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AGING

Live a Kick-Ass Second Half

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Chapter 1



HOW THE HELL DID WE GET HERE?!

Let me start by saying this: obviously, you already stand out from the crowd or you wouldn't be here. You are different from most because you want to modify your current results. I appreciate that. You might not know this now, but the world will appreciate it too. In my opinion, we do the world a disservice if we do not live our best possible kick-ass life.

I have talked to many people over the years and I'm amazed at what I have learned about humans. Aren't we the best? I also did some research on all of the amazing things we have accomplished during our time here on Earth, and it would take a bunch of books just to list them, let alone tell the stories about the heroes who did the work. But I can tell you this: as humans, we have all of the resources, knowledge, and energy to create whatever we want on this planet. Most people, sadly, will never know this or do the work, even if they *do* want to unlock the kick-ass-life universe.

CHANGE YOUR WAY OF THINKING, CHANGE YOUR LIFE!

The bottom line is this: humans are living longer lives than ever before and we need something to show for our time here on Earth! In the last few decades alone, we have entered a whole new way of aging that has never been done before. We cannot rest on our laurels. With everything we have discovered, continuing to live in that former space or mindset is such a waste of life.

CHANGING LIFE EXPECTANCIES

Let's back up a little bit and briefly explore life expectancy and aging, as well as how we got here. Thousands of years ago, when our ancestors were wandering around, exploring and evolving, they probably only lived for about twenty years. There wasn't much time to grow up, procreate, and take care of the kids or learn anything new. Then new tools and other developments gradually added to the number of years people lived, but it wasn't until the mid-1800s that life expectancy in parts of Europe and the United States crept up to the mid-thirties.

Life expectancy in the US climbed up to forty-seven years in 1900, then up to sixty-eight years in 1950, and in 2015, life expectancy in the US reached seventy-nine years. How did that happen? First of all, there was a major shift in how society looked at children.

Health officials and children's advocates started looking at what needed to be done so children could live longer and be healthy. In 1900, 25 percent of children died before they reached the age

of five. Tragically, you can see evidence of this in any cemetery in America. Society began to look at how all those deaths had happened, and with the advent of new technology and medicine, the life expectancy changed, and more children lived to adulthood. Also, according to Laura Carstensen, director of the Stanford Center on Longevity, as that happened, the average birth rate for American women went from 4.2 to 2.1. That meant fewer children were being born.

Doctors and scientists discovered causes of diseases, and through health programs were able to inoculate children so they wouldn't have to endure symptoms that, in the past, would have shortened their lives. Supplements were put into food, milk was pasteurized, and food sources were available throughout the year. Government and health officials paid more attention to the water the public drank, and purification systems were used. Another boost to our lifespan came with garbage disposal and sanitation systems. Most of these things we take for granted now, but it wasn't always so.

In addition, after child labor laws were passed and a system of public education was developed, many more children learned how to read and write. With education came more opportunities and choices. This sounds wonderful, but the sobering fact is that a few years from now, there will be more people over the age of sixty than under the age of five, and four to five generations of people will be alive at the same time. We couldn't have imagined that would happen even twenty-five years ago.

Even though there is cause for celebration, there are also storm clouds on the horizon. Many people have begun to question whether the larger numbers of older people will drain resources or add to them. There is fear, apprehension, and some panic

about what the hell to do with so many older people who have numerous medical, physical, and emotional needs. This actually presents a huge problem for many societies. There are too many of us, we are too sickly, and we have become a burden on the economy. We have too many problems; we aren't supposed to live this long. Well, let me say this: I am confident that we can turn this kind of thinking around, and in a short time, together. Here we are now, living a long time and moving toward living to at least one hundred. Millions of us. What matters is what we do about it, who we are while we're getting there, and what kind of guidelines we can set up for the waves of people following in our footsteps. Don't you think it is time to accept the responsibility for making sure the future is a place where everyone looks forward to exploring when they reach a certain age? We can do this!

Are you getting excited? Damn well better be, because this is a ride you want to take—with your arms up and yelling, “Wahoo!” Will it be scary? I'm positive it will be. It wouldn't be an adventure if it didn't scare the shit out of you, would it? The world doesn't need a bunch of wimps as guides. No siree, Bob! It needs experienced, skilled, fun, insightful, talented—did I say fun?—amazing people. That is and can be YOU! Well, me too, so I guess that means US. We are the ones. Don't you love the thought of it?

