

# Acknowledgements



"Sensei ni rei" position – At the end of the lesson.

*A true friend is someone who lets you have total freedom to be yourself.  
That's what real love amounts to – letting a person be what he really is.  
Jim Morrison*

*I am indebted to my mother and father for living,  
but to my teacher for living well.  
Alexander the Great*

The combination of writing a dissertation, working daily as an anesthesiologist, being a husband to my lovely wife Nicole, being a good father of my two beautiful girls Frieda and Jona, was a very complex balancing act. But challenges and have been always a stimulating drugs to me.

When I started this scientific project, I completely underestimated the workload to receive a Ph.D. degree. My wife Nicole knows everything about this. For me personally, such a Ph.D. project has many parallels with the sports I like to do (Kendo, open water swimming, road cycling, hiking and running). To perform a series of competitions I was aware that I need to train hard and effectively, that I need to follow a good teacher or coach (Sensei) and that I have to join a good team or club (Dojo). Furthermore, I learned that using doping with liters of espresso and EPO (= endless positive optimism) isn't a bad thing. But more than that, you need a family, which understands your personality, supports your motivation to preserve your goals, gives positive and negative feedback, catches counterstrikes, and loves you and vice versa.

The most important person I have to thank first, is my wife Nicole.

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