



Be true to yourself

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"Staying True: Life Lessons in Silence and
Power"

The Right to Be Yourself"

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Foreword – Why This Book Had to Be Written

On the necessity of staying true to yourself in a time of external pressure

We live in an age where outside expectations often speak louder than the voice of our own heart. We are told how to live, what success looks like, and when we've truly "made it" as human beings. In this tangle of demands, roles, and ideals, it becomes all too easy to lose touch with ourselves. Yet I believe that, now more than ever, staying true to oneself is not a luxury – it's a necessity.

This book was born from a deep inner conviction: if we continue to betray ourselves to meet the expectations of others, we don't just lose our inner compass – we lose our joy for life. Being true to yourself doesn't mean turning your back on the world. On the contrary, it means learning to live from within – with courage, vulnerability, and clarity – and from that place, taking your rightful place in the world.

What you'll find in this book is not a ready-made manual or a moral lecture. Instead, it is a deeply

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personal journey – an honest exploration through moments of doubt, struggle, and revelation. My hope is that along the way, you'll recognize echoes of your own experiences, feelings, and challenges. Perhaps it will help you reconnect with your inner truth – whether that means hearing it again after a long silence, or embracing it for the very first time.

Staying true to yourself is never easy; it requires courage, honesty, and patience. But in doing so, you are never truly alone. Those who honor their authentic selves find a connection to a wider community of kindred spirits – people who understand what it means to live authentically and vulnerably. This book aims not only to inspire but also to support and encourage you on your unique path of self-discovery and freedom.

Chapter 1 – On Money, Giving, and Boundaries

Money is more than a means of exchange – it is a mirror. A reflection of trust, connection, and appreciation. But also of misuse, control, and fear. The way we relate to money reveals our relationship with abundance and scarcity, with giving and receiving. Giving is healing when it flows freely, when it arises from a place of inner abundance. Then it nourishes both the giver and the receiver. But giving that stems from obligation, guilt, or fear of falling short depletes us. In that case, it's no longer love – it's survival.

Boundaries Are Essential

Boundaries are not walls – they are gates. They define what nourishes you and what drains you. Learning to say “no” is not selfishness; it is an act of self-respect. It is an acknowledgment that your energy, too, is sacred.

The Power of Saying ‘No’

Saying no is an art – not to shut others out, but to stay true to what resonates within. In a world that often expects us to always be available, the courage to set boundaries is revolutionary.

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