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## City St George's, University of London

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## **Acknowledgements**

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.

First and foremost, I want to show my deepest gratitude to my dearest parents, who both passed away during this doctoral training. It was you that gave me life and shaped me into the strong person I have become, with great compassion, perseverance, independence and ability to overcome every challenge in my dramatic life. I still remember even in the last stage of your lives, you did not want to divert my attention from my training to worry about your health, but all along encouraged me to work hard toward my intended goal. I regard completion of this doctorate as a best gift in return of your greatest love.

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