

# Cycle Breaker



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## Foreword

I have a bucket list of goals I want to achieve and things I want to do. The bucket list gives direction to my life. It reminds me of the direction I want to take. And writing a book, an autobiography, is right at the top.

Most people who write a book about their lives do so when they are a little older. I'm only thirty-two, but I already have sufficient experience and trauma to look back on. And I've been through so much lately that I don't want to wait any longer. If I can reach people who are in a similar situation with my book, then why not? And if I keep putting it off and one day I get demented, it will be too late. It would be a shame if precious stories are lost. I have the opportunity now; I'm taking it.

Before I start my tale, I want to make it clear that my parents are not bad people. They are from a different generation and grew up in a different culture. This causes clashes—clashes that are frequent and powerful. But I don't want to paint them in a negative light. They did their best, in their own way, on many fronts. I am simply describing the events and conversations of my life as I remember them.

I also think it is important to mention that the people around me describe me as stubborn, principled and a go-getter. I am a strong and confident woman. I sincerely try to bring out the best in those I know because I believe they deserve that. And for the people I love, I would take a bullet.

This book is about my life so far—about my experiences as a child and young woman situated between two different cultures.