

STUMBLING BLOCKS OR STEPPING STONES

Creating calm and confidence
through conscious choice

REGINE ANDERSEN

Stumbling Blocks or Stepping Stones: Creating calm and confidence through conscious choice.

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Testimonial

Regine has remarkably encouraged people to overcome some of life's most significant challenges. In this book, she helps her readers be brave by helping them to face their demons and conquer them through the strategies she's learned over the years and taught. Stumbling Blocks or Stepping Stones helps others achieve positive changes in their lives by teaching you to use conscious choice as your stepping stones. This book is a must-read!

—Josevie Jackson

Author, *Thrive and Be Somebody:*

11 Steps to Maneuver Life's Obstacles with Confidence

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Preface

My book evolved from the combination of a lifelong professional career in education, academic achievements, and my endless passion for helping others create positive changes in their lives and care for our natural environment.

My story describes moments of immense joy, and in some parts, it divulges some extremely painful challenges that expose horrific events that may shock the reader.

PART 1 reveals *my extraordinary life* lived across four continents. From escaping war-torn Europe, adventures in Africa, and migration to Canada, to exploring Australia and finally discovering my paradise on Christmas Island.

PART 2 is *a self-guided manual* that details the key strategies I taught myself and others to use to help overcome some of life's greatest challenges.

For me, it was childhood trauma, a failed marriage, and suffering with depression that almost broke me, but everyone has their own battles to fight.

Anyone can learn and apply the targeted techniques for creating calm and confidence through conscious choice and turn stumbling blocks into stepping stones on the path to a life worth celebrating.

Acknowledgements

Having an idea and turning it into a book is both a challenging and rewarding experience. I especially want to thank all who helped make this happen.

I thank my children, first of all, for their unconditional love and encouragement; they are the reason I never gave up on life, even though I almost did. Without their support, this book would never have been written.

Writing a book is harder than I thought, and I am deeply indebted to my book publisher, Ocean Reeve—and thanks to everyone on my publishing team for their editorial help, keen insight, and ongoing assistance in bringing my stories to life. It is because of their efforts that I have a legacy to pass on where one didn't exist before.

Thank you to the artist, Ewa Helzen (www.artmajeur.com), for permitting me to feature her painting 'Stones In The Water' on the front cover of my book.

Last but not least, I am most grateful for having my humble soulmate and a few close friends in my life who always stand by me without questioning my intentions and honesty, and whose names don't need to be mentioned here. You know who you are.

Some names in the story have been changed to protect confidentiality.

Part 1

My
Extraordinary
Life