

*Letter*  
*To you with FOP*

*November 2024*  
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# *Inscription*

Letter from Valentin Bunjaku      3 p.

Acknowledgements      4 p.

# *Letter from* **Valentin Bunjaku**

Hello wonderful person

We have one thing in common, we both live with FOP. And through that commonality, we've created other things in common, we know how difficult everyday life can be, or we know what it's like to live with pain. But we also know that FOP makes us stronger, because the community, because we connect with other people, we become stronger, and our inner fire shines brighter.

Some days, we're just tired and we don't have the strength to go on. I had to learn that those days are also part of life, because without those days, we wouldn't know that life is beautiful, and we wouldn't appreciate the really beautiful moments.

For those hard days, I want to give you this: the strength of the bear, the courage of the lion, the wisdom of the turtle, the lightness of an eagle, and the fire of the phoenix.

Together, we create our lives that we feel comfortable in and that we control. FOP gives us boundaries, but it's still our lives, and that's what we control.

And finally, a few words you can always remember: Life is unique and just beautiful, just like you.



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Site Texts  
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Do you also have FOP and wish to implement your letter?  
Send an email to: [media@noicisiamo.ch](mailto:media@noicisiamo.ch)