



## Life Can Be a Miracle

*Ivinela Samuilova*

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“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

(Albert Einstein)

This is the motto of the cheerful debut novel by Ivinela Samuilova *Life Can Be a Miracle*.

In 2008 Ivinela Samuilova met Alexey Bachev who, at the time, worked as psychologist in the Ministry of Defence in Bulgaria. She became intrigued by his personality and the manner he worked with people seeking his help. Ivinela started documenting what he did and at the end of 2009 she wrote *Life Can Be a Miracle*, convincing Alexey to keep his real name in her novel because she wanted people to learn about him and his unusual approach to reality.

The story of the female protagonist Adie presents the life of the majority of people today – life stuck in social frameworks that define and limit what is 'possible and impossible', 'real and unreal', 'feasible and unfeasible', 'acceptable and unacceptable'.

Adie realized that, dragged along by her fears, beliefs and prejudices, she had replaced her true identity with a personality scattered about in different roles. She believes that only by finding her Vocation, will she be able to make sense of her existence and once again restore the integrity of her personality. Cue her meeting with the extraordinary psychologist Alexey, who helps her look at herself and her life from a point of view she would probably never otherwise have.

Alexey's unusual lessons, that start with a tiny piece of blue cheese and a huge fork, reveal practically how to break away from hypnotically living our lives following fixed social models. We discover, bit by bit, how to restore a more direct and holistic connection with the world. This is the only possible way to turn our ordinary life into an extraordinary experience.

## Life Can Be a Miracle Details

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### Galina says

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### Debbie Lamperd says

Is it possible to write a story with no plot, no conflict, no love scene, no chase, no protagonist, no hero and yet keep the reader indulged ? Well Ms Samuilova seems to have done exactly that and pulled it off beautifully. This book has been translated from the original 2009 Bulgarian edition and I thank her for taking the effort to do so. I have now been allowed access to her unique writing, that she has shared with the English speaking curiosities of this planet, such as myself I thoroughly enjoyed the delightful musings of Adie and her search for her own life's calling. Maybe the story has a touch of the author's own journey. Well worth a read.

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### Dianne says

We all know someone who seems to be beaten down by life, in a rut, feeling like they are always the bug on the windshield. Sometimes that person is staring us back in the mirror. **Life Can Be a Miracle** by Ivinela Samuilova is the story of a woman trapped in that same rut, feeling she is not quite living her life to the fullest, with joy and happiness. She discovers an unorthodox mentor who shows her some pretty interesting ways to take a bad situation and turn it around. While these methods may not change what has happened, she is now equipped with a way to get through them and even see humor in them.

This is not your typical self-help book, don't expect a "how-to" manual, I found **Life Can Be a Miracle** to be a light-hearted approach to dealing with life's little incidents! Ms. Samuilova writes with a positive tone, quick pace and a sense of humor that is refreshing and easy to understand. Are these methods easy to apply to everyday life? Could you use them without anyone knowing? Yes, and yes! Simple mental games, that make complete sense, whether they change the outcome of an incident or not, at least one could feel better about it. Is this book for everyone? Is it a miracle cure for the bug on the windshield? Maybe not, but it sure gives some positive thoughts to consider in an easy to read style.

I received a copy from the author in exchange for my honest review.

Publication Date: November 18, 2013

Self-Published

Genre: Self-Help/Personal Growth

Number of Pages: 169

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Available from: Amazon



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### Jim Murdoch says

A self-help book in a novel. What a wonderfully refreshing way to present old truths. Ivinela has presented new techniques to reach personal goals be they social, financial or health or business or whatever. The techniques revealed in a playful way through the story of Adie are so unusual the reader may assume this is pure fantasy and that this is simply an entertaining story. Well it is that, but the readers are challenged to test these techniques for themselves. What have a stuffed doll to do with vocation or a drawing with snoring? Nothing, really! And that is the point. Ivinela draws on the teachings of a real life psychology teacher, Alexey, whose unusual methods serve to distract his students from their problem in such a way that space for the solution is made. I highly recommend this book to anyone contemplating looking beyond the norm for their solutions. But don't just read it, go back and test the techniques. You'll have a laugh reading, and you'll certainly laugh trying the techniques.

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### Angya says

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### Leila Summers says

This book will appeal mostly to people who enjoy reading self-help, psychology, metaphysical and spiritual books or inspirational novels with a message. It does not necessarily read as a typical novel, though there is an enjoyable storyline that surrounds the insightful information. The book was translated into English from Bulgarian and the translation and the writing are excellent.

The story revolves around Adie, a woman who is searching for her purpose and Alexey, an unusual psychologist who runs seminars that Adie attends. I was most interested to discover that Alexey is a real person whom the author received permission from to use his real name and share his distinctive methods. This made the book all the more interesting for me because the information is authentic, and after trying out some of the techniques myself, I found that they actually work!

Alexey's seminars are sometimes described in detail which I found fascinating. It was almost as though I was attending the seminar myself, which would be impossible under any other circumstance, because Alexey Bachev lives in Bulgaria and speaks Bulgarian. I read many non-fiction books, articles and listen to various speakers on these topics, so for me this was a unique experience.

Here is an edited section from one of Alexey's seminars - *We all hold a mental map in our heads about what*

life is, how to live, who we are, what is possible, what is not possible and so on. This mental map determines our perception of the world, but what it shows us in not the world...It is like when you pour liquid into a container: the liquid takes the form of the container. In the same way, reality flows into our (mental) maps, and thus our maps shape our reality. When we fill our mind with something, like a problem for example, then our mental map will take the shape of the problem... In other words, the mental map that we hold shapes our reality that we experience... (But) we can go beyond the limits of the reality that we have shaped.

There are so many interesting insights that the book took me longer than usual to read, as I stopped to take notes and digest them. I do hope that the author considers translating her other novels in English so that I can read them too.

I think that this book will appeal to anyone who has an open mind, a sense of adventure and humor, an interest in psychology, believes that we can shape our reality, and would like to learn some different and fun ways on how to handle a problem.

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### **Kalin says**

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### **Greg Doyle says**

I really enjoyed this book. And I don't just mean the reading of it. The writer shares a lightness of thought and phrase that is both intimate and honest. As a writer myself, books dealing with “discovering one's personal calling” often have a habit of treading a simplistic path that is simply too well trodden. Not this book! The techniques she describes in her journey are fresh, ingenious and infinitely usable, not to mention fun! Overall, an uplifting read.

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### **Ty-Orion says**

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