



## ***“Pushing The Boundaries!” Overview***

*“Pushing The Boundaries! How To Get More Out Of Life”* profiles 32 people from around the world (many of them well known) who reveal to author Peter Jennings how they triumph in life. We’re talking individuals like daredevil Nik Wallenda; doctor-of-change Patch Adams; intersex supermodel Hanne Gaby Odiele; international clothing designer Tommy Hilfger; Mount Everest record holder Alan Mallory; corporate glass ceiling smasher Katie Taylor. Also included are Marina Nemat, who defied certain execution in her teens at Evin prison in Tehran; McDonald’s Chair George Cohon who persevered through 14 years to break into the Russian market; Rick Hansen, who pushed himself around the world in a wheelchair to raise awareness of people with disabilities; Jan Creamer who runs an international espionage-like organization out of England, freeing mistreated animals from zoos and circuses; Dr. Wan Yanhai, who was harassed and forced by the government in China to leave his homeland because of his work with AIDS; and more. As Jack Canfield, renowned co-author of the "Chicken Soup For The Soul®" series says in the book's Foreword, "Having the conviction to reach beyond your fears and take chances means you're ready to achieve lasting success."

With the world facing heightened levels of stress and anxiety, people are seeking greater fulfillment in their lives. *“Pushing The Boundaries!”* solves that challenge by offering practical, positive contributions aimed at improving our existence. “I see my role as that of a trendsetter,” says Jennings, “taking readers behind the scenes, putting them right there across the living room, office desk or kitchen table from these subjects, part of an up-close, personal encounter. In this way, readers can learn specifically how to develop the courage that will make for constructive changes in their lives.”

The audience for *“Pushing The Boundaries!”* is the millions of consumers worldwide who delight in profiles of special people and who wish to be more like them. It resides in the same category as Jordan Peterson's "12 Rules for Life: An Antidote to Chaos", still topping best-selling lists with 3 million+ copies sold (but while Peterson offers gospel for the lost and oppressed, *“Pushing The Boundaries!”* provides positive, hands-on strategies that immediately help readers overcome adversity to achieve greatness.) Other books in the genre are the #1 New York Times and Wall Street Journal Bestseller, "Dare To Lead" by Brené Brown and Mark Manson's "The Subtle Art of Not Giving a F\*ck", #1 on the New York Times Bestsellers list, having sold 2 million copies in its first year and enjoying translation into 25 languages. Also, "Out of Your Comfort Zone: Breaking Boundaries for a Life Beyond Limits" by Emma Mardlin, Ph.D., and "Aligned for Success" by Dr. Brenda Shaeffer (both providing advice on conquering fears and reaching optimal performance, yet *“Pushing The Boundaries!”* goes beyond by establishing diversity through captivating personal profiles that offer enough variety for any reader to recognize.)

Well known University of California psychologist Dr. Christine Carter has labeled Peter Jennings a "Happiness Expert" due to the high caliber of work he completed for his book *"Why Being Happy Matters"* \*. "I have developed similar depth of skill in defining how to exceed limitations in order to achieve a richer, more fulfilling life as reflected in *"Pushing The Boundaries!"*," he says. "In fact, as I look back on writing my book about happiness (in which I profiled 37 individuals from around the world), people opened up to me about the root cause of what makes them happy as opposed to merely discussing their feelings. They talked about overcoming what most of us think of as boundaries, and how this allowed them to move ahead to adopt a happy outlook. Add my analytical skills, combined with the trust I am able to build with interviewees (which often sees people sharing facts with me that they don't talk about elsewhere), and this allows me to showcase expertise in helping readers identify just how to put strategies into play that expand limits in their own lives. And, maybe as important, a sense of how the human spirit conquers adversity that readers can relate to because I've taken them there."

\* Jennings' new publisher, Castle Carrington, will bring out an updated, revised version of this book in 2021: *"A Guide To Happiness"* ([aguidetohappiness.life](http://aguidetohappiness.life)).