

THE NOBLEMAN OF EMOTIONS

By Laura Gran

Andrés Pascual, writer and speaker, talks to Laura Gran about pursuing dreams, his life in London and his latest inspirational book.

In 2015, the Spanish writer Andrés Pascual (La Rioja, 1970) and his wife decided to move to London for a period of time. They didn't know how long they would stay in the British capital, they just wanted to treat themselves and come and live in a "very inspiring city" that they love. "... we ended up living there for four years!", he laughs.

They chose to live in Notting Hill, and there he wrote his inspirational book, *"El Oso, el Tigre y el Dragón"* (The Bear, The Tiger and The Dragon), which he co-authored with his friend Ecequiel Barricart. The fable won the Urano Award of Personal Growth in 2017.

In this book, Pascual takes its protagonist, Gabriel, through a journey to explain that we all have three animals living within us. The bear, which deals with our emotions and helps us to love ourselves; the tiger, in charge of leading our actions and giving us strength; and the dragon, which is linked to our core purpose. If we feed them correctly, we live in harmony. Otherwise, chaos appears in our lives and we get stuck in emotional darkness. When you meet Andrés Pascual, you can tell that he's a genuine person who has learnt how to feed his inner animals well.

"It is not about being the best. It is about giving it everything you have and searching for your unique identity", he explains. Regarding this, he has gone through his own journey. Before he was a writer, Pascual was a lawyer for twenty years; seven of them he juggled his lawyer's office with writing.

"I needed that time to mature as a writer and to start dissociating myself from the place that I had worked for two decades", he states.

During this period he wrote three manuscripts for his first novel, *"El Guardián de la Flor de Loto"* ("The Lotus Flower Guard"). When he and his literary agent agreed that they

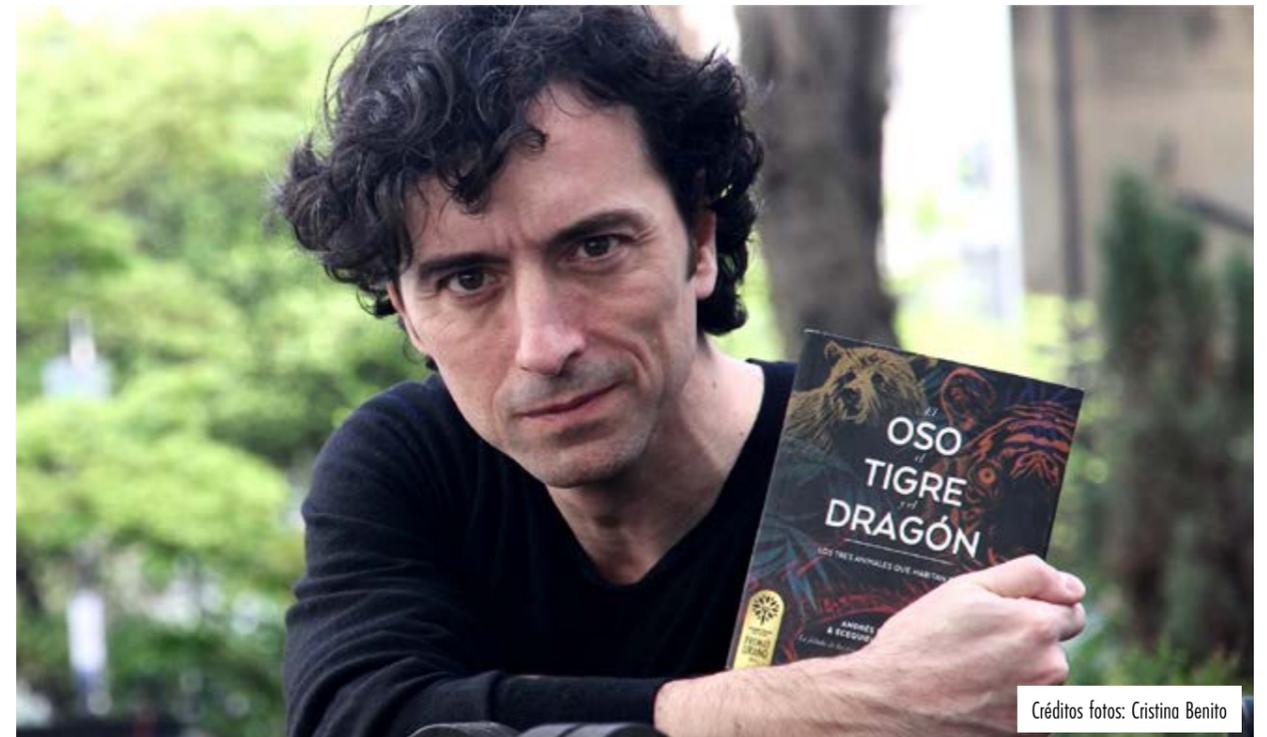
had the final version, the editorial *Plaza & Janés* (Penguin Random House) published the book. This allowed him to play in the literary "premier league", which was his dream and a very difficult goal to achieve.

In Spain 65 thousand books are published annually; 10 thousand of those are novels and only one thousand are in the commercial market. From the latter category, only 100 titles are actually sold. His was one of them. His novel was a great success. Since then, he has written six more novels. All of them have been translated to other languages and have sold many copies.

"It is not that I did not want to be a lawyer or I did not like it. It is just one morning I looked at myself in the mirror and I saw a different person. I realised I could not be a lawyer anymore. It was not a decision, it was my calling in life", he remembers. "It involved a radical change, but it was a conscious decision which was the result of a detailed plan. In the end, this is what we should all do", the writer states.

Paraphrasing Gabriel, Pascual had the emotion of the bear and the purpose of the dragon. His inner tiger led him to rationally manage the space in between both, without judging or being emotional about the plan he just implemented it, which was actually the difficult bit.

"It all depends on your personal goals and your ambition. One of the most important factors to succeed is not the talent or the numbers of contacts you have, but being able to maintain maximum effort when you know the goal is far away. It was difficult for me to keep writing until 1am and then keep going until 2am when I had to get up at 8am to go to the office. Knowing that after completing those 400 pages of manuscript that another 400 pages will follow. That is what is meritorious". That, and pursuing your dreams, which is quite rare in the modern world. "I have always liked dreaming big, I do



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not like stopping half way. I did not care how far away my goal was. I knew I was doing the right thing and I carried on with my approach of one more page, one more paragraph, one more sentence". This approach, his effort and good advice converted him into a writer. From doing this, it was possible for him to close his law firm and the very next day he was on a plane to London.

What he likes the most about the British capital is its diversity. From Spain, he highlights that "we are many countries in one. We complete ourselves with those we have around us. I love La Rioja's people hospitality, they can buy you a drink in a bar just because you are a foreigner". But you can tell he is a traveller, a seeker, someone passionate and committed to living a full life and sharing his experiences and thoughts with others: "in the end people really want to be excited. In order to achieve this, you need to be honest and write from your heart". As a reader and someone who has seen him lecturing a few times, this is what I stand out the most about him. Pascual is so passionate and confident about what he says and writes, he talks so profoundly about emotions that he manages to inspire you to take action to develop yourself. What a talent.

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