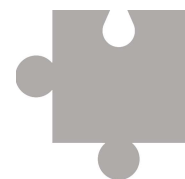
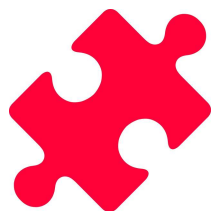


THE PUZZLE

**LIFE IS A PUZZLE.
MASTER THE PIECES.
LIVE WELL.**



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WELCOME AND THANK YOU!

Welcome to the Puzzle

Your pragmatic toolbox to thrive self-inflicted stress and uncertainty in weeks. Transform how you live!

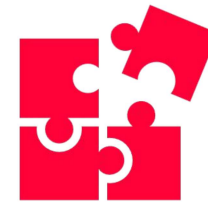
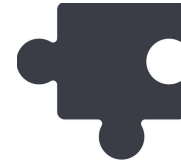
Thank you!

Thank you for choosing the Puzzle

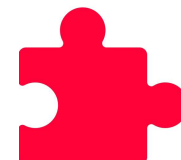
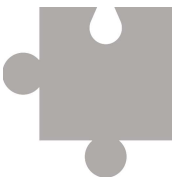
Thank you for joining this transformation journey.

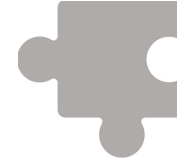
Thank you for your courage to take the decision to change.

THE PUZZLE



Live well





REMINDER



The Puzzle material and certified services are solely sold on the Puzzle website, and cannot be purchased from any other source.



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The Puzzle exists in 3 formats: audio, PDF and online. 

- You own the audio and pdf files relating to the theme you have purchased
- The Puzzle online is available upon subscription, with clickable access to the full Puzzle.

Look up on the right hand corner of the pdf document: the icons inform you which format is available for that particular piece of information.



The Puzzle is not suitable to overcome physical or psychological abuses, nor mental diseases. I urge you to liaise with professionals for support should you be in such a case.

INTRODUCING THE PUZZLE FRAMEWORK



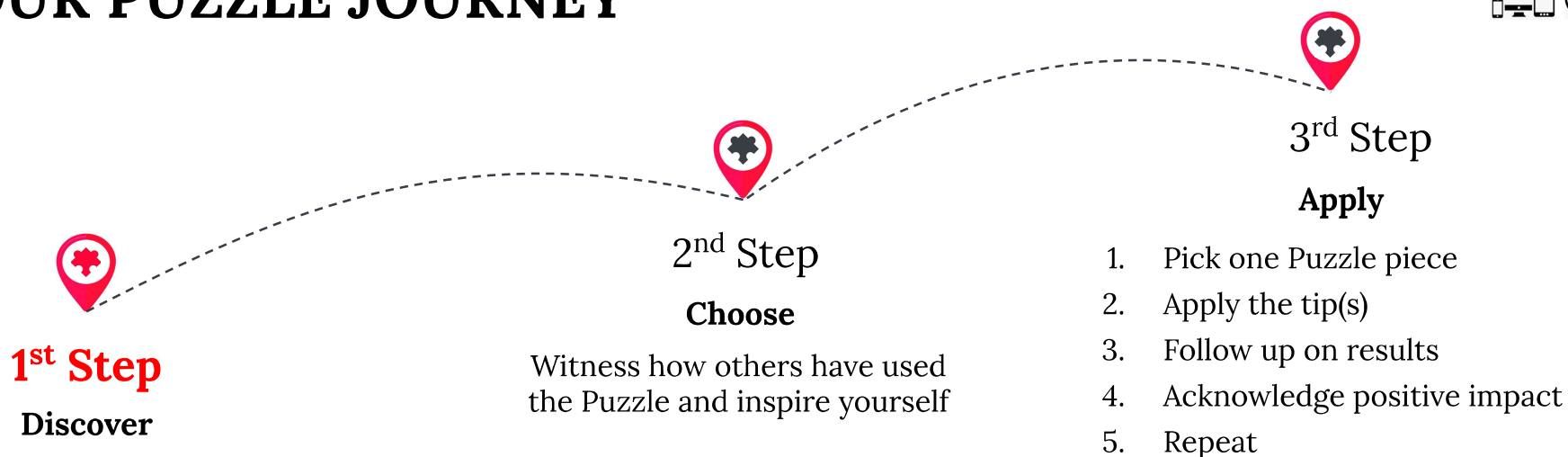
The Puzzle Methodology is built like Russian Dolls: pilling up from a tiny Puzzle into the full Puzzle, gradually introducing more pieces into the Puzzle.



