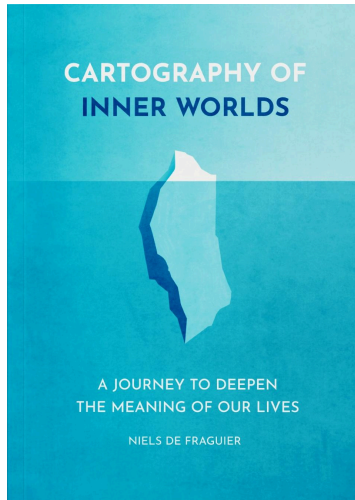


CARTOGRAPHY OF INNER WORLDS

A Journey to Deepen the Meaning of Our Lives



[Cartography of Inner Worlds](#) is a transformational journey to navigating the complexity of today's crises and creating the change one wants to see in the world.

As humanity faces mounting social and ecological pressures, this guide is an antidote to reinvent the meaning of our lives—reconnecting deeply with ourselves, others and the world.

Filled with real-life stories, accessible ideas, and empowering inquiries, Cartography of Inner Worlds opens a pathway to plant the seeds of a radically new way of being, thinking, and doing.

BOOK STRUCTURE

The book takes readers on a journey of self-discovery through introspection, examines the complexities of the world we live in, and empowers individuals to lead from the future by creating a vision for themselves and the world.

Each chapter includes a lived experience by the author, three main parts delving into the topic, a summary of 5 key takeaways, and practical questions to help the reader inquire. The book includes 12 chapters listed below.

1st part: Self-Introspection

1. *Where do you come from?*
2. *Who are you?*
3. *How do you belong?*
4. *What are your needs?*

2nd part: Making Sense of the World

5. *How do you perceive?*
6. *How can you become more conscious?*

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7. *How do you think long-term?*
8. *How do you embrace uncertainty?*

3rd part: Leading from the Future

9. *How do you make space for yourself and others?*
10. *How do you source change from within?*
11. *How do you communicate your beliefs and values?*
12. *How can you lead positive change?*

THE AUTHOR



[Niels de Fraguier](#) is a young leader, ecopreneur and author committed to empowering individuals and restoring Earth systems. Deeply affected by his childhood trauma, Niels has always been driven by serving the most vulnerable in finding their ways of thriving.

With a background at the intersection of empowerment, social innovation, and sustainability, he has led multiple impact initiatives supporting communities across the globe. His journey has spanned many countries around the world with the sole objective of empowering others to lead transformative change. He has worked in service to youth, women, refugees as well as many deprived communities.

He is the author of [The Regenerative Enterprise](#), a practical resource to empower changemakers to build future-fit companies endorsed by thought leaders worldwide. Committed to building a new paradigm going beyond current notions of sustainability, Niels invests all his energy in elevating human potential, building capacity and catalysing networks for change.

He has written *Cartography of Inner Worlds* as a summary of his young life to share the insights collected on his journey helping others to be in service to a greater future. His writings encompass the many conversations, encounters, and situations that can shape individuals on their way to flourishing.

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