

## **FOREWORDS**

"In this book, Marianne Van der Wel has presented albeit latently, a brief, un-chronological autobiography of herself and the health challenges she faced in the course of her 76+ years on earth.

Utilizing a unique style of seemingly unconnected topics connected to her life experiences and ideas, she tempts the reader to accept her world view which is that everything existing seems to be interconnected in a universal whole.

"God" to her is Love and by extension forgiveness. This agnostic-like approach if adopted by humanity has the potential of eliminating or minimizing crime or the causes and consequences of crime in the society thereby ensuring a more peaceful earthly home for us all including other creatures that have as much right to our mother earth as we do.

She advocates for a world devoid of all bigotry and prejudice, a world where all that matters is being humans who can live together in peace irrespective of race, gender, religion, status and geographical location.

It isn't difficult to notice a paradoxical theme throughout the book: from the health care system/providers to her idea of the HOME, from her idea of "God" to religion, from gender to sex or sexuality and from the individual as a unit to the universe at large, all these, as a result of listening to her inner voice and gut feeling which she trusts.

The book has opened up my horizon and has taught me that there are at least a duality to every phenomenon – concord and discord, harmony and disharmony, positive and negative.

A must read for those who value humanity and humanism."

Usman A. Usman,  
National President, Society for Patriotic Leadership and Unity in Nigeria.

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"I first met Marianne at a local grocery store where I've worked for the past year, paying my way through teacher's college. We struck up a friendship and quickly began discussing everything from teaching, to literature, to major issues facing the world today.

In all my conversations with Marianne, she has consistently expressed her desire for people to view each other with compassion, to treat each other equally, and to put aside our differences and work together for peace, both internally and in relation to the world around us. These reoccurring themes run consistently throughout her book.

Whether she is citing African proverbs, sharing personal anecdotes, or reflecting more broadly on the nature of "God" or the world at large, Marianne shares a wealth of compassion and optimism while still acknowledging the real challenges we face as a culture today.

Much of her writing is common sense that has unfortunately become far too uncommon in our culture today.

It's a wide ranging and engaging book, and I hope you'll take what Marianne has to share to heart."

Tim Selles,  
Student and Teacher in the Making

