ENGLISH SAMPLE (for PDF download)

EVERYTHING IS TEMPORARY
Sample (PDF)
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A Few Words Beforehand

This book is for you.

It's about things that can hit any of us: loss, pain, fear – but also hope, new beginnings, and those small moments that lift us back up.

I'm not writing to sound clever. I'm writing because I've experienced how quickly everything can change. You think you have it all under control, and then life shows you otherwise.

The most important idea in this book is simple: everything is temporary. What's weighing on you won't stay forever. What scares you won't hang over you forever. And even sadness doesn't get the last word. It won't stay the way it is – and that can help us keep going.

But it's not only true in hard times. The good isn't here forever either. Beautiful moments pass, happiness comes and goes, and that's exactly why we shouldn't miss those moments, postpone them, or tell ourselves we'll make up for them later. If things are good right now, enjoy it. Breathe it in. Be here – because this moment will pass too.

Read this book slowly, maybe just one chapter a day. Take what fits you. And if a sentence makes you pause for a moment, that's exactly right.

I hope you find something in these pages that lets you breathe a little easier.

Introduction

Everything is temporary. Three simple words – and yet there's more truth in them than many of us want to admit. Nothing stays the way it is: not pain, not joy, not life itself. Everything changes, and in that, there's meaning too.

This book isn't a guide telling you how to live. It's more like a companion: honest, simple, human. It holds thoughts and experiences from a real life – some beautiful, some painful – but they all share one thing: they show that even what feels endless eventually passes.

This book wasn't written because everything is already understood, but because life teaches us a lot – sometimes gently, sometimes harshly. People come and go, times change, and even the moments that shape us most don't last forever.

Who is this book for? For anyone who thinks too much sometimes. For those who take life too seriously. For people who worry or doubt and don't always know where to put their thoughts. For people who want to learn to let go, who want to experience the present more consciously – and also for those who are going through a hard time right now and maybe just need a small anchor.

In life, we often try to hold on: to people, successes, moments. But everything has its time – and sometimes you only realize that once something is already gone. Life teaches patience, and it keeps reminding us that nothing lasts forever – neither the good nor the bad.

As you read this book, I hope you pause from time to time. I hope you recognize that difficult phases pass – and that you learn to enjoy the good moments more consciously. Because every moment, no matter how small, is unique and can't be repeated.

And maybe this book helps you take things a little lighter – because in the end, the same truth remains: everything is temporary.

The Oldest Proof?

When we think about the word "temporary," we often think first of our own lives: change, getting older, beginnings and endings.

But what happens when we widen our view – far wider – so far that we can see the bigger picture?

Researchers assume that everything began about 13.8 billion years ago with the Big Bang – a moment that's hard to imagine. Out of what seemed like nothing, space and time appeared, energy and matter – and ever since, the universe has been expanding.

Galaxies form. They move, collide, and change. Stars are born, shine for millions of years, and burn out. Even our sun – the one that gives us light and warmth every day – will eventually fade. Not today, not tomorrow, but one day.

Even planets, moons, and black holes are, in the end, only temporary. They emerge, they transform, and they disappear again.

If you really take that in, one thing becomes clear: nothing lasts forever – not even the stars – and maybe not even time as we understand it today.

And now place our lives next to that: average life expectancy worldwide is around 73 years; in many countries it's 80 or a bit more. Compared to 13.8 billion years, a human life is almost nothing. In percentages, an entire lifetime is roughly 0.0000005 percent of the universe's existence so far – a dot so small you can barely see it.

And yet we often take our short time here incredibly seriously. We get upset, we argue, we fight as if everything would last forever – when in truth, we're only guests for a brief moment, a tiny stage of something much larger.

That's why it's worth using this time well: live, love, laugh, feel – and don't make everything so heavy, especially not yourself. Even the biggest worries grow quieter one day. They fade – like a star whose light keeps traveling toward us long after the star itself is already gone.

Maybe that is the oldest proof: everything is temporary. Nothing stays the way it was – not even the universe itself. And maybe that is exactly where the beauty lies: that we're part of something immense – brief, fleeting, and still alive.

Everything is temporary.