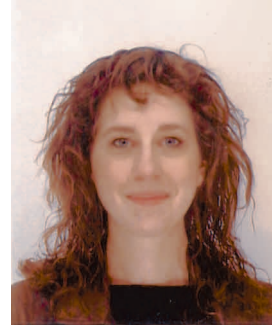


NAME: Alessandra Di Pisa
DATE OF BIRTH: 7 January 1977
NATIONALITY: Swedish



I just don't jump in without planning - I use my head to figure out how to do things right the first time. Whether brainstorming a new solution to a problem, planning a surprise party for my parents or lending my friends a shoulder to cry on, I've got the right instincts. So I follow them whenever I can.

My strong intuition allows me to understand the beauty of life better than most, but I still try to sharpen my appreciation of all that creation offers. There are many trivial details in our daily lives, that we have to learn to rise above to achieve happiness. But only through maintaining a sense of balance between the great and the small can I achieve happiness. So I closely observe my surroundings and keep my mind on the enduring values.

Superstitions don't play a significant role in my life. I don't think a four-leaf clover or an open umbrella can control my fate, and no little kitten or cracked mirror is going to throw me off. I chuckle at those people who wear the same old ratty shirt for luck or walk funny just to avoid those cracks in the sidewalk. Superstitions, when kept in perspective, can be a light hearted way to play with the concept of luck. But, when taken seriously - they can be consuming and get way out of hand. Superstitions are irrational beliefs that are created to make sense of coincidences or the unknown. Only someone who is confused or lacks knowledge on a subject, may turn to superstition for guidance and luck, but I spend my energy on those things over which I do have control.

It only happens once in a blue moon, but when I cut loose, I really cut loose. I'm usually the model of decorum, but I've been known to have my moments of insanity. That's why people are so tickled when I occasionally do and say off-the-wall things. But I usually tend to keep my emotions and behaviour strictly in check and making sure the scales are firmly tipped toward "sanity", which is something I take pride in. That said, I know it wouldn't hurt to indulge my loony side a little more often. Being dependable and reliable is one thing; being predictable is something else entirely. So I make a point of leaving room for spontaneity and craziness in my life and trust me, it's lots of fun.

I show absolutely no signs of depression. Indeed, I am one of the happiest people around. This is a result of a positive attitude, high self-esteem and well-developed coping skills and strategies.