FACING BIG PROBLEMS

If I were sitting with you right now, I'm pretty sure you would admit that the world is facing some serious problems right now. On all levels and in all corners. We have the global warming problem, an energy shortage, the junk we have piled in our oceans, differing opinions on whether we should have affordable or free healthcare for all, how to ensure education for all (and

that includes girls worldwide), pollution, homelessness, environmental destruction, total disregard for animals and plants, and it goes on and on. I hope you have your own list. We're going to need it. I told you that we were going to dig into some real shit here. This book isn't just about reading and doing; it is also about us all connecting, communicating, and leading change.

I've been talking with people around the world for a long time now (over fifteen years) while watching, listening, learning, and asking lots of questions. It is clear to me that for every problem out there, one or more people have the answer to solving it. It is a matter of getting people together and maximizing potential and outcome.

Have you stopped in on Google lately to check out how gamers problem-solve? I mean, not the weird ones, but the really smart ones. It is mind-blowing. More about that later. Now just think about that for a minute, and I think you will agree. There is a collective brilliance when a group of people have similar interests and ideas. And that is exactly what we are. A collective group of kick-ass-mindset individuals.

I understand there are many of us who feel lonely, not recognized, not needed, or even not wanted around very much. Many on this planet feel a loss of connection. All of that is about to change.

I had a friend who was lonely but always complained about everything and really drove people away. Myself included. This person felt that family and friends should always be calling and inviting him places and doing things for him just because he was older and was related to them or had known them for a long time. But that isn't how life works. As you will learn in later

chapters, our attitudes, mindset, and motivation, along with how we take care of ourselves and others, are the pillars of who we are and what we can accomplish. Sitting around feeling entitled just because we have reached a certain age is horse pucky.

PLOTTING OUR COURSE OF ACTION

Let's revisit the "second half of our life" people again here. Us. In a few short years, we will make up over 20 percent of the population. One out of five. There will be lots of us out there, and it is up to us to figure out a way to keep connected and active, creating change and knocking the crap out of the myths of how we are supposed to be as we get older. Right now, only 1 percent of the world's population is over one hundred years old. Well, times will be changing, and we are going to be the change makers. By the time you get through this book and plan your course of action, you will have a roadmap for what lies ahead, and together, we can plot our course. Our path, our course together, is based on what we want and not some made-up idea of what we should be doing. To hell with that. Make sure you note how and where you can connect with me. I am on Facebook, email, and Instagram. (Okay, occasionally on Instagram, but I am still there and get my messages.)

I want to be clear: there is no blame here. Millions of people living over one hundred years hasn't happened before. Doctors, advertisers, designers of clothing and housing, nutrition experts, you name it, are basing their products, services, and attitudes on what they already know. We are going to challenge that by demanding what we want and need, and we are not going to be shuffled to the back room next to the brooms and mops. Nope. We are going to be in the front window, out on the side-

walk, at the front entrance. We owe it to the people following in our footsteps to create a future that celebrates being older and helps everyone to realize their potential.

As much as I like being an introvert, I decided that being visible is really important to making our presence known. If we are going to be one out of every five people, then we need to be seen. I also knew this had to start with me. I certainly couldn't ask other people to step up if I wasn't willing to do so myself. So I went to some Pride parades, joined groups to learn more, read articles, listened to people I respect, and attended some demonstrations and rallies for issues that are important to me. No, I wasn't on the front line waving a banner, but next time I might be.

I also write reviews of things I buy, places I go, and services I get. Here is the main thing I think is important: even if the service is shitty or the product is a piece of crap, in the review, I say what would make it better. I share what didn't work and why that affected my decision. Just demeaning someone or calling them names or disrespecting them isn't who I want to be. Education is key to getting what you want and need. Try it and see the reaction you get.

When you see or hear something that isn't okay, then say something. Remain calm but direct and purposeful. When I was doing mediation and conflict resolution, we had a workshop on interrupting racism. I learned a lot and used this knowledge a lot, but I have expanded my interruptions to all microaggressions I see and hear, whether they are racist, sexist, homophobic or transphobic, ethnic, ageist, or any other way humans show disrespect toward each other. Let me tell you, people get wide-eyed and quiet when I start in on them. But once again, it is an educational

opportunity. First of all, it is important to stop what is going on. Say, “Hold on” or “What did you say?” or “Excuse me!” Then stick to what you are feeling. You could say, “I’m really uncomfortable with what you said” or “What do you mean by that?” Always give people a chance to explain and then follow up with how it is wrong and hurtful. We have a lot of power, and using it in a way that can create dialogue or make someone think about what they are doing can move you to the head of the line.

