we met other souls on the run, each with their own story of suffering and hope. We shared resources, advice, and emotional support. In those tough times, the community that formed between us was a beacon of light in the darkness.

Finally, after weeks of flight, we crossed the border and reached safe land. There, we began a new life, building our future day by day. Her presence, which had initially been a beacon of hope, had now become the center of my world. Together, we faced the challenges of adapting, finding strength in each other.

And so, our story of escaping Russia turned into a story of love, resilience, and rebirth. A tale that reminds us that, even in the trickiest situations, there is always a chance to find happiness and peace.

As soon as we settled into our new home, we decided to embark on our honeymoon, a seven-day adventure. We traveled through enchanting landscapes, exploring cities steeped in history and natural wonders. Each day was a new chapter in our life together, an experience that strengthened our bond and reminded us of the beauty of life shared.

Everywhere we visited, we found ways to celebrate our love and our newfound freedom. The laughter, conversations under the stars, and moments of pure happiness filled our hearts with gratitude. We knew the future held more challenges, but we were ready to face them together, strengthened by our love and commitment to one another.

On the eighth day, we had to go to the town hall to sign the marriage documents. It was a crucial step that would formalize our union, making it permanent and legal. She was happy, smiling like a party girl. The emotion was palpable, a mix of excitement and nerves, but we were ready to face this new adventure together.

But a devilish voice inside me whispered that something was not right. It was a disturbing feeling, a feeling I could not shake. Despite the happiness and love subtle doubt crept into my mind, making me wonder what could go wrong. But looking at her, with her radiant smile and unshakable trust, I found the strength to put those fears aside and focus on our future together.

And indeed, the night before the big day, while we were at home, I asked her to wash some socks for me. It was not an unusual request, but her reaction was unexpected. Her smile faded for a moment, and I saw a hint of hesitation in her eyes. She told me she was tired and would prefer to put it off until tomorrow. Even though I tried to reassure her, that response reawakened the feeling in me that something was wrong.

The feeling of unease gripping me became unbearable. I could not ignore that devilish little voice that kept whispering that something was wrong. Finally, I made an impulsive decision and left.

Laszlo Hanyecz And Bitcoin

In 2010, a young programmer named Laszlo Hanyecz lived in Jacksonville, Florida, and was enthusiastic about cryptocurrencies like Bitcoin. At the time, Bitcoin was still in its infancy, and its value was almost insignificant by

today's standards. Laszlo, eager to prove that Bitcoin could be used as a real currency, decided to do something revolutionary. He posted a message on a cryptocurrency forum called Bitcoin Talk, offering 10,000 Bitcoin to anyone who bought him two pizzas. He received no response for days, but then, finally, another forum user named Jeremy Studi auntie accepted the offer. On May 22, 2010, Jeremy ordered two pizzas from Papa John's and had them delivered to Laszlo's house. In exchange, Laszlo sent Jeremy the 10,000 Bitcoin. This was the first documented purchase of a physical good using Bitcoin and at the time, those 10,000 Bitcoins were worth approximately $41.

As Bitcoin grew in popularity and value, Laszlo's story became legendary in the cryptocurrency community. Every year on May 22nd, cryptocurrency enthusiasts around the world celebrate "Bitcoin Pizza Day" to commemorate this historic event. Over the years, the value of those 10,000 Bitcoins has skyrocketed, making the cost of those two pizzas worth millions of dollars.

The story of Laszlo Hanyecz not only demonstrated that Bitcoin could be used as a currency but also inspired an entire generation of investors and developers. Laszlo himself always looked back on the event with a smile, showing no regrets, knowing he had paved the way for a future in which cryptocurrencies would play a significant role. His story remains a symbol of innovation and boldness, reminding us that even the simplest gestures can have an extraordinary impact.

Solidarity

Solidarity is a fundamental value that promotes unity and mutual aid within communities, underpinning many social and political initiatives, from volunteer organizations to welfare policies. Movements such as volunteering, NGOs, and community support networks are concrete examples of solidarity in action. Initiatives such as food banks, homeless shelters, and fundraising campaigns demonstrate how solidarity can be effective in people's lives. These collective efforts not only alleviate immediate hardship but also build a sense of community and shared responsibility.