The Puzzle is written in the 1st person to entail maximum impact, as you immerse yourself into it.

THE PUZZLE

YOUR PUZZLE JOURNEY



Puzzle framework
The 10 Puzzle pieces

Deep dive
More infos on the 10 Puzzle pieces

FAQ
Questions answered

People Stories
Real life anecdotes, before/after the Puzzle

Thoughts,
before/after the Puzzle

The Puzzle tips
Simple & concrete actions to change how your 10 Puzzle pieces operate

Practice book
Guided deployment of the Puzzle tips

THE PUZZLE



MASTER



RULES



FILTER



CONNECT



POLLUTION



PROTECTION



COMPASS



PRESENT

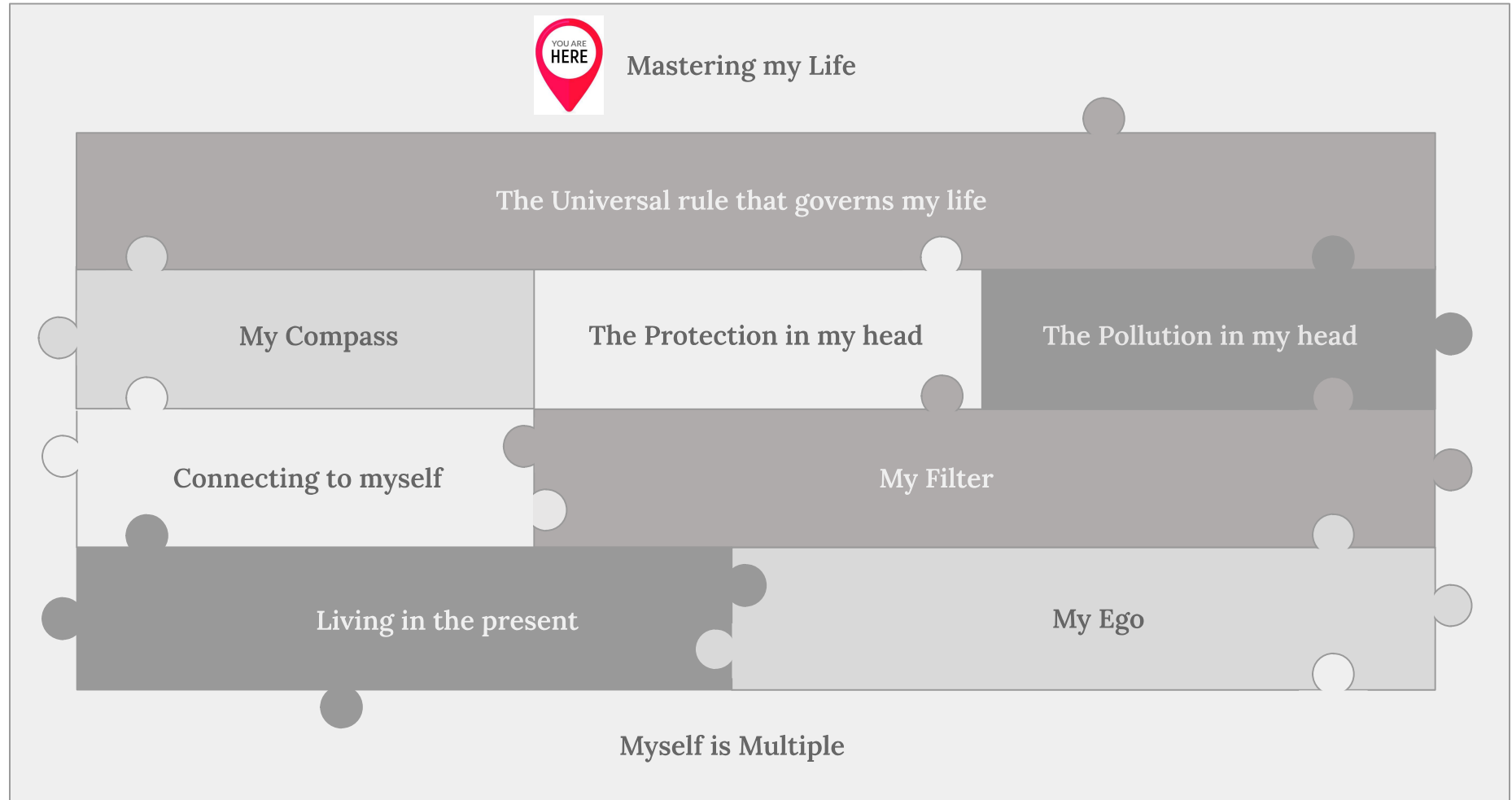


EGO

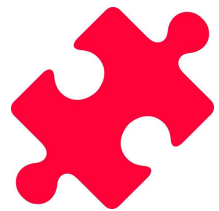
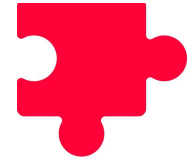


MYSELF

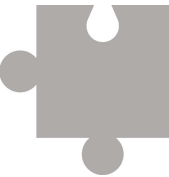
THE 10 PUZZLE PIECES



THE PUZZLE



Puzzle piece **#10** **MASTERING MY LIFE**





THE SMALL PUZZLE

Mastering my life

Nothing is written. At every moment, my thoughts have an impact on how I live my life and what happens next. I am also the only one making me feel: no one else has this power over me.

THE ADVANCED PUZZLE



Mastering my life

I cannot control what happens in my life, but I do have power over how I live these situations. No one but me have control over my emotions, thoughts and actions.
Reprogramming my brain to live better is in my power.



MASTER



RULES



FILTER



CONNECT



POLLUTION



PROTECTION



COMPASS



PRESENT



EGO



