

# A NOTE FROM THE AUTHOR

**This book is a travel journal from a time that shook me to my core and reshaped me into the person I am today.**

It's a raw, unfiltered journey through fear and courage, love and heartbreak, adventure and acceptance. It's the story of losing everything I thought I was—and discovering something far greater: enlightenment, resilience, and an unshakable commitment to living as a creator, a songwriter, and a seeker of authenticity.

I hope these pages ignite something in you: the courage to face the unknown, the wisdom to embrace nature's lessons, and the resolve to follow your purpose—wherever it may lead.

Thank you for picking up this book. It's more than a story. It's a companion for those who dare to seek, to feel deeply, and to truly live.

**Here's to the wilderness within, and the adventures ahead.**

Wishing you all the best on your journey,

– Rob Fillo