In a globalized world, solidarity addresses significant challenges such as economic inequality, racism, and xenophobia. Analyzing these challenges and workable solutions is essential to promoting a more just and inclusive society. The interconnectedness of nations and cultures makes international solidarity crucial to addressing global problems such as poverty, conflict, and environmental crises. Global movements and campaigns such as those against climate change demonstrate how solidarity can unite people from various parts of the world for a common cause.

The COVID-19 pandemic has underscored the importance of solidarity. From mutual support among neighbors to global vaccination campaigns, solidarity has been crucial in addressing the crisis. Mobilizing resources to help the most vulnerable, sharing scientific knowledge, and international cooperation for vaccine distribution are concrete examples of how solidarity can overcome global challenges. Exploring these examples offers valuable lessons for the future,

highlighting how collaboration and mutual support can strengthen communities' resilience in the face of adversity.

Solidarity not only responds to emergencies but also plays a fundamental role in building more equitable and inclusive societies. Promoting solidarity through education, public policies, and civic participation can help create a world where every individual feels an integral part of a supportive and sustainable community. Stories of solidarity, both local and global, remind us that through unity and collective action, we can address the greatest challenges and build a better future for all.

RELIGIONS

Religions And Appearances

Religions have always been mirrors and masks of the human soul. Mirrors because they reflect our deepest desires, our fears, our hopes. Masks because they often dress in rituals, dogmas, and symbols that conceal the true essence of their spiritual message. In this chapter, we explore some of the great religious and philosophical traditions, observing how appearance—the cult, the form, the institution—can sometimes obscure or exalt the original meaning.

Mao Zedong's Revolution

In 1966, Mao Zedong launched the Cultural Revolution, an event that would profoundly impact Chinese history. His intent was clear: to consolidate the Communist Party's power by eliminating every trace of bourgeois and traditional thought. Millions of young people were mobilized as Red Guards, tasked with destroying the "four olds": ideas, culture,

habits, and customs. Temples, books, artwork, and religious symbols were swept away. Intellectuals, officials, and ordinary citizens were persecuted, humiliated, imprisoned, or killed. During that decade, China lost part of its historical and spiritual memory. Only after Mao's death in 1976 did the country begin a slow process of healing, culminating in Deng Xiaoping's economic reforms in the 1980s. The Cultural Revolution was a war against appearances, but it also ended up destroying essence.

Confucius And Confucianism

Confucius, who lived between 551 and 479 BC, founded not a religion, but an ethic. His thought is based on respect, filial piety, and social harmony. Through his teachings, collected in the "Analects," Confucius proposed a model of society based on personal morality and collective responsibility. Confucianism has no sumptuous temples or elaborate rituals, but it has shaped Chinese culture for centuries, influencing imperial bureaucracy, education, and daily life. Even during the Cultural Revolution, when everything ancient was being destroyed, Confucian thought lived on, silently, in the habits and gestures of the people.

Buddha And Buddhism

Siddhartha Gautama, the Buddha, was born in the sixth century BC and renounced his life as a prince to seek a path to freedom from suffering. After years of meditation, he achieved enlightenment and began teaching the Four Noble Truths and the Eightfold Path. Buddhism does not impose beliefs, but rather proposes a practice: observe, understand, and liberate oneself. Over time, it has spread into many forms: Theravada, closer to the original teachings;

Mahayana, more open and inclusive; Vajrayana, esoteric and symbolic. Each school has developed rituals, icons, and monasteries—but the search for inner truth remains at its core. The Buddha did not ask to be worshiped, but to be understood.

Hinduism

Hinduism is one of the world's oldest and most complex religions. Its sacred texts, the Vedas and the Upanishads, speak of divinity, cosmology, and philosophy. It is a religion that embraces diversity: Brahma the creator, Vishnu the preserver, Shiva the destroyer, three faces of a single reality. The concept of karma and the cycle of reincarnation (samsara) guide the vision of life as a path of spiritual evolution. The goal is moksha, liberation, the union of the individual soul (Atman) with the absolute (Brahman). Hinduism is rich in colors, sounds, and symbols—but behind every appearance lies a question: who are we, really?

