

Simone Janson (ed.)

# I DO WHAT I WANT!



THE ART OF LIVING A CREATIVE LIFE & BEING SELF-  
CONFIDENT NO MATTER WHAT OTHERS SAY

Fight sabotage stress & fears, learn repartee  
resilience & self-love-rhetoric

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# **I do what I want! The art of living a creative life & being self-confident no matter what others say**

Fight sabotage stress & fears, learn repartee resilience & self-love-rhetoric

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# Imprint

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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

## **Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback**

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

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# **BIO | Barefoot through job and life: freedom or whimsy?**

*// By Simone Janson*

Star fashion photographer Russel James has successfully demonstrated this: living and working without shoes. And there are more people who share this attitude: One of them, the Frenchwoman Elizabeth, I met during the weekend hiking in the Calanques near Marseille. And I asked myself: How much personal freedom is possible today in work and everyday life - and when does it get really ridiculous?

## **Barefoot as a life setting?**

Susanne Zürn-Seiller, press officer of the Comité Régional de Tourisme Provence-Alpes-Côte d'Azur in Marseille, who not only made my research on site possible through her sponsorship, but also supported me logistically, warned me extra: In the Calanques at Marseille hiking only with sturdy shoes!

And while I am now on the safe side with my solid walking boots, and secretly blaspheming the people I meet on my way with little sandals, I notice Elizabeth who is barefoot. Barefoot, without shoes, which could offer on the rocky, uneven and steep protection from stones, thorns and kinks.

I have to think of the Australian star fashion photographer Russel James: He photographed models like Giselle Bündchen or Heidi Klum of the world, but can [according to own data](#) “Not taking a single clever picture” in shoes. Even in the middle of winter he walks barefoot. And there are more people like him - you just have to enter barefoot life on Google.

## **Socially not accepted**

Just: Here, without shoes to crackle, seems to me a trace harder. So a reason for me to address Elizabeth. It is a life setting, she tells me. As often as she can, she walks barefoot. Unfortunately, it is often not. For example, at work, because Elizabeth has a serious job as an accountant in the Toulon region of southern France.

Even in her free time, when she goes out in the evening, she often has to discuss your attitude with people. “Walking barefoot is often not socially acceptable ..” she sighs. She thinks it's funny that I want to publish a photo of her. “If you want,” she says. Walking around the area without shoes is nothing particularly noteworthy for Elizabeth.

## **Unprotected on stony paths?**

I ask if walking barefoot isn't a little dangerous here. The main hiking trails are well developed, especially by southern European standards. But like me, Elizabeth always takes the small paths that shorten the long switchbacks on the way down. And they are anything but wide and comfortable.

She fends off with a laugh: "It's just the way to the beach, barefoot walking is not a problem," she says. In fact, it runs amazingly safely on the rocky road. Even if she has to walk a bit more carefully than people with sturdy shoes. Sometimes she stumbles a little, but that can also happen with sturdy shoes.

### **Only apparent security?**

"Bravo," said a woman who comes puffing towards us from below and points to Elizabeth's bare feet. And I suddenly wonder why I have been carrying heavy hiking shoes with me all week. Maybe you really have more freedom if you walk barefoot through the area?

Perhaps we should simply take things from which we believe that they provide us with security, but which really confine us to reality? Or is barefoot running just a crazy spleen, the consolidation of a somewhat spun identity, as Russell James himself says?

### **Barefoot at work - what is allowed?**

And what would you say if your boss, employees or colleagues suddenly wanted to come to work barefoot? In the wake of the often cited shortage of skilled workers, how far does the tolerance go in companies to allow employees to do this kind of thing?

Or is it, for example in creative professions, not even necessary, the employee have such freedoms to do their job well, as the example Russell James shows. Or can the stars just allow themselves? Looking forward to opinions!