

Donor 1951

About Me

I was born in Lebanon in [REDACTED]. My mother (French) married my dad (Lebanese) less than one year before, I have a brother and a sister who were born in [REDACTED] and [REDACTED]. I grew up speaking French at home during the war in Lebanon. My parents did their best to make our lives pleasant, and we were materially and financially quite comfortable. I loved reading, spending time in or near water (hot bath or in the sea or a river), skiing, horse riding. As a teenager, I played tennis quite often, football (even though I was never very good at it) and skied as much as possible in Winter. I was also a video games fan and PC nerd.

I was overall quite good at school, mostly in Math, Sciences, History and Geography and French. I was not the biggest fan of Arabic. Because I was good in so called "scientific" and "masculine" topics, I was not encouraged to spend more time in arts (music, drawing, painting), it's a shame, because I actually won the first prize of a drawing competition in my secondary school.

Despite all the efforts of my parents, I developed an aversion to Lebanon and life there, and was very happy to move to France [REDACTED] to study after my Baccalauréat. After three years of preparation for highly competitive and selective nationwide exams, I managed to be admitted to one of the best Engineering schools in France. I am an Electrical Engineer [REDACTED], [REDACTED], and I have a PhD in Physics [REDACTED]. I spent [REDACTED] years in France and moved to London [REDACTED]. I became a British citizen [REDACTED].

After working for Industrial companies for a couple of years, I embraced a career in Quantitative Finance.

I have worked [REDACTED] years in this field now, in many different companies. I still enjoy it. I was married with the mother of my two children, but the divergences and misalignment were so bad, we divorced after being together [REDACTED]. It's sad that we didn't manage to work on our difficulties, but sometimes it's better to agree to disagree and move on.

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About Me *continued*

I am a good mix of rational and intuitive. Learning, growing, becoming a better person, and helping others on their ways is very important for me. I enjoy taking calculated risks and my curiosity and creativity attract me to new and different people and interests.

Good connections, authenticity, kindness and a sense of effort are essential for me. I can also be a rebel, be ironic and sometimes provocative when I feel that I am not aligned with the environment.

These days, I only play videogames from time to time with my children. I still enjoy reading. I probably spend too much time on my smartphone, but I try to walk as much as possible, and I enjoy listening to self-development podcasts. All the psychology and the theories around the human minds, our subconscious and how to free ourselves from these mental barriers is very inspiring.

Spending time outside, in nature, and exercising is very important. I only started surfing four years ago, and I am not great at it, but I enjoy it so much. Even running can be an enjoyable activity if you find the good motivation.

Eating well, having a healthy and balanced life are also super important.

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Goodwill Message

I am lucky to have a daughter and a son. Loving them, taking care of them and spending time with them is one of the best things in my life. I am happy to modestly help other people share this wonderful (but sometimes tough) experience and I hope you had nice childhood and teenage years with your parent(s).

No parent is perfect, even if they come with the best attentions. Indeed, they are only and simply human. They really wanted to have a child and I am sure they love you as much as they can.

It's only the first part of your life, which I hope will be rich, full, interesting and full of love!

I think that it's so important to have self-awareness, self-acceptance and self-love. It took me a couple of decades and many psychotherapy sessions to realise this. Everyone is flawed, it is ok, don't overthink and don't be too hard on yourself! Don't compare yourself to others. Find your way, be yourself, be kind to yourself and others. Seek peace, not comfort!

You don't need to travel to the other part of the World to discover new things. By being open, curious, taking the time and being available, you can discover wonders in your street, in your neighbourhood, in a garden. Travels expose you to new things and maybe to new dimensions of yourself, but you don't need to go too far to activate this. It's a mindset!

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Goodwill Message *continued*

I recommend you listen to or watch: "Everybody's Free (To Wear Sunscreen)" (Baz Lurhmann).

I had the privilege and pleasure of walking the Camino for three weeks last summer, I recommend it for anyone. It is such a pleasure to be temporarily out of the "normal" world, to travel slowly, to be in contact and reconnect with yourself, your mind and body, nature, and other good humans.

You have a hopefully very nice and very exciting life ahead of you, enjoy it! Live in the present, don't overthink.

Good luck.

I would be very happy to meet you if you want. It might feel weird because we only have a biological or genetic connection for now, but it's a good starting point, no?

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Handwritten Note

I am lucky to have a daughter and a son.
Loving them, taking care of them and spending time with them is one of the best things in my life.
I am happy to modestly help other people share this wonderful (but sometimes tough) experience and wish you best luck!