Christianity

Christianity was born from the teachings of Jesus Christ, who preached love, forgiveness, and justice. The Bible, along with the Old and New Testaments, is the sacred text that guides the faithful. Over the centuries, the Church has experienced schisms, reforms, and councils. The central message—"Love your neighbor as yourself"—has been accompanied by dogmas, liturgies, and power structures; Catholicism, Protestantism, and Orthodoxy represent three traditions that developed from a common root. Christianity is a religion that has built cathedrals and empires, but also communities of faith and gestures of compassion. Behind the

cross, behind the altar, behind the priest's robe, the age-old question remains: what does it really mean to be saved?

Final Thought

Religions, in their purest essence, arise from the human need to understand what eludes logic: the mystery of life, death, and meaning. But over time, what was experience became structure, what was intuition became dogma, and what was research became power.

Behind every temple, every ritual, every sacred book, lies a constant tension between truth and appearance. Religions promise answers but often offer forms. Yet, amid these forms, something continues to vibrate: a desire for connection, for elevation, for meaning.

This chapter does not judge, condemn, or celebrate. It observes. It observes how humanity, in its attempt to draw closer to the divine, has built systems that sometimes distance itself. But it also observes how, despite everything, spirituality survives—in everyday gestures, in silences, in questions that never cease to burn.

Because beyond appearances, faith is precisely this: the courage to continue seeking.

THREE WORLDS

Chapter I – Justice: The Theater of Partial Truths

Specimen: The Judge

He sits high up, but he does not always see far. He studied for years to distinguish between justice and law, but today he makes hasty decisions, juggling files and deadlines. He is not mean; he is only tired. He has stopped seeking the truth: now he seeks consistency. And when he signs the sentence, he does not know if he has done justice, he only knows that he has closed a case.

Specimen: The Lawyer

He speaks as if every word were a weapon. He wears his toga like a cloak, but underneath is a man who knows how to sell doubt well. He defends, he attacks, he performs. He does not seek the truth: he seeks victory. And if the client is guilty, it is enough for him to appear innocent. The law is his stage, the fee his applause.

Specimen: The Defendant

He no longer knows whether he is guilty or innocent. He told the truth, but it was not enough. He lied, but it did not help. Now he sits there, judged by those who do not know him, defended by those who know him too well. His guilt is not in crime, but in his unconvincing face. And when he leaves the courtroom, he does not know if he is free—he only knows that he is changed.

Chapter II – Judicial Authority: Control That Reassures (Or frightens)

Specimen: The Carabiniere

He speaks little, observes a lot. He has learned that respect is commanded before it is demanded. He walks slowly but decisively. He has no doubts: he has orders. And when he intervenes, he does not look for the culprit—he seeks control. His strength lies in his presence, not in his words.

Specimen: The Policeman

He has seen too much to believe anymore. Between demonstrations and nights spent on the streets, he has lost the line between safety and survival. He is afraid, but he does not say it. He is angry, but he hides it. When he stops someone, he does not know if he is protecting or reacting. The uniform protects him but does not console him.

Specimen: The Financial Police

He does not need to chase he chases numbers. He checks, cross-references, verifies. He does not look for the thief: he looks for the mistake. He speaks little, writes a lot. And when he finds something, he does not raise his voice, he raises the report. His justice is made of numbers, not emotions.

Chapter III – Law: The Line Between What Is Right and What Is Convenient

Specimen: The Thief

He does not always steal out of greed. Sometimes he steals from hunger, sometimes out of anger, sometimes to remind the world that he exists. He does not feel guilty: he feels

invisible. And when he is caught, he does not ask for forgiveness, he asks to be seen.

Specimen: The Culprit

He made a mistake. He knows it, he feels it, he carries it with him. But his mistake is not just in his actions: it is in the context. He was judged for what he did, not for what led him to do it. And now he lives with a sentence that is not just legal—it is social, it is moral, it is eternal.

Specimen: The Innocent

He did not do anything. But he must prove it. Every word is suspected; every silence is guilty. His innocence is not a certainty: it is a battle. And when he is finally acquitted, he is never the same again. Because being innocent is not enough—you must appear credible.

