

A Book with Two Beginnings

This book is designed with two front covers. Held one way, it begins with Part One: *The Stories We Tell Ourselves*, which explores the unconscious narratives that shape our lives. Flipped over, Part Two begins with a new tone, a new perspective, and a new direction: *From Storytelling to Living Truth*. The flip is a metaphor—a shift from story as a cage to truth as liberation. From living inside old conditioning to living from presence, possibility, choice and freedom.

A Note to the Reader

For a long time, I felt called to write this book, though I wasn't sure what shape it would take. At one point, I imagined something much longer—carefully structured, rich with examples, and full of references and practical guidance. I thought I might write detailed case studies, draw from client work and personal stories, and offer step-by-step suggestions for how to move beyond the stories we live inside.

What emerged is something different. This book is shorter. Less conventional. And, to me, more true.

I wanted to write something that felt like an arrow of truth—clear, direct, and deeply resonant. In doing so, I've broken quite a few conventions. The book is short. It has two front covers. There are large sections of blank space, deliberately left for the reader to write in—even in its form, this book invites a challenge to the assumptions we carry—not just about ourselves, but about what a book *should* be.

There's a common idea that a “real” book should be long, detailed, and carefully referenced. That it should have a persuasive back cover to entice the reader. That it should be kept clean, unmarked, so it can be passed on. That writing in a book somehow damages it. This book quietly disagrees.

Its structure reflects its message. It questions the stories we've absorbed—not only the internal ones, but the small, inherited assumptions that shape how we move through the world. Such as that kind of chair we sit in—or whether we sit in a chair at all. What a home should look like. When we eat. How we spend our mornings.

Because the stories we live inside don't only shape our beliefs.
They shape our objects. Our expectations. Our homes. Our
furniture. Our calendars. Our days. We are surrounded by
small unspoken rules—quiet assumptions about how things
should be. This book invites you to begin noticing them. Not
just in your mind, but in your surroundings. In your rhythms.
In the things you've never thought to question.

Maybe this isn't how things are.

Maybe it's just how they've been.

Maybe you're freer than you think.

A Note on Stories

Most of the stories in this book aren't obvious. If they were, you wouldn't be living inside them. The most powerful stories are the ones we don't know we're telling. They don't shout. They don't even speak. They simply run in the background, often just outside our awareness. Like a hall of mirrors, they show us what we already expect to see. The shape of our lives. The meaning of success. Who we think we are. What we believe is possible.

Some stories wear the face of culture. Others speak in our own voice. The most dangerous ones do both. Trying to see them is like trying to look at something cloaked in tiny mirrors—the harder you stare, the more you see only the world around it. The more you see only yourself.

But sometimes, if you get still enough, quiet enough, disoriented enough, you might notice something odd in the reflection—a ripple, a flicker, a crack. And in that crack, the truth can enter.

This book isn't here to give you new stories. It's here to help you see the old ones—and decide whether they are still worthy of you.

One of the most foundational stories is: *"This is just how life is."*

And from that, we build entire palaces of illusion.

"I'm broken."

"This is who I am."

"I don't have a choice."

But these are not truths. They are concepts.
Frameworks. Agreements. Strategies that helped us
once, but now bind us.

You are not broken. But the story you've been handed
might be.

And you can lay it down.

It *doesn't* have to be this way. *You* don't have to be this way.

Life is more than these stories. *You* are more than these
stories.

Not all stories are lies. But some are cages so familiar you
forgot the door was open.

This is a book about finding the door.