As a group (the over sixty years of age group) we have the power, knowledge, know-how, and reasons to get what we want, when we want it, and how we want it. We have a shitload of buying power too. Not for what there is now, but for what we will be needing and wanting on our journey.

ARE YOU “DECREPIT” OR UPGRADED?

Check this out: here are a few of the words listed when I googled “words for aging.” Are you ready for these?

Crinkly.

Old hat.

Gumboot.

Old folk.

Old-timer.

Doting.

Decrepit.

Doddering.

Tottery.

This list brings me to my first ask of you. Ready? No? Okay, do it anyway. Push yourself. After reading my instructions, put this book down.

THOUGHT EXERCISE / ACTION STEP

Make a list of all of the words you have been called, heard other people called, or heaven forbid, you have called people you think are “old.” Include words that you have called yourself in this list. You know, those times when you put yourself down, whether it was out loud or as that lovely inner voice that constantly shows up.

Now, let me ask you this: is “old” how you see yourself? What if you turn that around? Maybe instead you see yourself continually upgrading each year. Yes, I just said upgrading. If we got younger, it would be a downgrade, right? That’s one of the reasons I love positive thinking. I have turned this “old” voice around, and instead I refer to myself as upgrading every year. Lesson number one: start to work on your voice now because *you are not old!*

There is no way in hell someone who is thirty or forty or whatever can possibly know what it is like to be seventy-five or eighty-five or even sixty. They think they know what it will be like, but that belief is based on how older people are often portrayed in the media. They are scared shitless of what they think they know, but the truth is that they are frickin' clueless. I realize this is a rant, but I am sharing this because changing the way we live our lives in the second half can change the story for them too. You know, the humans who haven't upgraded to our level yet.

Oh, and I love this one (insert sarcasm emoticon here): "I know how you feel." Bullshit. You are forty-four and you have not lived my life. Don't say that! Why not just say, "Wow, that must feel (insert the word that applies here: terrible, scary, bad, etc.)"? No one can know how you feel. They can empathize with you and hold your hand and give you a pat on the back, but know how you feel? No way. "That must feel scary!" Now that is something everyone can relate to because everyone has been scared at one point in their lives.

LIVING OVER ONE HUNDRED

Okay, let's talk about blue zones. Right now, there are five places in the world where people regularly live to be over one hundred years old. Soon it will be common for people worldwide to live to be one hundred. These five places are called the blue zones. A ton of studies have been done on people who live in these areas, as if they are animals in a zoo, and most of the information researchers have found is what you would expect from rather quiet and isolated communities with similar needs. What is

so fascinating is that these people have the same resources as people in other places, but the difference I see is determination (there is that word again), taking action, and a healthy mindset, which of course lowers stress. People who have lived long lives in blue zones have some super-interesting tips. I have a blog post about this on my website, www.kathleensinclair.com; just search the term “blue zones” to check it out.

Where do you live? Inner city, farm, house, apartment? Do you live by yourself or with others? Are you still working? Are you in good health or bad health? Most of us are not able to live in the blue zones or choose not to, and although I love the blue zone tips and way of life, there are things that they do that I do not. I’m telling you here and now, though, I will definitely live to be over one hundred. I’m certain of it.

THOUGHT EXERCISE / ACTION STEP

Here’s an interesting little side exercise for you: take a moment to pause and write down how long will you live. And by live, I mean be healthy, have a sound mind, and be able to contribute to society. Take that number and put it away somewhere with the date on it. You can and will look at it later on.

I wrote down 120. I said, “I want to be holy-shit old.” What can I say? That’s what came to me, and for once, I didn’t set up the debate team in my head and battle it out.

THE SILVER FEAR

Let's dig even deeper into the facts here and move on to chat about the Silver Tsunami. Since economic growth has slowed somewhat for a few years now, many officials have tried to figure it out, and they came up with their great theory that there are too many old people. They decided to name it to give it a fear factor. The Silver Tsunami. The pyramid shape of the population has started squishing down with so many older people floating to the top, and now the damn thing looks like a rectangle. Woe is me. How can there possibly be enough young people to support all of these old fogies hogging all the money and resources? Now, this isn't just limited to the US. Nope, this fear is whipping through like a wind from the Sahara. The leaders of the G20 nations have even put aging on their priority list for discussion when they meet.

