

Pushing The Boundaries! **How To Get More Out Of Life**

Take 32 enterprising people from around the world – many of them well known – who feel restrictive rules are made for others and who are propelled to go where the faint of heart simply never venture. Then sit back as each reveals just how he or she thinks outside the box, colors outside the lines and takes risks with the pursuits many of us will likely never embrace.

Welcome to Peter Jennings' newest book:

"Pushing The Boundaries! How To Get More Out Of Life".

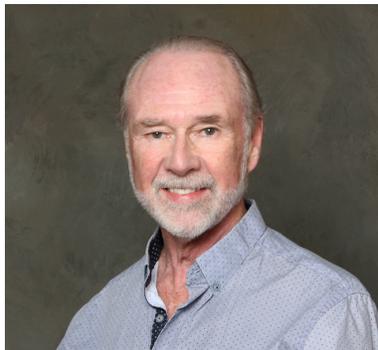
The extraordinary people you'll meet in *"Pushing The Boundaries!"* are individuals whose courage and stamina demand respect. Some are "normal" folks whose circumstances have placed them in a position to accomplish more than the average human being. Some are remarkable, celebrated for their achievements. But each of them boasts an *I-need-to-be-original* gene that the experts tell Jennings some people have, yet most of us don't.

In each case, we're talking about people who have pushed the envelope to stretch the limits, exceeding the limitations many of us feel obliged to observe.

"I feel a sense of awe for each of the men and women I've profiled in this book," says Jennings. "I feel honored to have met them, and fortunate to have gained their trust as I set out to portray their lives and share with my readers the secrets of their determination to excel."

"Pushing the Boundaries" should be on everyone's 'must read' list for this year. Peter Jennings is a master at attracting diverse, unique interviewees and "Pushing the Boundaries" is no exception. It's an inspired and inspiring work that compels you to examine your life choices and motivates you to be the best version of yourself."

- Cindy Watson, author

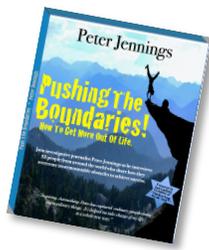


Peter Jennings

Some Suggested Questions for Peter

Describe the book and its contents.
What do you want readers to gain from the book?
Are these people different in other ways?
Anybody you wanted to interview but didn't?
How did you decide whom to interview?
Do you push boundaries yourself?
What other books have you written?

Tell us about the clinical experts you interviewed.
What drives some people to push boundaries, but not others?
Who was the most interesting person you interviewed?
You've said the book's theme evolved as you wrote it. How?
What are your interviewing techniques?
What did you learn about pushing boundaries?
What are you currently writing?



“Pushing The Boundaries”

Talking Points

Basic Plot

As an investigative journalist, Peter Jennings, author of "A Guide To Happiness" and seven other books, takes on the subject of risk takers

- “Pushing The Boundaries” invites readers to join the author as he talks with 32 unconventional people from around the world who reveal how they challenge the norm, viewing their lives from a different perspective in careers and pursuits
- Interviewees hail from the U.S., Canada, Europe, Australia, Africa, England, China and Mexico
- Jennings includes his discussions with professional clinicians who shed new light on how and why some people take risks that others find unacceptable
- The book includes resources such as Jennings’ personal takeaways from each of the people he profiles
- “This subject, and the people I interviewed, absolutely amaze me,” he says. “My hope is that ‘Pushing The Boundaries’ inspires readers to overcome apprehensions that might well be holding them back from accomplishing significant achievements in their own lives.”
- Peter Jennings has been labeled a “Happiness Expert” by the renowned Dr. Christine Carter of the University of Southern California; this results from the depth of research he devoted to interviewing 37 people from around the world, including a group of international PhDs studying positive psychology, as they revealed how they maintain happiness in unhappy times

Telling The Story

In “Pushing The Boundaries!”, the author reached out to well-known names and lesser known individuals who share their feelings about “going for the gold” in life

Profiles include Nik Wallenda, who’s crossed Niagara Falls and the Grand Canyon on a tightrope; Marina Nemat, who was hurled into jail as a young girl in Iran where she almost died, yet survived to teach English in North America; Patch Adams, founder of Gesundheit! Institute which he envisages as a free, full-scale hospital and health care eco-community; Rick Hansen, who pushed himself around the world in a wheelchair to raise awareness of people with disabilities; Hanne Gaby Odiele, a young, world famous model who’s risked her reputation by coming out in support of intersex youth; Alan Mallory, member of the first family to make it to the top of Mount Everest in a grueling, death-defying exploit; Dr. Wan Yanhai who was imprisoned and forced to flee his native country of China because of his work with AIDS/HIV; Tunchai Redvers, who has initiated the “We Matter” movement against all odds to help indigenous youth facing suicide and drug abuse; Bob Wright, former Chair of NBC, who fought to merge cable and broadcast interests and has since created organizations dealing with autism and pancreatic cancer; Steph Jagger, who quit her job and sold everything to ski across five continents on a challenging physical and spiritual journey; Tommy Hilfiger, the famous clothing designer who has pushed boundaries throughout his life to gain international fame; and many more

- “We are talking about fearless individuals who have exceeded the confines many of us feel obliged to observe,” says Jennings. “They’ve been able to overcome what other mere mortals accept as the cards life has dealt them, only to shoulder their way past the status quo, setting out on a broader, more demanding journey. Each of them is a dreamer, a schemer, a game changer... someone who looks beyond the possible while relishing the impossible.”
- Jennings feels readers will come away with reinforced optimism, recognizing some keys that can help overcome the reluctance that restrains them from trying new things; “I don’t expect you to run out and try crossing Niagara Falls on a tightrope!” he laughs, “But I do think these role models who I interviewed can teach us a thing or two about believing in ourselves. I wrote this book to inspire that calling, and to act as a resource.”

