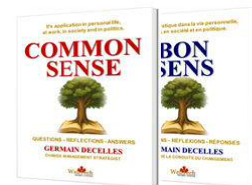


QUESTIONS – REFLECTIONS – ANSWERS

# COMMON SENSE

IT'S APPLICATION  
IN PERSONAL LIFE, AT WORK,  
IN SOCIETY AND IN POLITICS.



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## COMMON SENSE — The Secret to a More Balanced Life

In today's society, marked by rapid change, information overload, and an ever-growing number of decisions to make, a fundamental resource is sometimes overlooked: common sense. Yet it is often what allows us to return, to what truly matters, to clarify situations, to make appropriate decisions, and to move forward with confidence. Far from being a simple or outdated idea, common sense has become a genuine means of transformation, both for individuals and for society as a whole.

This is about taking the time to recognize both the obvious nature and the importance of common sense, a discreet ability, yet one that can deeply influence the way we understand the world and approach life. The text shows that when we relearn how to question ourselves, analyze situations with clarity, and act thoughtfully, common sense becomes a true source of balance. It helps us organize our lives more harmoniously, improve our relationships, strengthen our effectiveness in the professional sphere, and contribute to building a more coherent society.

Common sense is not reserved for a select few; it is a skill that anyone can gradually develop.

Applying common sense across the different dimensions of our lives, whether in our personal life, our work, our social relationships, or even in the way we think about public policies, is not a theoretical ideal. It is, on the contrary, a concrete and accessible approach whose strength lies in a simple principle: accepting the need to question ourselves. This does not mean doubting everything, but rather seeking to understand what truly matters.

Asking ourselves the right questions means refusing automatic behaviors. It requires taking the time to think before acting, examining situations objectively, and confronting our impressions with reality. It also means recognizing that the most meaningful answers do not come from impulsive reactions, but from an inner process that is demanding, honest, and sometimes uncomfortable, yet always beneficial.

When this attitude becomes a habit, it profoundly changes the way we live. In our personal life, it helps us make choices that are more consistent with our values, avoid rushed decisions, and build healthier relationships. In the professional world, it promotes a better understanding of issues, fairer decision-making, and more respectful collaboration. In society, it encourages listening, understanding, and thoughtful action rather than impulsive reactions. Finally, in the political sphere, it becomes a way to counter confusion, manipulation, and polarization by refocusing attention on what truly serves the common good.

Common sense is not an innate quality reserved for a few. It is a skill that develops over time, a discipline refined through practice, and an attitude learned gradually. Every question we ask ourselves, every reflection we undertake, and every answer we seek with sincerity brings us closer to a life that is more stable, more coherent, and more fulfilling.

Adopting this approach means choosing to live intentionally rather than being carried along by inertia. It involves building a life based on solid values, values that serve as guidance, protection, and personal growth. It also means deciding to take responsibility for your own clarity and your understanding of the world.

This transformation does not require a radical change. It begins with a simple gesture: asking a relevant question, taking a moment to step back, or showing clarity of mind. These modest but consistent actions are what allows us to build stronger lives, more authentic relationships, and fairer societies.

In short, common sense can be seen as a tool that is both simple and highly effective for taking back control of our lives, guiding our decisions more wisely, and moving forward with confidence. It is neither a complex theory nor a difficult method to apply, but a daily practice rooted in simplicity and reflection, one that can profoundly transform the way we live. By developing this clarity, learning to question ourselves sincerely, and acting with intention, we gradually build a life that is more balanced, more coherent, and more aligned, with whom we truly are.

The book COMMON SENSE fits into this perspective by offering a structured framework, practical tools, and an approach grounded in many years of experience. It does not claim to provide miraculous solutions; instead, it offers a realistic and accessible path to support personal development, success, and a positive contribution to our environment.

Whether one seeks to understand oneself better, improve personal effectiveness, or initiate inner change, this guide encourages everyone to return, to what truly matters, the ability to think, analyze, and act with discernment. Ultimately, the secret to a more balanced life is not found outside of us. It begins within each of us, in that simple moment of clarity that opens the way to lasting transformation.

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