Conclusion – Three Worlds, No Peace

We have crossed three worlds. That of justice, where truth is a well-defended opinion. That of authority, where control is confused with fear. That of the law, where innocence must be proven.

Three worlds that do not speak to each other, that observe each other from afar, that judge each other. Each convinced of being the center, each blind to its own contradictions.

The judge signs, the lawyer recites, the defendant survives. The carabiniere imposes, the policeman resists, the finance police calculate. The thief steals, the guilty pays, the innocent defends himself. And meanwhile, justice remains an idea, authority a uniform, the law a sign hanging on the wall.

Three worlds. Three sides. One coin: the one no one really wants to look at closely. Because it does not reflect who we are, but who we pretend to be.

If something has bothered you, do not seek comfort. Find the spot where it scratched. That is where the thought begins.

PROVOCATIVE POST-SCRIPTUM

For those who have read to the end, and for those who have only skimmed the page.

If you felt uncomfortable, that is normal. If you find contradictions, that is intentional. If you look for a moral, there is not one. This book was not written to reassure, but to disturb. Because the restless mind does not seek peace, it seeks truth. And truth, often, it is not comfortable. If you leave these pages with more questions than you had at the beginning, then you have truly to read. And if you did not like it, it is because it spoke too close to home.

"Forgotten Stories"

Memories that do not ask for permission.

There are stories that do not make it into history books. Stories that have no heroes, no victories. They are fragments of life, of pain, of hidden beauty. They are voices no one has heard, gestures no one has seen, thoughts no one has written. This section is dedicated to them. To forgotten stories. Not to seek justice, but to give them space. Because even what has been ignored deserves to exist.

Selective Kindness

He was kind to everyone. Always. Even when they ignored him, exploited him, mocked him. Then one day he looked in the mirror and asked himself, "Why?" From then on, his kindness became a rare gift. He no longer offered it to those who could not recognize it. And that is when they started calling him cold.

The Elegant Truth

He told the truth. Just once. It was enough to lose a job, a friendship, and the illusion of acceptance. From that day on, he learned to lie. Not to deceive, but to survive. His lies were so refined they seemed like virtues.

Love Not Owned

He loved it. With all his being. But he would not let himself be possessed. She called him selfish. He smiled. Because he knew that the love he demands is not love: its hunger disguised as emotion.

The Revolution Sold

He rebelled. He shouted, he wrote, he marched. The system noticed. It rewarded him. His revolution became a brand. It was printed on T-shirts, mentioned on talk shows, forgotten in practice. And him? He learned to sell his dissent in gift wrap.

The Silence That Answers

He did not believe in God. But he prayed. He prayed to silence. And silence, unlike many altars, answered him. Not with miracles, but with clarity. Not with salvation, but with presence.

The World That Doesn't Want to Change

He wanted to change the world. He tried. The world ignored him. Then he changed himself. He became more lucid, more real, more uncomfortable. The world continued to ignore him. But he did not turn back.

The Misunderstood Book

He authored a book to be understood. Many read it. But no one understood it. And he understood that words are not enough. It takes the courage to listen to what is not written.

The Force That Calls for Help

He seemed strong. Always. He protected everyone. No one noticed he was the one asking for help. And when he broke, they called him weak. But he knew that true strength lies in knowing how to break.

Justice That Hurts

He believed in justice. Then he saw it applied. He saw innocent people being punished and guilty people rewarded. From then on, he never stopped believing. But he stopped waiting.

Freedom And Love

He was free. Then he was loved. And he lost his freedom. He discovered that love, if not conscious, is a prison with flowers on the bars. From then on, he no longer knew how to choose between being alone and being chained.

Epilogue

Apparent end. Real beginning.

Every written word was an attempt. An attempt to understand, to tell, to not lie. This book does not close a circle. It opens it. Because the restless mind does not stop. It continues to observe, to desire, to search. And between these pages, you have found a fragment of yourself. I do not ask you to share it. I only ask you not to forget it.

WHY THIS BOOK?

This book was born out of a need: to give form to internal disorder, to recount what has no place in orderly discourse, to give voice to what normally remains under the skin.

It was not written to explain, but to disturb. Not to teach, but to question.

