**“My thoughts about the world we live in and the people that we are, were and still can be” (English version).**

First of all I want to make it clear that this book that I am starting is nothing other than a compilation of my current ideas on the world. These ideas / thoughts are individual and unique to each individual and vary from person to person and even depending on our moods. I wrote these based on today. If as a result of these some people feel that their opinion of me has changed, the way out is still open. We are who we want to be and not who others want us to be. That being said I am starting.

For a human being on Earth there are only 2 options: To like or to dislike something, someone, a book, a musical genre, a food, a color, a race, an ethnicity, a religion, a belief,… .etc.

Human beings have always quarreled because they liked different things, believed in different things. Who's wrong ? Who is right ? No one and everyone at the same time. It just depends on your opinion. Everyone has different tastes, desires and beliefs. We all have different brains and this is what makes us unique. Are we bad at liking something different or believing in other things? are the others bad because they don't believe the same thing? NO. But it depends on the people. Some will be open-minded and accept difference and others will remain closed-minded and seek to wage war on others to impose their ideas on them.

This is what the human being is. There isn't really a predefined good guy or bad guy like in the stories. It's much more complex than that. We are all and without exception someone's kind and bad person on Earth. Someone's friend or foe. It's like that. There is not a person on Earth who has no one who appreciates him nor is there someone who has no enemies. For as stupid as it is to say it's the right balance of life. It may not always be right and we tend to see the negative first because happiness is difficult to find (and we always say that it is where we are not looking) but at the end it is just a great balance between good and evil. For everyone. A scale that swings back and forth at all times and which changes every moment of our life with every decision we make, with every decision that others make, but also with every event that occurs during our life. It is a constant evolution that follows our brains, our way of thinking and our mentality.

Whatever people may think, we are in control of our own destiny, but it can be influenced by what is going on in the rest of the world just like our brains. If our perception of the world changes, our tastes change,… undeniably our destiny changes too.

We cannot change the past and we always say that we cannot change the future but we can on the other hand draw our own path to achieve it. Choose our path, our destiny. "Yesterday is behind, tomorrow is another day and today is a gift. This is why it is called the present » (Oogway - Kung Fu Panda 2008). This quote can be interpreted in various ways I interpret it as: "what is done is done, nothing can be changed, but today is a gift in the same way as every day that we have left in our lives because every day is a chance for us to become a better person, to have a better future, etc. Tomorrow is not yet drawn so let's draw it little by little. "

In my life I have had good experiences but also bad ones. I experienced things that made me happy for a brief moment and other things that made me dislike humanity. I am now split/mixed between two opinions, two very opposing personalities. If a part of me is to try to be philosophical and identify things, to walk paths of knowledge that I normally would not care about; another part of me, on the other hand, is radical and cold. Hurtful and indifferent. I'm quite a strange person to say the least lol. Not always very smart and I change moods as fast as I change shirts (french quote to say “very often”)… I've made mistakes in my life… we've all made. I did things, say things that hurt other people and hurt myself as well. There are times when I wish I could go back, try different scenarios ... do nothing, avoid repeating the same mistakes or on the opposite try and risk it all and follow my convictions until the end at the risk of regretting it later ...

No one could say what would have been best… what would have happened if we had made different choices all we can do is keep moving forward, moving forward without looking behind us unless it boosts us forward and allow us to avoid making the same mistakes again. Life is made of successes but also of failures ... sometimes you even have to fall to learn to how to get up. But the most important thing is to get up afterwards. “Getting over it” as Bennett Foddy would say. Overcome hard times and come out stronger mentally from this mental conflict, this emotional shock, etc. "We all fail and it’s okay. What’s not okay is when you fail and you stay down. Whoever stays down is a loser. Winners will fail and get up ”- Arnold Schwarzenegger 2018.

There is no such thing as a key to happiness, and as I said earlier, happiness cannot be sought, it cannot be found. It is experienced daily unconsciously when things are not going badly. "If you spend your life looking for happiness then you will spend your life missing out" (or something like that lol. I don't remember the exact words from the movie “Tomorrow”).

Whatever happens to us we will always have loved ones to help us through difficult times. Friends, family or love.

I hope this first story helps people just as I hope it helps me when I question myself and that my mood changes. Always remember that you are not alone but that you are the only master of your own destiny and that you can be whoever you want. It’s not for others to tell you who you need to be.

Peace.