

# How International Volunteering Saved My Life

Have you ever found yourself stuck in a rut, feeling disconnected from the world around you? That was me a few years ago. I was living a life that lacked purpose and meaning. Little did I know that international volunteering would be the key that unlocked a new chapter in my life, bringing me joy, fulfillment, and a sense of purpose like never before.

## The Beginnings of Desperation

I was going through the motions of life, day in and day out, feeling like a spectator rather than an active participant. The monotony of my routine was suffocating, and I yearned for something more. I knew deep down that I needed a change, but I couldn't quite figure out what it was or how to find it.

One day, as I was mindlessly scrolling through social media, a post caught my eye. It was about an international volunteering program, offering the opportunity to make a difference in communities around the world. Intrigued, I clicked on the link, and little did I know that this decision would be the turning point in my life.



## Beauty Beyond the Threshold: How International Volunteering Saved My Life

by Tiffany Mosher (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 6671 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled



## **Embarking on a Life-Changing Journey**

After extensive research and contemplation, I took the leap and signed up for an international volunteering program in a small village in Southeast Asia. The anticipation and excitement were overwhelming as I packed my bags and boarded the plane, leaving behind my mundane existence to immerse myself in a world of unfamiliarity and adventure.

The moment I arrived in the village, I immediately felt a sense of belonging and purpose. The locals warmly welcomed me into their community, eager to show me their way of life and share their stories. It was here that I realized the true essence of humanity and the power of connection.

## **A Journey of Self-Discovery**

As I began working on various projects, ranging from education initiatives to environmental conservation efforts, I discovered talents and passions I never knew I possessed. The act of giving my time and energy to something greater than myself ignited a fire within me, propelling me forward and urging me to continue making a difference.

Each day brought new challenges, but also invaluable life lessons. I gained a newfound appreciation for the simple joys in life, witnessed the resilience of the human spirit, and learned to embrace the beauty of cultural diversity. My perspective on the world shifted, and I suddenly recognized the immense privilege I had taken for granted back home.

## **Impact on Mental Health**

One of the most profound changes I experienced through international volunteering was the positive impact it had on my mental health. The routine that once felt suffocating and uninspiring was replaced with a sense of purpose and fulfillment. Engaging in meaningful work, connecting with others, and witnessing the impact of my efforts brought a sense of joy and contentment I had never known.

The challenges I faced during my volunteering journey also served as opportunities for personal growth. Overcoming obstacles and stepping out of my comfort zone allowed me to build resilience, confidence, and a renewed belief in my own capabilities. Through the act of helping others, I inadvertently helped myself.

## **Rediscovering Meaning in Life**

When I returned home from my international volunteering adventure, I was a changed person. The world seemed brighter, and my purpose was clearer than ever before. The experiences and connections forged during my time abroad continued to shape my perspective and influence my choices.

I realized that making a difference doesn't require grand gestures or vast resources. It starts with a willingness to step outside of our comfort zones and embrace opportunities to contribute, however small they may seem. Whether it's volunteering abroad or within our local communities, the power to transform lives lies within us all.

## **Inspiring Others to Take Action**

Reflecting on my journey, I felt a deep desire to share my experience and inspire others to embark on their own transformative journeys. I started writing about my

adventures, speaking at events, and connecting with like-minded individuals who shared my passion for making a difference.

The ripple effect of my international volunteering experience extended beyond the villages I visited. Through storytelling and advocacy, I had the privilege of encouraging others to step out of their comfort zones and explore the power of volunteering. It was incredibly fulfilling to witness the transformative impact it had on their lives as well.

## **A Lifelong Commitment**

International volunteering changed my life in unimaginable ways. It opened my eyes to the beauty of the world, connected me with inspiring individuals, and instilled in me a deep sense of purpose. It saved me from a life of mere existence and gave me a reason to live fully.

Today, I continue to dedicate my time and energy to various volunteering projects. The lessons I learned and the connections I made during my international volunteering journey continue to shape my path and influence the choices I make.