According to the Stanford Center on Longevity, these demographic changes have never been seen before. In Japan, the life expectancy in 1950 was sixty years, and now it is eighty-four. The number of centenarians (people who live over a century) is now the fastest-growing demographic group. Numbers like this are also seen in lower-resourced countries like Ghana and Niger. In 1950, life expectancy in Ghana was forty-one years and is now sixty-three years, while in Niger it was thirty-four years in 1950 and is now sixty-two years. But the problem in those countries is that childhood deaths remain very common. In Malawi, the number of people over sixty is expected to go from 4.1 percent of the population in 2020 (784,300 people) to 7.3 percent in 2050 (2,784,000 people). These developing areas account for 68 percent of the world's population over sixty.

A UN Department of Economics and Social Affairs report, *Inequality Matters*, brought up the idea that the developed world got rich before it got old, but less-developed regions will get old before they ever get rich. This just magnifies the fact that aging is a challenging global issue. Our role as kick-ass change makers and explorers is more important than ever, as we can set an example about aging that hasn't been experienced yet. Right now, the world is not prepared for the near doubling of life expectancy. It has happened so fast that social infrastructure, societal norms, and individuals' life plans are not ready. Waves of uncertainty and doom are blazing through government policies and infrastructure that looked vastly different from the current assumptions about the numbers of old versus young.

Think of the current norms in work, education, healthcare, and financial security. Think of the definitions of family, politics, and insurance predictions, as well as Social Security. Yikes. Think of traditional policies around education, length of working careers, health policies, and financial sustainability of pensions.

There have to be major revisions. Retiring in your sixties is not going allow you to support yourself into your nineties unless there are dramatic shifts in policy.

That isn't all the grimness that is festering. Haven't we had enough of this already? Evidently not. Some economists and politicians are predicting a major decline in productivity and an increase in strains on healthcare, making costs such as delivering care, wages, equipment, supplies, land, and buildings increase even more. Some feel there will be so many older people that their needs cannot be met with the current projected

resources. Others feel that young and old will be vying for the same resources and that children and younger people will be left in the dust as older people consume too much.

Maybe developing countries can learn from the mistakes leaders in some developed countries are making now and plan better for their aging societies. Let's hope the policymakers take note and plan well for the future. At seventy-six, when I am writing this, I can feel the pressure and some buildup of anxiety about getting older, but I have to say, with our skills and experience, finding a new purpose is one of the most amazing opportunities for people over sixty.

I am not an economist, but I know that the costs of an aging society are churning up dread and panic among many people in power. Sort of like standing naked on an island with no shelter and watching the hurricane approach. Well, okay, there is one tree. Anyhow, I digress.

Warning: I am going to get all quotey and resource-focused here for the next few pages, but you have to understand the numbers and facts so that you know how to drive change within yourself and on this the planet. Okay, here goes. The *New York Times* economics writer Eduardo Porter pointed out that "the aging of the American population is carving an unexpectedly broad path of destruction across the economy... Many of our most intractable economic ills can be traced to some degree to this ineluctable fact: America is getting old." (I had to look up "ineluctable," and I am still not sure how to pronounce it.) But guess what, fearful leaders? Workers in the second half of their lives are working longer. Economist Andrew Scott at the London School of Business calculates that 90 percent of the increase in employment in the US has come from workers fifty-

five and older. People in the labor participation force aged sixty-five to sixty-nine increased from about 28 percent in 1998 to 38 percent in 2019 for men, and for women it rose from 18 percent to about 30 percent. Also, according to the Kauffmann Foundation, the proportion of new entrepreneurs who were between the ages of 55 and 64 increased from 19 percent in 2007 to 26 percent in 2017.

