

Introduction – First Draft – New Book 2017

If you want to be an optimist, you have to make the effort to reach from your brain to your heart.

The brain is the organ that helps you think – it receives all the information that helps you build the reality you're living in.

The heart is the organ that helps you discover – it's the trigger that guide you towards astonishing experiences.

People that are thinking with their brain are always down to earth, very rational in their decisions, and always have a comfort zone that dictates their life.

People that are thinking with their heart are living their life experiencing it, are brave, passionate and always wanting experience more.

It's a conclusion I reached to after all the interactions I've had with the people around me.

Let Yourself Be Guided By Brain And Driven By Heart

In order to reach the heart, you need to experience three different realities and excel in the last one.

The first reality, the objective one, is related to the collective ideas of the society you're living in.

The second reality, the subjective one, is related to the ideas you generate after you filter them.

The third reality, the optimistic one, is related to a state of mind that lasts forever. Here is where you must excel if you want to be driven by your heart.

When you are born, before experiencing any of these three realities, you are driven by your brain. Your brain retrieves information and does what he pleases with it. This way, you will generate an objective reality, built on the elements that are common to others' subjective realities.

After that, the more you live your life, the more your subjective reality is evolving – there's where the whole process of generating believes, ideas, faith is happening.

The

more information you gather from others' subjective realities, the more you'll filter the information and give value to your beliefs. That's how your subjective reality is made.

Finally, at one moment, you'll reach an imbalance point. The beliefs that are part of your subjective reality won't help you anymore live the life you want to live. Thereby, you'll trade your present beliefs (almost always limited and harmful) with positive ones.

Your new beliefs will be related to your goals, dreams, and aspirations. This is where the optimistic reality will appear and develop – it's also where you'll need to excel to make sure you'll get the things you want in life.

The final result will be strongly related to your whole adventure from brain to heart, as two different life directions.