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I have derived my experience from a variety of factors. The socio - anthropological setting and subsequent studies in the field of non-verbal communication and emotive languages, along with many years aviation and travel, always inclined me towards deeper observations, in an attempt to achieve a more broad understanding of the social dynamics of very different people and cultures. After my degree I oriented towards Positive Psychology Studies based on varied and integrated learning, deep behavioural analysis towards an internal human fulfilment and rapid transformation. My origins made me a witness to a devastating and brutal war in the heart of the European continent as well as in my country. I therefore felt the urgent need to push deeper on what are the emotional levers that regulate the principles of choice and action of all human beings and that often give rise to dissatisfaction or existential discomfort. The use of sophisticated investigative tools aimed for a rapid harmonisation of the internal imbalances that often hinder the success and well-being in every area of one's life, allowing me to significantly reduce the time necessary for the achievement of results. Mentoring is a true passion of mine. It deals with matters of substance and importance, amidst complex contexts and a myriad of variables.

The Powerful Impact of Food, Thoughts and Emotions on Our Wellbeing

In these extraordinary days of changes, we are not living just as passive witnesses but as the main characters of this evolutionary progress. Taking responsibility of this knowledge requires unprecedented urgency towards transformation than ever before in the history of our planet. Higher consciousness and awareness on the importance of interactions of the three pillars that form what we are: mind, body and spirit, inevitably takes us to a deeper desire to explore the how's and why's of the capital importance that food, thoughts and emotions exert on our wellbeing. Being grounded in our identity, cultural heritage, and traditions makes us the stewards of the trajectory of the history of one particular group of people, community, or geographical area. At the same time, surrendering to a global phenomenon that overrides limits and barriers and that touches those deeper cords as a human beings, that has a lot to do with our historical challenges, is just as crucial. Exploring the pathways of these transformations in consciousness could be simultaneously challenging as well as exciting. Getting a deeper understanding of how food, thoughts and emotions play a powerful role not only in the quality of our wellbeing but also on who we chose to become, is a priority that we cannot avoid anymore.

