

6 Questions

Peter Jennings The author speaks about inspiration for his most recent book, how he selects interviewees, working in the COVID era and who he missed out on meeting.



Where did the idea come from to write "Pushing The Boundaries! How To Get More Out Of Life"?

I've always been fascinated by the aspirations and challenging ambitions of the people I profiled. Their ability to bypass fear and take risks in order to push along their lives to a higher level is stunning. Jack Canfield, noted co-author of the "Chicken Soup For The Soul®" series, says in my book's Foreword, "Having the conviction to reach beyond your fears and take chances means you're ready to achieve lasting success." Now, I figured that's worth reading about.

How do you select the people you profile to be interviewed?

Being a person with a great sense of curiosity, I throw caution to the wind and "blue sky" on the types of people I would find fascinating to learn more about. Then I put names to a list. From there, it's a matter of trying to contact those folks and set up a time to meet. Nik Wallenda, the man who crossed Niagara Falls on a tightrope, was amongst the first who came to mind. I discovered he doesn't know the meaning of fear. Go figure!

Do you actually carry out all your interviews in person? My preferred practice is always to meet face to face. Where that's impossible, I'll settle for a Zoom/FaceTime/telephone interview. And if that tactic becomes too demanding, emailing questions and answers has to suffice. With Covid-19 at hand, the last couple of interviews I carried out couldn't be done in person. But I always feel I'm missing something if I can't be there "live".

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What are you hoping people will gain from this book? I've written "Pushing The Boundaries" to provide real inspiration for those who seek greater fulfillment in their lives. With the world facing heightened levels of stress and anxiety as never before, having the courage to change your experiences on this planet requires real confidence. My hope is that readers will be motivated to see their own goals are not impossible. And as they gain new assurances that they can overcome uneasiness about taking risks, I think they'll end up enjoying a more pleasing, more rewarding, "awesomer" existence.

Anyone you wanted to interview but couldn't? Mikhail Gorbachev. Just think: the man behind glasnost and perestroika: talk about pushing boundaries! But try as I might, I couldn't get through to him. Went at it for months. Even had my request translated into Russian. But no luck. Maybe he'll come on side if there's a Volume 2!

What did you learn yourself from writing the book? The ability to rid yourself of fear and take on the capacity to assume risks in order to push back limitations – this all comes down to desire. If you truly want it and see value in it, then you'll find a way to achieve it. And if that means confronting your fears about what may, or may not, happen as a result of taking a risk to get where you're going, then suck it up and move ahead. Life awaits you!