

# THE TRULY AMAZING LIFE SHOW *with Aaron Kennard*

EPISODE # 16

## **BLENDING DEPRESSION AND A TRULY AMAZING LIFE WITH AUTHOR STEVE OLSHER**

[Download Audio/View Show Notes](#)

Aaron Kennard: Welcome to the Truly Amazing Life Show, where we get super real about the challenges and the beauty of what it means to live a truly amazing life. I'm your host Aaron Kennard and my guest today is New York Times best selling author Steve Olsher. I had the pleasure of meeting Steve recently at an event called Awesomeness Fest, put on by the amazing visionary Vishen Lakhiani of Mindvalley, and I'm really looking forward to sharing our post Awesomeness fest discussion with you here today. I think you're going to find this call refreshing and fascinating because you're about to hear from someone who is in limelight, whose passion and gift is to help others find their gifts. And yet, even though he's living his passion, has had and continuous to have many challenges of his own. I think you're going to enjoy this raw, just open discussion with Steve about living to the grind and I look forward to hearing your thoughts on it. After the call hit over to [trulyamazinglife.com/episode16](http://trulyamazinglife.com/episode16) for the show notes on this call and leave your comments for Steve and I over on the blog. We'd really love to hear from you. And for those of you new to this show, all you need to do to tap in to the energy and support of the truly amazing community is head over to [trulyamazinglife.com](http://trulyamazinglife.com) and jump on my daily email list. We've got a really energetic community of people that support each other in getting out of the grind and into a vibrant love for yourself and for your life. Alright, let's jump in the discussion with Steve.

Aaron Kennard: Steve Thank for being here. Super excited to have you on the call today.

Steve Olsher: Yeah man. Well I'm super excited to be here with you.

Aaron Kennard: Well, let's just jump right in to this. First of all, quick introduction. Steve Olsher, best selling author, wrote "What Is Your WHAT". I'm truly honored to have you on the phone today to discuss that. Just tell us briefly about yourself. Where you are, what your family situation is and then we'll jump into this call about what it means to live a truly amazing life.

Steve Olsher: Cool man. Yeah, life long entrepreneur, started out as a DJ number of years ago and moved into the night club business, and catalogue business, and real estate, and .coms. I mean, you name it and I've probably done it over the years. Including selling speakers out of the back of a van. You know If you remember that old thing. "Hey buddy, we happen to pick up a couple of extra speakers that didn't make it into the invoice, so are you interested?"

Aaron Kennard: You really did that. Nice.

Steve Olsher: So yeah. I'm not ashamed to admit that I've waited tables, pump gas, and do whatever else needed to be done to make ends meet there. For about the past 4 or 5 years now, I've really been focused on writing and speaking. And my work, specifically, centers on helping poeple discover, share, and monetize the one thing they were born to do. And that was the focus of the latest book, "What Is Your WHAT, Discover The ONE Amazing Thing You Were Born To Do" which was released by Wiley in 2013 and subsequently hit the New York Times best seller list.

Aaron Kennard: That's awesome. That's really cool. And you wrote a number of other books before that right? One or two?

Steve Olsher: I did. Yeah. The most popular book that I've got except for this one is a book called Internet Prophets which is spelled P-R-O-P-H-E-T-S. And the subject on that was the world's leading experts reveal how to profit online and that one did pretty good as well.

Aaron Kennard: That's cool. Well thanks for that quick introduction. Let's jump into this, the topic of today's discussion which is really what makes life truly

amazing. So Steve, let me just ask you, for you, what is it that makes life truly amazing to you right now?

Steve Olsher: I've got to be honest and you and I have had the pleasure of chatting a little bit so you know I have my days man. I've come to the realization that I suffer from depression. And I've suffered really for decades. And kind of comes and goes. You know, whether it stemmed from childhood or I don't know. But I'm not the most... I have my fun I'm just kind of a plateau kind of guy. Like we hit the New York Times best seller list and you would think that would be cause for celebration right? And you know, people would be wanting to throw huge parties. This, that, and the other. And it was suggested that we do that and I just... It's kind of like, "Okay man, that's great! Now, what's next?". And so, you know it's interesting. I think when you grow up with a lot of chaos, you kind of become comfortable with things being a little more even keeled. You now it's a double edged sword. And so for me amazing is a relative term. Amazing for me is just having a good day where I feel good, and where I have good positive interactions, and where I feel a closeness and a kinship to my family. I mean those really are amazing days. And because the work that I do where I'm able to help people really bring to the surface what it is they're truly compelled to do. When I see them light up and figure out what that is, that to me is an amazing experience.

Aaron Kennard: I like it. I really appreciate your blunt honesty because a lot of times, people from the stage, and people see people like yourself figureheads and people that are out there speaking out and teaching people how to really find their calling a passion as, "Wow, they've got it all.". And while that may be true that doesn't mean that they don't feel and go through the emotional ups and downs that everybody else goes.

Steve Olsher: Yeah, exactly. I've had the good fortune of meeting some pretty successful people. And I can tell you that when the camera is not on, they're just pretty much just like me and you. They just have a different job. I think that we

have a tendency to kind of idolize those that we think are living the dream and perhaps some of them are. In per all relative definitions but at the same token, I do believe that we put a little too much stock in to

others as opposed to really trying to just create our own definition of what this life needs to be and can be.

Aaron Kennard: That's really interesting. When you said that... When you talk about that word, amazing. And for you that it's just having a good day, and feeling good, and feeling... You mentioned something about connection to the people around you I think. I would guess I would say "What else is there?". For me that's what it is for me too. Amazing is feeling good. When I look at times in the past when I wasn't really feeling like life was all that amazing, it was like it was mediocre, or lackluster, or that I was having bad day or was frustrated a lot. And so I'd say, it sounds like even now, you experience days like that. That are truly amazing to you that are filled with that sense of peace and happiness even amidst feeling depression sometimes or how is that?

