

Human



Trodessa Barton
& Iris van der Veen

Human

Dear reader,

Usually, a writer addresses the reader at the end of a book. But I wanted to start this little story with a note, just for you. I rather enjoy doing things 'differently'. That's why I am starting with something that normally happens at the end. Is that strange or is it logical? Couldn't it be both? Isn't our life as a human the same? Both odd and logical? Fantastic and complicated? Miraculous and monotonous?

We live in a world full of contradictions. And yet it still feels as if we are all obsessed with one word: Happiness. According to most dictionaries, happiness is defined as a state of feeling pleasure.

But is a constant happy sensation necessary for a beautiful life? Or is it rather a palette of experiences and emotions that bring color to our existence? Isn't that what makes us human? Sometimes I feel we have forgotten that hardships are part of our journey. This book is my way of reminding you that both pleasure and pain are part of life. Together, they create the most wonderful symphonies, exquisite works of art, exciting movies, intriguing books and inspiring plays. Together, they can rip the mask off your face, break down your walls and give you the strength and motivation to walk your own path. Pain and pleasure, light and darkness will forever be part of your existence.

Exactly as intended. Embrace them both.

I hope this book will bring you joy, comfort and inspiration. I hope it touches your heart.

Lots of love, Trodessa





I am so happy to see you!

Grandpa, let's have fun today!



Well then... let's start with a smile.
A smile is always free.



Yeah Grandpa!

Darling, are you ready to step out into the world,

move some clouds and
do some soul-shaking?



Grandpa, why are we just sitting here?



Doing NOTHING is FEELING EVERYTHING.

Can you hear and feel the wind?



Sometimes, the wind whispers in my ears,
and sometimes, for a few moments,
it blows all my worries away.



The GREATNESS
in life
can be found in
the SMALLEST
of things.

