

Preface

Hello!

Welcome to Chapter 0!

As part of a series or game, chapters are typically numbered sequentially from *one* to *many*. However, in this book, which is part of a series on resilience, the order starts with *zero*. Chapter 0 represents individual, domestic, and ordinary situations that we all encounter on a daily basis. As we progress through the series, we will delve into more complex topics, moving from the individual and domestic to the social and global, eventually exploring extraordinary situations.

As you take this book in your hand and begin reading this page, you may find yourself wondering why we are embarking on this journey and why we have chosen this particular path. The truth is that building *resilience* in society must start from the ground up, beginning with individuals and households. Although resilience is often associated with disasters, it is crucial to first gain control over ordinary daily situations. This requires making resilience a habit – a way of life that is ingrained within us.

You may have heard of Isaac Newton, who discovered gravity, and perhaps his laws of motion. One of them is the Action-Reaction Law. Leaving aside the technical explanations, I can summarize it as follows: for every action, there is an equivalent reaction.

The relevance of this information, which will enable us to advance to the next round in the quiz competitions for those who do not have a special interest, is as follows: Our behaviors in our homes where we perform our daily routines have positive or negative bringing for us; Safe behavior brings a safe life, and careless behavior brings accidents.

In this book, we will learn where, how, and to whom home accidents happen, and then discover the paths that branch off from the roads leading to these accidents, and learn how we can overcome them when we face them despite everything. If we think in two stages, we will first make the brain learn by reading, and then by applying it, we will make the body learn. Our achievements in ordinary situations will lay the groundwork for dealing with extraordinary situations and will build resilience for us.

This is why I started this series. On this path, I hope to take firm steps together with you.

Now, let's take the first step with this book...

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