



# Mind Platter

*Najwa Zebian*

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## **Mind Platter** Najwa Zebian

Mind Platter is a compilation of reflections on life through the eyes of an educator, student and human who experienced most of life in silence. It is written in the words of a person who came from Lebanon to Canada at the age of sixteen and experienced what it was like to have fate push you to a place where you don't belong. It is written in the voice of every person who ever felt unheard, mistreated, misjudged or unseen. Mind Platter contains around 200 one-page entries as reflections on different topics that we encounter in our everyday lives; love, friendship, hurt, inspiration, respect, wholeheartedness, motivation, integrity, honesty and more. Mind Platter is not about the words that are in it, but about what the reader makes of them. This book does not only belong to me. It belongs to everyone whose path crossed mine. Had my journey not have been what it was, with every story and every detail, I would not be the same person today. May this book give a voice to those who need one, be a crying shoulder for those who need someone to listen, and inspire those who need a reminder of the power that they have over their lives.

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