MYSELF



THE 10 PUZZLE PIECES



Mastering my life

My actions influence my thoughts and feelings, and my thoughts and feelings influence my actions - together resulting in what my life is. If I don't like it, I have the capability to change it. I have no control over events, but I am empowered to decide how to live a situation. I can change what impacts me (or not) by reprogramming how I think. Plus I am the only one controlling how I feel: no one else has the power to make me feel.

THE PUZZLE



MASTER



RULES



FILTER



CONNECT



POLLUTION



PROTECTION



COMPASS



PRESENT



EGO



MYSELF



CONGRATULATIONS!



**YOU ARE NOW FAMILIAR WITH
THE PUZZLE PIECE **MASTERING MY LIFE!**
WELL DONE!**

THE PUZZLE





MASTER



RULES



FILTER



CONNECT



POLLUTION



PROTECTION



COMPASS



PRESENT



EGO



MYSELF



WHAT NEXT?!

CHOOSE!



Want to know more on
each Puzzle piece?

Deep Dives



Questions on the
Puzzle?

FAQ



Seeking for inspiration?

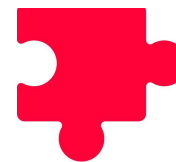
Go through **Thoughts** and
People's stories to find out
how others have leverage the
Puzzle to solve their challenge



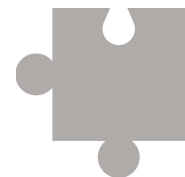
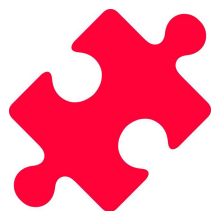
Want to introduce the Puzzle
into your life?

Apply the **Puzzle tips** yourself,
or leverage the **Practice Book**
for guided steps

THE PUZZLE



THE PUZZLE



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