

## Abstract

### **Be a Frog or The Art of Capturing the Right Moment in Life**

Being authentic is a worthy response to the questions, »Who am I?« and »What is my purpose in life?«. To be authentic, self-confidence, serenity and determination are essential. Self-determination, through independence and autonomy, can be learned. The »how« is the main theme of this book.

From the perspective of my Asian cultural roots, my mid-life crisis came like a huge storm in nature. Asians feel very close to nature. There are always natural signs before a storm. However, distracted by the daily hustle and the pursuit of materialistic illusions, I had ignored the warning signs. I soon found myself in the center of a violent storm, in a very deep crisis – a conflict between my daily life and nature, my inner self. This conflict became critical and appeared to be unsolvable. I was right at the edge of the abyss. Fortunately, nature came to my rescue; I was saved by imitating the behavior of a frog and found healing in the roots of my culture.

Only in complete silence and stillness could I find my inner self. The frog's attitude of alertness and vigilance led me to realize that specific signs encountered in everyday life bring meaning to life itself. For example, that moment when my child wants to be wrapped in my arms and held

tight. Or that moment when my wife brings a lovingly prepared meal to the table for the family. Or in those final minutes when a dying person squeezed my hand and managed a faint smile. Almost all of these moments are within my reach; only the illusions remain unattainable.

The authentic findings from before, during and after my storm are documented in this book, as are solutions for rediscovering your true self.