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These Acknowledgements mean a lot for me, as they revisit a part of my life journey that stirs up many emotionally touching moments, and jogs my memory into recalling many deep-seated names worthy of my gratitude.

During this professional doctoral training I have been through the most difficult time in my life, as nearly every significant aspect of my life collapsed. Having lost the most important people in my life, I now have no family members anymore. Luckily I am still on the way of completing this professional doctorate as intended, and will devote myself to helping people regain their psychological well-being with my increased confidence.

Thanks to this doctoral training, I have been continuously learning to turn all the negative experiences into positives, and believe that all the past experiences will positively contribute to my work and the rest of my life.

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