

CHAPTER 1: INTRODUCTION

“When you declare a breakdown, you actively participate in your life...”

The book begins with a claim that declaring a breakdown is not a bad thing to do. On the contrary, it is a good thing to do. A very good thing to do.

When you declare a breakdown, you actively participate in your life, in the process of creating or designing a future of your choice. This book is about you getting skilled in designing a future of your choice. And to do that, you declare breakdowns.

Humans are most times blind to how and when a certain order gets formed and then we do not even question this order. This order is the way we do things. At a lot of times, this order works for us. And at many other occasions, we simply continue to operate in this automatic or programmed mode without questioning the order that gets formed. This now does not work for us anymore.

The way to deal with this is to declare a breakdown.