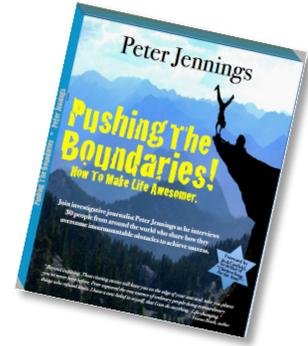


# 6 More Questions

**Peter Jennings** The author comments on what he learned from experts, his own pledge to push boundaries and who he was most intrigued to meet while writing the book.



**You interviewed clinical experts to expand your understanding.**

**What did they teach you?** I was honored to talk with Dr. Partha Nandi, the celebrated international speaker and host of the Emmy Award-winning TV show "Ask Dr. Nandi". Also, Inner Core Coaching specialist Julie Veitch. They mentioned factors that separate those folks who play beyond the rules from those who are content to stay with the status quo. They also revealed that people who push beyond the limits often care less about what's going down on the other side, so their tolerance and willingness to take a risk is greater.

**What drives some people to push boundaries while others don't?**

I think Jack Canfield says it best in the book's Foreword: "Successful people don't focus on the possibility of failure; they concentrate on the favorable outcomes they want." That's huge: the power of positive thinking. Jack also told me that those who push past their own limits have each made a decision to ensure fear does not stand in their way. They do this by thinking outside the box, by being creative, and by developing the confidence to take risks.

**Who was the most interesting person you interviewed?** It's always difficult answering a question like that because everyone is unique. Each of the people I talked with was fascinating in their own right. Fact is, of the 30 folks I profile in the book from around the world, they cover business, health, the arts, retail, fine wine, modeling, sports... the gamut. There's something for everyone.

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**Do you push boundaries yourself?**

It's funny: when I began telling friends I was writing my next book, I received a "Great idea. After all, takes one to know one" reaction. And as I looked at my own personal experience, I realized that indeed, without thinking about it, I've been conquering apprehension and pushing past limits throughout my life. I've always been one to learn and deploy new skills. I migrated from a career as a successful video producer to starting a marketing agency. Then I went on to become a national brand expert. So yeah: been there, done that!

**Any tips you can provide about becoming awesomer?**

Alan Mallory, member of the first family to climb to the top of Mount Everest, shared this thought: "For anyone who's lived outside the norm, you run into naysayers your entire life. And you learn not to ignore what they're saying, but to make your own decisions." I think that's key.

**What are you currently writing?**

As a non-fiction author, I've always got one or two books on the go. I'm just finishing "*Until I Smile At You*", the story of Ruth Lowe, the grief-stricken young lady who wrote the song that dynamited Frank Sinatra's career into the stratosphere in 1940. She went on to write Sinatra's theme song too. And I'm hoping to get underway soon writing "*Any Other Way*", the story of Jackie Shane, the striking trans-gender blues singer who led an extraordinary life. I *love* writing... so it's something I do every day.

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