What Sets “Pushing The Boundaries” Apart

Never before has such a noteworthy collection of ideas been presented in print.

• As Jack Canfield, noted co-author of the “Chicken Soup For The Soul” series, says in the Foreword, “Are you ready to take chances to achieve your goals? Or is fear standing in your way? The fact is, fear is the single biggest thing that holds us back. Unless you can step past that fear, you’ll just end up playing it safe and avoid trying new things. Having the conviction to reach beyond your fears and take chances means you’re ready to achieve lasting success.”

Some early accolades...

• A master interviewer and storyteller.

No one dares avoid this book. Here are groundbreakers, icons, daredevils, innovators, mavericks and champions – some are celebrated, others not – but most are those men and women defiant and confident enough to tell the rest of the world to go to hell, and then live to talk about it. And here are their profiles delivered first-hand by a master interviewer and storyteller. Peter Jennings clearly admires his sources. As a life-long communicator, he has pushed a few boundaries himself. But knowing that we want more than just a shopping list of character sketches and achievements, he also takes us to the living rooms, across the desks and into the faces of these over-achievers, who reveal their strengths (and a few weaknesses), their secrets, and their view of the world in language we can all appreciate and understand. - Ted Barris, author (tedbarris.com)

• A Real Page Turner!

A unique collaboration of wide ranging diversity brought together to inspire, stir your soul and leave you yearning for more of, and for, yourself. The author takes us on a journey through discussions with extraordinary and ordinary people who lead varied lives. Pushing the Boundaries instills the certainty that not only should you “color outside the lines” but the belief that you can. - Carrie Trip, author (anothercocktailplease.com)

• A roadmap to attaining new horizons.

In his enviable writing and interviewing style, Peter is able to capture and document the qualities possessed by those who reach inspirational goals. Through a wide range of personalities and accomplishments, he challenges us to dig deep to evaluate how our approach to overcoming obstacles measures up. An enjoyable read and a roadmap to attaining new horizons. - JRM

• An inspired and inspiring work.

“Pushing the Boundaries” should be on everyone’s ‘must read’ list for this year. It’s an inspired and inspiring work that compels you to examine your life choices and motivates you to be the best version of yourself through the sheer power of the stories he shares. Peter Jennings is a master at attracting diverse, unique interviewees and “Pushing the Boundaries” is no exception. It will renew your faith in humanity. You will come away uplifted and inspired to live life to the fullest, take leaps of faith, make a difference in the world and push your own boundaries. - Cindy Watson, author (Out of Darkness: the Jeff Healey Story)

• Feels like I'm part of the conversation: I love that.

I love Peter's casual writing style and the ensuing conversations that go back and forth between him and the interviewee. As a reader, it makes me feel like I'm sitting down with the two of them and am part of the conversation. I love that. It makes me feel included and with that statement, likely important because I've been invited in. I also enjoyed the summations of each chapter at the end of the book. The lessons learned became a clear, concise synopsis - kind of like a road map that one could take away and perhaps incorporate some of the lessons into one's own life. - SW

• Very impressed by the range of voices.

“I read the material with engagement and interest. Very impressed by the range of voices and inspiring stories you have managed to assemble and by the meaningful and inspiring messages communicated by each.” - Elizabeth Sheinkman, Senior Agent, Peters Fraser + Dunlop

- **Inspiring. Astonishing.**

"From time to time, the opportunity comes along to praise the dedication and hard work of a respected acquaintance. Reading 'Pushing The Boundaries' was a rollercoaster of emotions. Inspiring. Astonishing. Unbelievable. There are no adjectives sufficient to describe these people, their journeys and the incredible way Peter Jennings has captured and shared them. Wow! I just couldn't tear myself away. (And what an honor to be included amongst them.)" - Yvonne Heath, author (*Love Your Life To Death*)

Expertise Behind the Story

Jennings is a journalist with the depth of skill to research and then interview those people who take risks that most people avoid, across a variety of lifestyles, occupations and global locations:

- As a former broadcaster, celebrated writer, journalist and television host (Peter's "Be My Guest" program has been hailed as an in-depth interview show with his role as host being compared to top presenters on U.S. networks), Jennings is skilled at getting his interviewees to open up and share with him unusual, unexpected and surprising facts
- His writing expertise allows him to present each of the 32 people profiled in a unique, refreshing and conversational manner

"No one dares avoid this book. Here are groundbreakers, icons, daredevils, innovators, mavericks and champions – men and women defiant and confident enough to tell the rest of the world to go to hell, and then live to talk about it. And here are their profiles delivered first-hand by a master interviewer and storyteller."

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More about "*Pushing The Boundaries*": pushingtheboundaries.life

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