If you're feeling stuck, disconnected, or yearning for something more, I encourage you to consider international volunteering. It may just be the catalyst that saves your life and ignites a passion within you that you never knew existed. Take that leap, and let the world show you its wonders.

## **Beauty Beyond the Threshold: How International Volunteering Saved My Life**

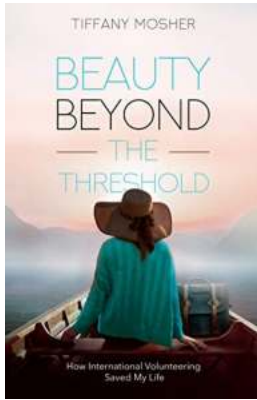
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Travel. Inspiration. Motherhood... and Depression.

264 million people worldwide suffer from depression.

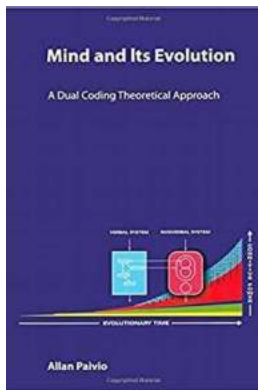
For anyone struggling with depression, anxiety, finding joy in life, living with purpose, or even just bad days, *Beauty Beyond the Threshold, How International Volunteering Saved My Life* is a story of hitting rock bottom; one woman's journey to recovery and self-discovery. Readers will go on adventures through heartache, loss, and despair as well as find themselves repairing homes in Puerto Rico and North Carolina, building schools in remote villages in Nepal, laughing with generous people, crying tears of joy, and reflecting on their own lives.

*Beauty Beyond the Threshold* brings hope to those who are feeling sad, depressed, and anxious. There is so much beauty beyond the threshold and the path to discover it is by taking that first step outside of your comfort zone.



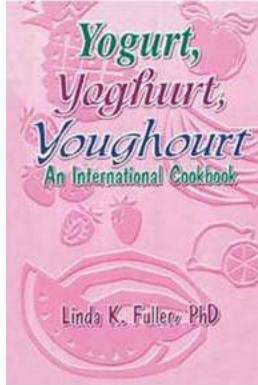
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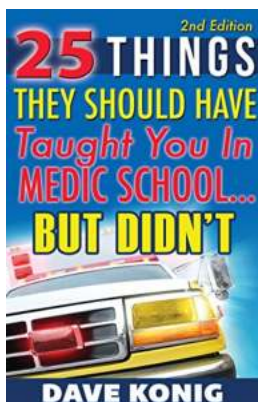
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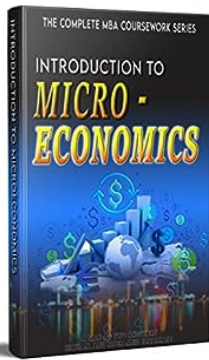
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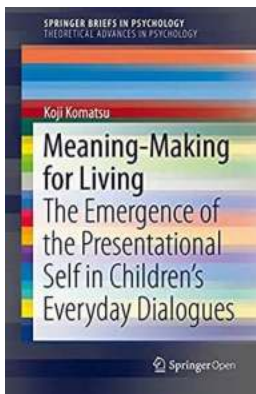
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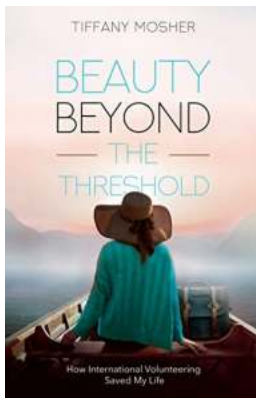
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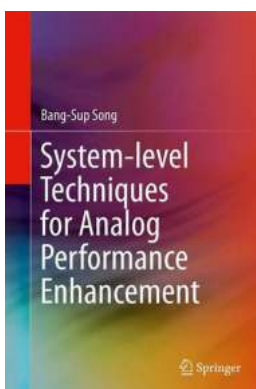
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