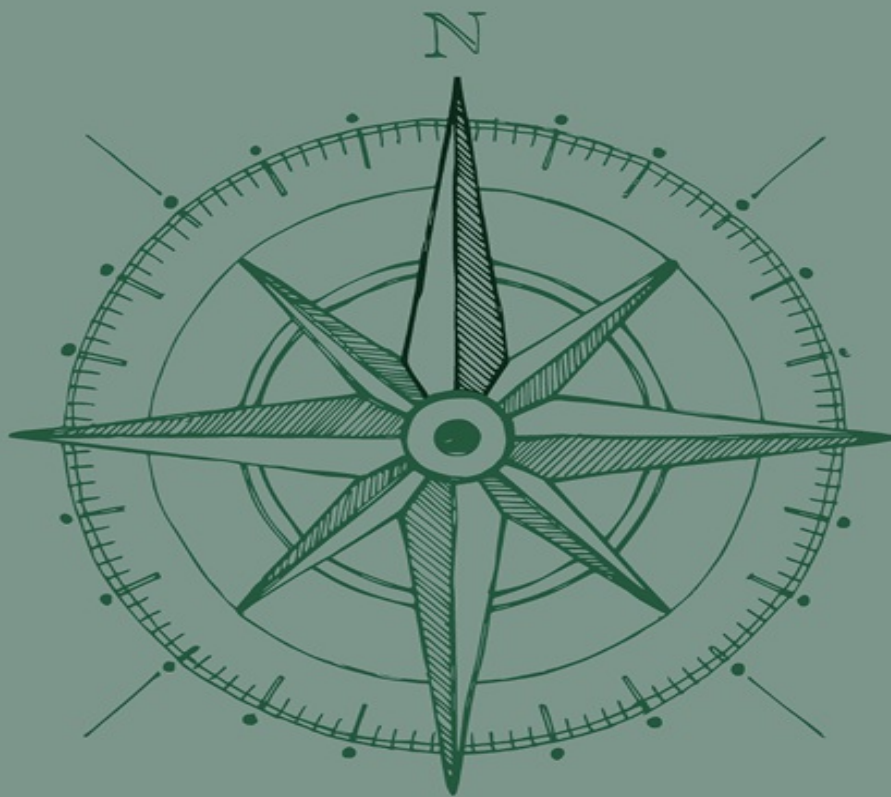


#1 *NEW YORK TIMES* BESTSELLING AUTHOR

# the way forward



yung pueblo

author of *inward* and *clarity & connection*

# the way forward

yung pueblo



**Andrews McMeel**  
PUBLISHING®

Also by yung pueblo

*inward*

*clarity & connection*

*lighter*

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be honest with yourself  
about where you are going

how you want to feel  
while you are heading there

and who you want to be  
when you arrive

every moment is a destination,  
an opening, a space for growth

the end goal should not distract you  
from taking each step with intention

you are seeing the results of your commitment  
and the power of your courage;  
the fact that your mind feels *lighter*  
shows you that you are moving in the right direction

you are entering into a better life  
where your reactions are less intense  
and your mind has more flexibility and determination

everything is not perfect;  
there are still challenges and times of struggle  
but you are learning not to let the down moments define you  
and you are more gracefully embracing change

the *inward* journey has sparked your evolution  
opened your perspective to a new level of *clarity*  
and each *connection* you cherish now has new depth

but the journey is not over  
you prepare yourself for another period of growth  
with your highest goals in mind and the truth you feel;  
your inner wisdom will show you *the way forward*

existing

there are times when all you can do is survive  
moments when growing doesn't even seem like an option  
and healing feels hundreds of miles away

the trauma and old hurt can weigh so heavily  
that all you can do is try to stay afloat,  
to endure another day

if existing takes every ounce of your energy,  
then that alone is heroic work



people who have revived themselves  
after almost drowning in trauma  
do not get enough credit

even though the pain  
was massive  
they did not stay stagnant  
or become bitter

they knew the only way out  
was the path of healing  
and they used it to start a new life

unpopular truth:

what's meant for you will sometimes  
feel scary, risky, and new

ease and calm don't always mean  
you're moving in the right direction

the biggest rewards usually come  
from having the guts and perseverance  
to create your own path

i thought the trauma had broken me  
but really it gave my life direction

the toxicity made me  
embrace communication and honesty

the manipulation made me  
realign with my own power

the narcissism showed me  
that selflessness is needed

the chaos taught me  
to build boundaries

the hurt showed me  
that healing and rebirth are possible

the magic happens once you accept  
that you can't regulate  
others' emotions or experiences

that's when you begin to live  
your most authentic life

some people will not "get" you,  
but what matters is that *you* get you

be kind,  
help others,  
and don't forget to live for yourself

it is normal to feel down, tired,  
and emotionally exhausted when  
you are going through a big transition

especially when you have to let go  
of something good for the chance  
at something better

great changes are not meant to be easy;  
they arise to inspire your growth

maturity is realizing that half of what  
you want to say does not need to be said

being able to see the difference  
between ego reactions  
and helpful points that can uplift harmony  
or reaffirm your values  
makes a real difference

“speak your truth”  
does not mean  
“speak your ego”

life will distract you  
and pull your senses  
in different directions

but within you there is a clear compass  
that points relentlessly toward  
the freedom you have been seeking

not the unfulfilling freedom of excess  
or of being without responsibility

the true freedom that comes from  
knowing your mind and body so thoroughly  
that wisdom reveals itself to you

embrace the silence  
don't fight what arises  
accept the waves of change  
and let insight unlock truth after truth

until you finally experience undeniable liberation

9 things that hold great power:

rest

kindness

meditation

vulnerability

healing yourself

being honest with others

embracing lifelong growth

fostering deep connections

giving without wanting in return



it is only heavy  
because you are deciding  
over and over again  
to carry it

embrace change,  
loosen up your sense of identity,  
let yourself walk a new path

you do not have to ignore  
or erase the past,  
you just have to wholeheartedly  
embrace the present and move on

emotional maturity is not about being  
above your emotions

it is about being able to sit  
with the rawness of every feeling  
without letting it take over  
your mind and actions

it is about facing storms  
without getting blown away

i got lost while trying to survive

my mind was busy fighting itself  
my energy was focused on acting as if i were stable  
my heart felt clogged up with old pain

the struggle continued until i realized  
that dwelling on the past  
would never change what happened

slowly my attention shifted to the present  
accepting myself gave me back some of my energy

i began to carve a new road  
one that would lead to better things

along the way i found  
the parts of me that i had misplaced

as i was busy building  
a life that supports my peace of mind,  
healing gave me a guiding lesson:  
to continue moving forward i simply need  
to treat myself and others  
with gentleness and honesty

love is much bigger than relationships

love is the way you heal yourself,  
the kindness you give others,  
the gentleness you give yourself in turbulent times,  
the space you hold for close friends,  
the intention with which you live in the present,  
and the energy that changes the world

love is every moment that elevates the human experience  
and all the small things that make life shine