We are productive workers with a shitload of experience. And according to Joseph L. Coughlin, in his book *The Longevity Economy: Unlocking the World's Fastest-Growing, Most Misunderstood Market*, “Thanks to their ingenuity and economic demand, the boomers have the potential to open up possibilities for older adults across the economic spectrum, across nations, and even far into the future.” Now, that’s more like it. And from the publication *Silver to Gold: The Business of Aging* by Paul Irving and co-authors from the Milken Institute’s Center for the Future of Aging, “Older people stand out for their combination of experience, interest, and ability to fill skill gaps. They are a human capital resource that is ready to contribute to companies, younger colleagues, and a vibrant economic future.” But American society, employers, and others who could benefit are slow to recognize what is in front of them. And we know that ageism and age discrimination are still active and doing damage. (Spoiler alert: you will read about Maggie Kuhn, the founder of the Gray Panthers, who challenged that and got laws changed, in Chapter 7.)

Economist Tyler Cowen from George Mason University says, “I would suggest that the ability to spot, mobilize and deploy older workers is the next biggest source of competitive advantage in the US companies. The sober reality is that many companies should retool their methods to fit better with the experience

and sound judgment found so often in older workers.” But you know what? This isn’t the fault of employers or policymakers. It is no one’s fault, really, because older people are supposed to be invisible and fade away, so who is going to even notice unless we figure out a way to conk them on the head with greatness?

Another person who has written extensively on the aging issue is Marc Freedman, who wrote the very informative and helpful book *Encore: Finding Work That Matters in the Second Half of Life*. He talks about reinventing the whole concept of retirement for the baby boomers, who are going to be living many more productive years.

Later on in the book, I will talk about Marc’s work and what is possible for us. As it stands now, he sees the economic and social problems that threaten the world due to large numbers of older people leaving the workforce and expecting the smaller number of working age adults to pay for their expenses. Well, damn, this causes resentment, and it doesn’t have to. Freedman proposes a different kind of retirement, with a phased-in transition from one career to a second career.

Sure, you can have the retirement of relaxation, travel, spending time with the kids and grandkids, and doing not much of anything, but when that gets routine, it is time to look at the possibility of a second, purpose-driven life using all of your experience and skills, and maybe even new training. And that seems like a wonderful way to live the second half of your life. This is a new way of thinking. Stay open to it because this is vital to living a kick-ass second half of your life.

There are other notables whom we will read about later on in the book, but right now I want to share something from my

good ol' friend Bruce “the Boss” Springsteen, who said, “Aging is scary but fascinating” in his 2016 memoir, *Born to Run*. He also said, “Great talent morphs in strange and often enlightening ways.” Well, who would know better than Springsteen, who reinvented himself at age sixty-eight and began telling stories about his life to packed houses at the Walter Kerr Theater in New York?

THINKING ABOUT RETIREMENT DIFFERENTLY

You probably know someone who—or maybe even you, yourself—could be added to the list of people who are confused with what retirement is supposed to look like. These people didn't look in the mirror and say, “Well, now that I am retired, I'd better hang it up.” Nope. More than likely, they fully intended or still intend to remain vital and relevant and living their purpose. We know about lots of people who continued on in life to accomplish amazing and wonderful jaw-dropping things, but what we don't know or often see is how hard it was for them to get there. Reinvention isn't easy, and it has to happen in all aspects of our lives: from how we live day to day, interact with other people, manage our time, and handle our health, among other things.

Surveys have been telling us for a long time that the happiest people are those over fifty-five. Laura Carstensen, director of the Stanford Center on Longevity, says that this is this age at which people are the most positive and enjoy the greatest day-to-day satisfaction. Damn straight, Laura! Carstensen says there is a paradox of aging where the older we get, the happier we are, which, for many people, is the result of having more money and fewer bills to pay. At the same time, individuals

recognize that as they age, they still have much to give and have the energy and desire to stay in the game.

One of my favorite quotes is from Chip Conley, founder of Modern Elder Academy and author of *Wisdom @ Work: The Making of a Modern Elder*. Conley says, “The first half of our life is about being interesting. The second half is about being interested.” Mic drop. Well said. Truly, I couldn’t have said it better myself.

We need to recognize that it is a whole new, fast-paced world out there, and we will need to adapt. Maybe it is a job loss, a partner dying, a parent needing care, or a change in health that jolts you into thinking about your priorities in the second half of life. This isn’t about just staying alive and slogging on. It is more about making this second half a relaunch, a reinvention, a reboot into a life that has purpose and meaning and makes us smile. You want to wake up and welcome each day. Don’t you? I’m assuming that your answer is yes, because you just read this sentence, and you are still here. Excellent! Read on...

