

A green bicycle with a black seat and handlebars is leaning against a textured, light-colored wall. The front and rear fenders are painted red with black spots, resembling a watermelon. The bicycle is positioned vertically, with the front wheel on the left and the rear wheel on the right. The wall has a rough, stucco-like texture. In the top right corner, the text 'Leben jetzt' is written in white and yellow. In the bottom right corner, there is a quote in white text and a small vertical text 'Foto: Adobe Stock' on the far right edge.

Leben  
jetzt

**LEBEN:**  
Ein ständiges Auf und Ab.  
Nur wenn wir lieben und loslassen,  
wird es gut werden.

ANNE-SOPHIE DESSOUROUX  
Postulantin bei den Steyler Missionsschwestern

Foto: Adobe Stock