

THE JOURNAL THAT CHANGED EVERYTHING

What if the life you're living isn't yours at all?

You followed the rules, climbed the ladder, and earned the perks. But something still feels off. The Sunday dread. The quiet discontent. The whisper that says: This can't be it.

The Journal That Changed Everything is a raw, reflective journey through corporate captivity, awakening, and the first steps toward freedom. Through the eyes of Sarah, a high-performing professional caught in the illusion of security, this book explores what happens when you finally question everything you were told about success, stability, and self-worth.

Blending narrative storytelling with coaching prompts, global lifestyle insights, and real-world case studies, this book offers more than inspiration. It's a blueprint for change. Whether you're stuck in the "one more year" loop or quietly dreaming of a different life, this is your invitation to reclaim your time, energy, and direction.

About
DAVE DENNESS



Dave Denness is the author of *The War That's Already Started*, known for blending creative insight with operational clarity. His work explores the intersection of personal freedom, global mobility, and the systems that shape our choices. Through writing and coaching, he helps readers design lives that are intentional, resilient, and deeply their own.



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