

# We Decide Ourselves About Our Future

Have you ever felt like your destiny is in someone else's hands? Have you ever considered the possibility that you have the power to shape your own future? In a world filled with uncertainty, it's crucial to understand that we have the ability to make decisions that will ultimately determine our path in life. It's time to take charge and realize that our future is in our own hands.

## The Power of Choices

Every day, we are faced with countless choices and decisions. From simple choices like what to eat for breakfast to more significant ones like choosing a career path, each decision we make has the potential to shape our future. It's easy to fall into the trap of thinking that external factors or other people have control over our destiny, but the reality is that we hold the key to our own success.

When we recognize the power of our choices, we begin to understand that the path we take in life is not predetermined. We can choose to take risks, step out of our comfort zones, and pursue our passions. We can choose to surround ourselves with positive influences and seek out opportunities for growth. Most importantly, we can choose to believe in ourselves and our ability to create the future we desire.

## How Do We Want to Live?: We Decide Ourselves

**About Our Future** by Gerhard Gründer (Kindle Edition)

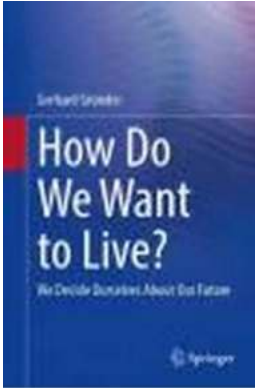
★★★★☆ 4 out of 5

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Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 254 pages



## **Overcoming Fear and Doubt**

Fear and doubt are often the biggest obstacles standing in the way of taking control of our future. We may fear failure or the unknown, leading us to hesitate and stay within our comfort zones. However, it's important to remember that growth and success lie just beyond the boundaries of our comfort zones.

To overcome these fears, we must challenge ourselves to face them head-on. We can start by setting small goals and gradually work our way up to bigger ones. Surrounding ourselves with a supportive network of friends, mentors, and individuals who believe in us can also help us overcome self-doubt.

## **Navigating Roadblocks and Challenges**

Along the journey of shaping our future, we will undoubtedly encounter roadblocks and challenges. These obstacles may come in the form of setbacks, failures, or even external circumstances beyond our control. However, it's important to remember that these hurdles do not define us.

When faced with challenges, it's essential to maintain a growth mindset. Instead of viewing setbacks as failures, we can see them as opportunities for growth and

learning. Each obstacle presents a chance for us to develop resilience, problem-solving skills, and determination - all qualities that are necessary for success.

## **Creating Our Ideal Future**

Once we let go of the notion that our future is dictated by external factors, we open ourselves up to the incredible possibilities that lie ahead. We have the power to create the future we envision for ourselves.

It's important to first define what our ideal future looks like. What are our goals, passions, and dreams? What steps do we need to take to turn these aspirations into reality? By mapping out our desired future, we can then create actionable plans and work towards achieving our goals.

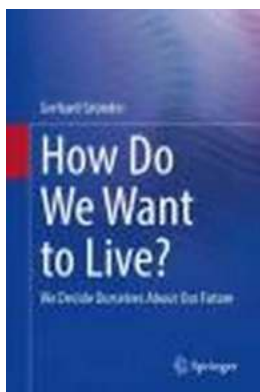
However, it's important to stay flexible and adaptable along the way. Life is filled with unexpected twists and turns, and our ability to adapt to these changes will greatly influence our journey towards our ideal future. By staying resilient and maintaining a positive mindset, we can overcome any challenges that come our way.

## **The Time for Action is Now**

Now is the time to take control of our destiny. We must recognize that our future is not dependent on luck or external circumstances, but rather on the choices we make and the actions we take.

Let go of the belief that someone else holds the key to your success or happiness. Embrace the power within you to shape your own future. Surround yourself with positivity, challenge your fears, and persevere through obstacles. With determination and hard work, you can create the future you deserve.

Remember, we decide ourselves about our future. The power lies within us, waiting to be unleashed.



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Do you also ask yourself how much your thinking, feeling and behavior are determined by your genes and biology? Do you doubt that interfering with our brain chemistry will make us happier and more content people? Are you skeptical that computer algorithms can capture your essence as a human being?

This nonfiction book challenges the worldview of "divine man" (Harari), in which humans are determined by their biology and medicine serves to optimize them. The author shows that we are the active designers of our living conditions and thus determine our own physical and mental health.

Be inspired to participate in shaping the future of a human society in which we have to decide where we live, how we live with each other, how we work, and how we educate ourselves.

Target Audiences:

Ideal for anyone interested in the fundamentals of brain research, psychology, and psychiatry, and who is concerned about the nature of human beings and their future.

About the Author:

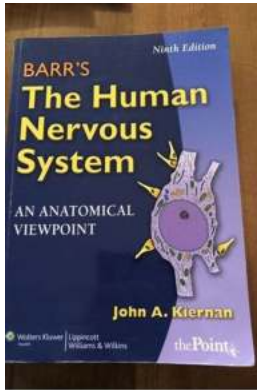
Prof. Dr. Gerhard Gründer, psychiatrist and psychotherapist, is a professor at the University of Heidelberg. He heads the Department of Molecular Neuroimaging at the Central Institute of Mental Health in Mannheim.

This book is a translation of the original German 1<sup>st</sup> edition *Wie wollen wir leben?* by Gerhard Gründer, published by Springer-Verlag GmbH, DE, part of Springer Nature in 2020. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation. Springer Nature works continuously to further the development of tools for the production of books and on the related technologies to support the authors.



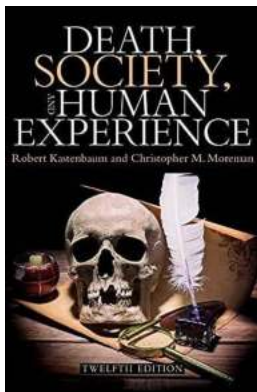
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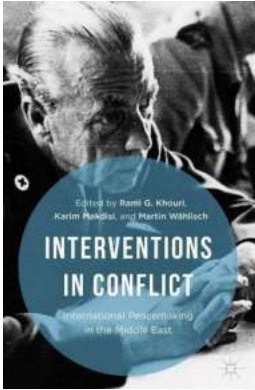
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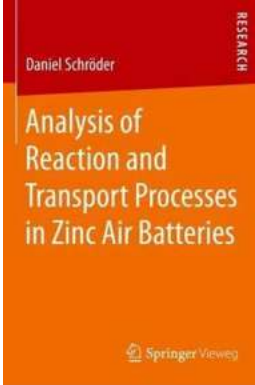
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