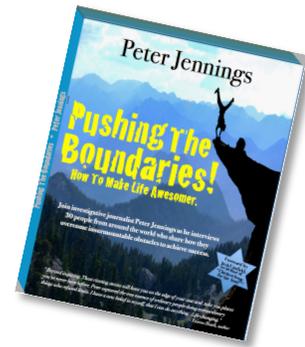


# 6 Questions

**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.



**W**here did the idea come from to write "Pushing The Boundaries! How To Make Life Awesomer"?

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".

**READERS WILL BE MOTIVATED TO SEE THEIR OWN GOALS ARE NOT IMPOSSIBLE. THE BOOK WILL PROVIDE REAL INSPIRATION FOR THOSE WHO SEEK GREATER FULFILLMENT IN THEIR LIVES.**



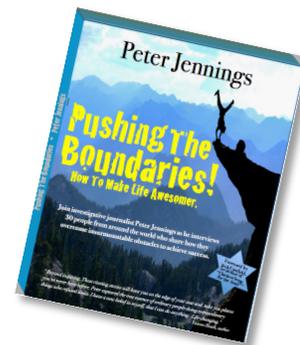
**What are you hoping people will gain from this book?** I've written "Pushing The Boundaries" to provide real inspiration for those who seek greater fulfillment in their lives. With the world facing heightened levels of stress and anxiety as never before, having the courage to change your experiences 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!

## 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.



**Y**ou 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 32 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.

❖ **SUCCESSFUL PEOPLE DON'T FOCUS ON THE POSSIBILITY OF FAILURE; THEY CONCENTRATE ON THE FAVOURABLE OUTCOMES THEY WANT.** ❖



**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!

**You talk in the book about being "awesomer". Any tips on how to achieve that?**

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.

[pushingtheboundaries.life](http://pushingtheboundaries.life)