START THE JOURNEY

The best way to get to this kick-ass zone is to start with yourself. Realize that this won’t happen overnight. You are on a journey, and this takes a lot of self-reflection, from your health to your relationships to your financial security. This means figuring out what you want the next thirty, forty, or fifty-plus years to look like. Maybe this starts with getting off the couch and switching a sedentary lifestyle to an active one. Part of reinvention is

figuring out a way to drop bad habits and adopt better ones. The Yoga Alliance reports that 14 million people over fifty-five have taken up yoga, up from 4 million in 2012. There are also huge increases among this group in hiking, canoeing, and cycling. And I am one of them.

I've always hiked, but when I lived in Mexico, I was a member of the kayak club and went out several times a week on Lake Chapala. I even bought an electric bike on a fundraising platform so I could go anywhere and not be bothered by long, steep hills. Pshaw to those. Listen, if I can do these things, you can do them even better. It is dawning on people that even if they haven't been active before, they have time to do some fun things now and get healthy. And there are so many free videos of how to get started, figure out what you like to do, and then learn more. Have you ever heard this joke? What fits your busy schedule better: exercising one hour a day or being dead twenty-four hours a day? Lack of resources and energy is not an excuse. Actually, I can't think of anything that would pass as a valid excuse. The important thing is to do what YOU want to do this time, and not what your neighbors, your partner, or anyone else is doing. If you haven't been active, then start out slowly and get some confidence. Your body will appreciate it.

Never in human history have there been more old people than young, so now is the time to stay healthy and active and not be a burden. By now, we know that the pyramid depicting the old on top and the young on the bottom has flattened to a maple bar (without the delicious maple icing), but in some parts of the world, the population is looking like an inverted pyramid, leading to difficulty for those societies.

HOW MY JOURNEY STARTED

Here's the deal: gray is in and it is beautiful, so let's look at some of these opportunities and how to prepare ourselves for making growing older a game changer. You know it has to start with each of us individually. We do the work on ourselves so we are ready and able to take on the bigger challenges, which ultimately is our purpose on this planet. When I had that revelation about my dad and my own life, I felt I needed to start doing things. I wasn't sure what those things were, but I knew I had to do them. I bought books to start with, as they are my go-to for figuring things out.

After my divorce in my late fifties, this nice financial lady looked me in the eye and said I had to get out there and make some money. My daughters were still in middle school, and I was trying like hell not to disrupt their lives more than the divorce had done. I hadn't been employed for a few years and wondered what I could do with my Bachelor of Arts (BA) in English.

Listen, don't laugh. When I first went to college, I was majoring in political science and wanted to work for the CIA (Central Intelligence Agency), until I woke up and realized what harm and shit they were doing and switched to reading books. I could deal with dead authors and stories a lot better than I could with terror and corruption, but now that I had to support my daughters and myself, the BA in English wasn't going to put a lot of food on the table.

I found out I could get a master's degree in education while teaching, so I jumped in and started a program at the University

of North Carolina. But that was so I could get a job and didn't necessarily have anything to do with a passion or a purpose. Those words weren't in my vocabulary yet.

I was teaching school, and that had a lot of challenges, but then I thought maybe I needed to teach in another part of the world. Challenge myself. I took this intensive course through Cambridge called CELTA, a month-long hard-ass course determined to make or break you as an English language teacher overseas. But it was the best certificate you could have to guarantee a position.

By this time, I knew teaching was just part of my lifelong dream, and I did like to travel. However, after applying to several places, I found that educational institutions in other countries didn't want someone over sixty. Swell. Age discrimination glaring right at me. All this training and nowhere to go.

It was around this time that I was starting to realize something was missing, but it would still be several years and lots of wandering around in the desert before I figured out what I needed do. This might be where you are, or you may be someplace different. I wish I had known about all of the things in this book when I was starting out on this journey in my late fifties. I also know that we are presented with what needs to happen only when we are ready to accept it. Otherwise, it remains invisible to us.

It's obvious we have come a long way, and it's even more obvious the world needs what we have to offer more now than any other time in history. Now we understand our background and how we got to where we are at this moment in history. In

the next chapter, we'll do some exercises to start improving ourselves and, by extension, what we have to offer the world.

YOUR KICK-ASS MANTRA

"I am grateful for all that is unfolding in my life and all that is yet to come."