The three divisions— *Justice, Judicial Authority, Law* —are not just themes: they are worlds. Worlds that brush against each other, collide, and ignore each other. Worlds that dwell within each of us, even if we pretend not to see them.

Each chapter is a fragment of reality, a point of view that does not claim to be objective, but authentic. Each specimen is a face, a voice, a tension.

I authored this book because I cannot stand simplifications. Because complexity is the only honest way to tell the story of humanity. Because contradictions should not be resolved: they should be inhabited.

And I authored this book for those who have thought too much, for those who have felt too much, for those who are not content to float on the surface of things.

If you recognize yourself in a sentence, in a face, in a scratch — then this book is yours too.

— *Ferdinando Frega*

COMMENTS

Do not expect applause. This book was not written to please, but to disturb. It does not offer solutions, but questions. It does not console but shakes. Those who read it superficially will find it uncomfortable. Those who read it with courage will find it necessary. Because every page is a challenge: against hypocrisy, against banality, against the fear of thinking.

CONCLUSIONS

There is no end. Only a point where the reader must decide whether to continue their own. The three sides—tolerance, seduction, truth—are not watertight compartments. They are corridors that intersect, merge, and contradict each other. This book does not close a circle. It opens it. And within that circle, everyone will find their own uneasiness.

REFLECTIONS

We live in an age that rewards the surface. But the surface is merely the makeup that hides the flesh. This book is an invitation to look beneath. Beneath the words, beneath the gestures, beneath the beliefs. Because only those who have

the courage to dig can utterly understand. And those who understand never look back.

THEMATIC COLOPHON

This book was written, conceived, and lived amidst silences, contradictions, and uncomfortable truths. It was not composed in order, but with urgency. Every word was chosen to wound or heal, never to decorate. The structure follows the ordered chaos of the restless mind: three sides, one-coin, infinite interpretations. There are no academic references or forced citations. Only experiences, reflections, and fragments of reality.

EDITORIAL LETTER

Dear reader, this book was not designed for the market, but for the mind. It does not follow the rules of publishing, but those of urgency. We chose to publish it because we believe that literature must still have the courage to be uncomfortable. If it disturbed you, it spoke to you. If it made you think, it did its job. Thank you for reading it. — *The editorial staff*

LETTER TO READERS

To you who read, who traversed these pages with open skin, who sought not answers but vibrations—thank you.

This book was not created to please. It was created to disturb, to question, to awaken. Every word was chosen not to be

beautiful, but to be true. Every story was not chosen to be understood, but to be felt.

If something scratched you, if a sentence made you pause, if a face reminded you of your own—then we walked together.

I do not know you, but I imagined you. As I wrote, I thought of those who thought too much, those who loved without measure, those who sought answers where there were only questions.

This book is yours too. Not because you read it, but because you lived it.

And if one day you open it again, do not try to understand it. Let it speak to you again, differently, as living things do.

With respect and concern,

Ferdinando Frega

EDITORIAL REVIEW

Three Faces Inside One Medal is a book not to be read: it is to be confronted. Ferdinando Frega constructs a work that is simultaneously diary, confession, and provocation. Through three worlds—justice, authority, law—the author dismantles the scaffolding of common thought and invites us to examine what we normally avoid: the contradictions that inhabit us.

The writing is sharp, but never sterile. Every page is a scratch, every chapter a challenge. Frega does not seek to please: he seeks to awaken. And he succeeds, with a voice that does not falter, with images that linger, with questions that never close.

A book for those who are not afraid to think. For those who know that truth is not a point, but a tension.

AFTERWORD

When I started this book, I did not know where it would take me. I had fragments, intuitions, anger. I had faces that spoke to me, but I did not yet know what they meant.

Writing *Three Faces Inside One Medal* was like walking through a labyrinth, never wanting to escape. Each word took me deeper; each story showed me a part of myself I had not yet seen.

Now that the book is finished, I have no answers. But I am certain of one thing: writing is never a conclusion. It is always the beginning. And if something in these pages disturbed you, made you think, made you feel—then the book has done its job.

Thank you for going through it. Thank you for feeling it.

— *Ferdinando Frega*