

YOU NEED HELP ... REALLY, YOU DO

“The mass of men lead lives of quiet desperation.”

– Henry David Thoreau (transcendentalist)

A Long, Long Time Ago in A Galaxy ...

... a few miles from New York City lived a young girl preparing to set off on her own. She had near perfect SAT scores. She loved to dance. She loved her Rolodex (like Contacts on your phone... except they're on little paper cards). She loved sneaking out at lunch for the perfect hamburger at the grill across the street. She was great at math. She liked boys. A lot. She went to parties. And she had no idea what she wanted to do with her life.

She made it to Cornell University (you know, an Ivy League school, practically the first cousin of Harvard or Yale) and spent four years taking classes, joining a sorority, going to parties, dating more boys, working at a cushy on-campus job, avoiding the dining hall in favor of pizza and cookie delivery. It was all okay. But this life didn't really light her up. Because still, she just didn't know what she wanted her life to look like.

She got a job with a Fortune 500 company and moved to New York City. She commuted to Wall Street each day in super cute shoes. She had Sunday

brunch on the Upper East Side every weekend. She went to concerts in the park. She shopped at Tiffany's. She married a guy. She went on fabulous vacations. To most, her life looked perfect - she had achieved the glitzy NY twenty-something dream. But on the inside, there wasn't even a tiny sparkle. Because she still wasn't living the life of HER dreams.

In case you haven't already guessed, this girl is me. And thankfully, after almost two decades, I figured out how to live a joyful, exceptional life! I stopped living the life that was expected of me. I figured out who I was and what lit my soul on fire. I learned how to follow a path that allows me to have the experiences that I want, helps me to grow, and allows me to share my gifts with the world. And I discovered some life-changing practices that keep my life flowing peacefully in the direction I desire.

And I am here to share it all with you.

You Have Some Decisions to Make. And Some Choices.

You are at a point in your life where you are probably making decisions about college or career. But you also have an important choice. You can choose

to know yourself and what lights you up inside and use that knowledge to live a joyful, exceptional life. Or you can choose to make your decisions based on what everyone else is doing or what others are telling you that you should do.

I want to help you choose to live a joyful life.

Let me show you how we (yes, we) are going to do it.

Let Me Tell You About the Journey We Are Going to

Take... Together

Don't think of this as a book, think of it as your guide. It is not only for you to read. It is to help you explore and to discover the greatest single thing in this universe ... you!

There are lots of exercises to help you get to know yourself better, set your direction, and live an exceptional life. Some exercises require you to do some journaling, some are artistic, some require interaction, some are field trips.

(You know you love field trips!)

To help you along you will need a journal. You can use a fancy journal or a plain spiral-bound notebook or a document on your laptop.

And there are also lots of stories. Many about me and my adventures. I will share the good, the bad... and the laughable (don't judge!). But there are also lots of stories about other people who have taken similar routes. And some about people who have been living exceptional lives since they were barely out of diapers.

During our time together you are going to rediscover your passion, clarify your talent, figure out how you want to impact this world, define success, and find your happy places. You are going to learn how they all combine together in a balanced way as your authentic self. You are going to develop a unique direction for your life that allows you to celebrate your authentic, truest self. And you are going to learn to live an exceptional life by discovering how to navigate yourself through this great Universe.

Note: Your real work begins in Part 3 and you can feel free to skip ahead and get started. In Part 2, I help you to embrace the idea that you are allowed to want and have an exceptional life. So I really encourage you to read straight through to build a solid foundation for the work you are going to do, especially if you are at all concerned that an exceptional is something everyone can have.

So, let's get started.

But first... a word of caution.

Content with A Mediocre Life? Then This Book Isn't for You.

This book is not for everybody.

This book is not for those of you who are willing to live a life lacking in joy in exchange for safety and security. This book is not for those of you who are happy doing what everyone else is doing. This book is not for those of you who want someone else to tell you what to do. This book is not for those of you who think that joy is simply a luxury item. This book is not for those of you who are content with mediocre.

This book is for those of you out there who are longing for something more, for those of you who want to live a life full of moments that you love. This book is a love letter to those of you who believe that every moment of your journey is important and deserves to be exceptional. This book is for those of you who are willing to do some deep work getting to know yourself. This book is for those of you who are ready to embrace a new way of thinking and are willing to try some new practices in living. This book is for those of you who accept that failures and challenges are part of growth. This book is for

those of you who have the courage and perseverance to follow what you know instead of what you are told. This book is for those of you who want to live an exceptional life. In every single moment.

If you have gotten this far, I think you are ready for this quest to exceptional.

*NOW THAT YOU'RE READY FOR YOUR JOURNEY TO THE LIFE YOU DESERVE, I
CAN'T WAIT TO SHOW YOU WHAT IT CAN LOOK LIKE.*