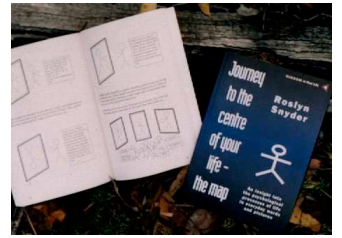


Journey to the centre of your life - the map.



Chapter 1. This Book

The who, what, why and how of this book

Who?

This book is for anyone who has experienced a change in their life.

For example: grown up, moved house, fell in love, fell out of love, started work, married, gave up work, became a parent, changed jobs, separated, divorced, remarried, retired, got very sick, changed religions, moved interstate, moved countries, had a child with a disability, had a disability, went through childhood, went through adolescence, children left home, failed an exam, failed a test, failed an assignment, got the sack, had a pet die, had a relative die, had a friend die, been held up, been assaulted, been raped, been abused, escaped abuse, rearranged the house, nearly died, had a car accident, lost something important etc.

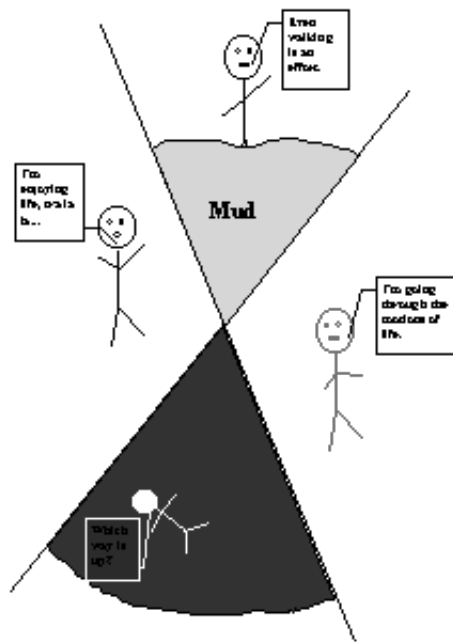
OR for anyone about to do these things.

OR thought about doing these things.

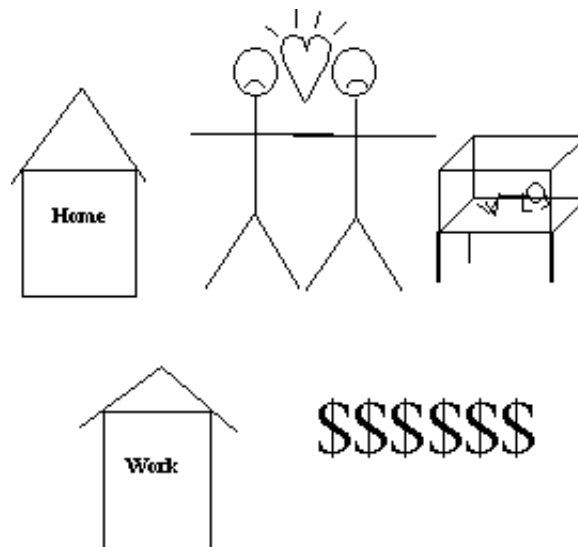
What?

Some people seem to go through life without a care in the world. Others feel they are walking through thigh deep mud - exerting a lot of effort but not getting very far. Some seem to be going through the motions of living without feeling the emotions of life. Others are in the depths of despair, so far down that they don't know which way is up.

This book explains these differences and shows people a way through life without stagnating.



Some people seem to everybody else to have a dream life, with a good job, own their house, a loving relationship, a family, but are still not happy, when they believed they would be as soon as they got all these things. The explanation involves understanding the process people go through when changes occur in their life, whether planned or unplanned. Often people are unaware of why they are feeling so unhappy when they, and everyone else expects that they should be happy.

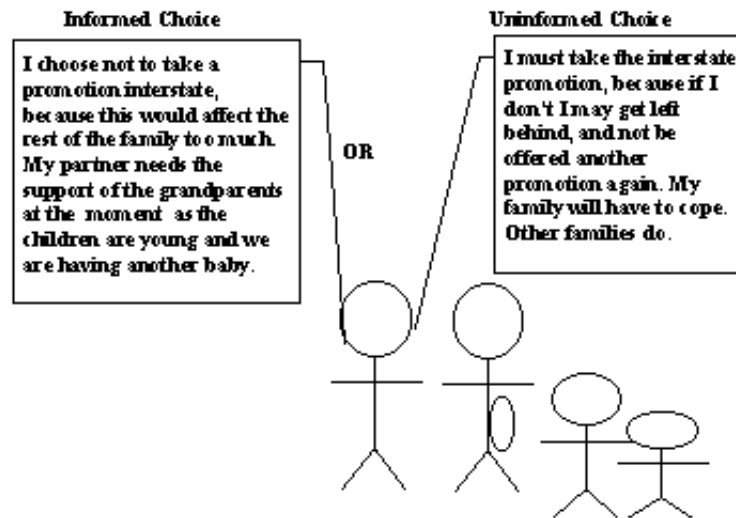


Why?

During the last fifty years, major personal, societal and world changes have taken place. People have had to adapt to many changes that were not occurring in previous lifetimes. If you think about it, after WWII (1945) people bought a house and stayed in that one house; usually the house was near where they grew up. People barely travelled further afield than the corner store. People married other people from the same town or suburb. People living in country towns hardly went to a city. Nowadays the majority of people move house frequently, change their jobs and/or careers, marry or have relationships with more than one person; children grow up with step-families. All these things are changes which have compounded so that people typically don't have enough time to adjust to the changes within

their own life let alone the changes within society and the world.

As the world evolves many changes will occur. Those able to adapt will lead more fulfilling lives than those who don't. Perhaps, some people will choose not to experience many life changes. Whenever people make informed choices in their life, they will feel better than if they just reacting to life, like a pinball bouncing off the sides of a pinball machine.



How?

This book describes the natural response that people have when they go through changes within their lives by using a Map. The Map (chapter 3) is the same for every little change within someone's life, only the size is different.

This book looks at how, when more changes are happening within someone's life than they are able to deal with, they can become lost. One of the things that is necessary when people are lost is a map. This book is *The Map*.

People may not even realize that they are lost, because they have been lost for so long. Some, who's parents are already lost, are lost themselves for their entire lives. These people have never known any different, so they believe this is how life is for everybody.

This book will help people find their way, whatever their way is, and not limit themselves to one way or become stuck in one part of *The Map*.