Steve Olsher: Yeah, I mean because I am able to still live beyond the waves that hit. So I think if I was down all of the time, then I probably need to be checked in somewhere. I mean there had been plenty of moments where I felt like that might be the best course of action. But reality is, when a good day comes to pass, where there are just things that are enjoyable. And that to me is honestly about as good as it gets.

Aaron Kennard: So when you say that it is that good day and the things are enjoyable, what is it about that day that makes it good? what is it about that day that makes it amazing? You eluded to this, the thing that's most fulfilling to you is really watching other people light up and find their passion in life?

Steve Olsher: Yeah, it always is tied to some form of connectivity whether it's a connection to my wife, or to my kids, or to someone that I'm working with, or

having a conversation with someone like you. It's really just when, there is that sense of connection. And I think ultimately that's what we crave as beings on this planet is that sense of connection. And when that connection lacks or when there is a feeling of being outside of the zone of comfort. I think that's when things tend to spiral, at least for me.

Aaron Kennard: So when you say that connection, are you referring to just connection with others? Or are you also referring to with yourself or with anything? Like a higher power or anything like that?

Steve Olsher: Yeah, you know it's interesting because from what I've been able to gather over the years and trying to understand more and more about who I am, I really can't say that I've ever truly felt connected with this being that I am. It's really hard. It's really deep in terms of who we actually are or what we actually are. For me, it's more of a connecting of souls and I don't think.. I mean it's possible to do that obviously on your own. But for me, the energy really gets fed from the souls of others. Not to say that I'm a vampire, like a psychic vampire if they're known. But there is again something about sort of the two souls being able to connect in a meaningful way that is something you just can't experience on your own.

Aaron Kennard: And that's where, it sounds like for you, is that where you gain a lot of that joy in life is that connectivity to other people in various forms.

Steve Olsher: It is. Those are typically the days that I would define as being amazing, for sure.

Aaron Kennard: So the days that are not, or the days that don't feel so amazing, the days when you're down, you're discouraged and you're despairing. I'll tell you, I can

relate. I've been around numerous people that have been suffering severe depression and I've personally suffered it. Like through just last fall when I had this life threatening illness and I was stuck in the hospital. I had major anxiety attacks, I had really many hopeless feelings and despair, and I experienced along this really fast, short term, hyper concentrated state. So I didn't experience it over years, like maybe you have or like a lot of other people have. But I can tell you that I can relate. So on those days, when you're just despairing, then what? What is missing on those days from your perspective? It sounds like the connection is not there. Maybe you're alone a lot or what is it?

Steve Olsher: Yeah, you know it's like.. It's funny, so I've got a 10-year old and a 7-year old as of this recording and so a lot of my references

go back to Spongebob. So if you've never watched spongebob then your missing out on that. There's this one episode where..

Aaron Kennard: I have a 9-year old and a 7-year old by the way, so yeah.

Steve Olsher: Yeah, so you get it. So there's this one episode where Spongebob is basically trying to help Patrick thorough his issues of never having won an award and he's just really upset because he's never won a trophy and doesn't feel very successful. And Patrick and Spongebob are just kind of at this point where they're going back and forth and Patrick said to himself, "At least I'm safe inside my mind.". And it's just like this classic moment of Partick kind of turning inward. Or is that Spongebob? I don't know if it's Spongebob or Partick that says it. But it's just this line that sticks with me which is, "At least I'm safe inside my mind.". And ofcourse at that moment, he's not at all safe inside his mind, because his Patrick. His a starfish, and if you haven't seen he show, you got to see the show. But it's just.. It's interesting that when I'm at my worst, it's usually not safe inside my mind. I think that's the best way to put it.

Aaron Kennard: It's like you need to be outside. You need the other people to help pull you outside of your mind.

Steve Olsher: Absolutely. I mean I become my own worst enemy in that moment.

Aaron Kennard: Yeah, well you're not alone. That is so common. Wether you have a diagnosable case of depression, everybody has a different range of that particular feeling. I feel that. I feel unsafe in my own mind. I have a great love for life. I really love it. I really enjoy it. I also find a lot of my joy in helping other people enjoy life and that connectivity. But I do find a lot of joy on my own as well and with connecting to myself, it's a big part of my life. I was curious to hear your feedback on that. I liked to ask that question but what I was getting at was... I still, even just last week had this time where it was this battle of my own mind, this control. I mean we're all growing through thesethings. It's not like we get to this place where we find out that life is amazing and it's smooth sailing for any of us beyond that. I quite frankly just think it's refreshing to hear and to talk about. Not that I'm glad that you have suffered with negativity

because I'm not. From that stand point, I think it's just great that you're open to talking about it in public like this and not hiding from it.

Steve Olsher: Yeah and the best way that I kind of summarize things is that life for me has always been a grind. It's just.. It's never.. I'm not saying that I've ever missed a meal, Im not sayin I haven't had the things that I need sustenance wise to survive. And for those that have suffered without a roof over their head, or food to eat, or clothes on their back, etcetera. You know to me it's like, I'm sure some of them are going, "Boohoo Steve! I mean really? What on Earth do you have to really be depressed about?". There are certain things that I know those with very few material possesions and very little material wealth and are among the most happiest people that I've ever met. I just have never been able to come to that sense of peace and attain that sense of peace where it doesn't feel like a grind. Perhaps

that's the entrepreneurial spirit of having to go at it alone and feeling compelled to go at it alone and build everything. But even in my relationships. And I take full responsibilty for my role in my relationships. Every realationship is 50/50, two- way street. And I know I'm not the easiest person to live with, to be with, any of that. Which contributes me then to the grind that I'm sensing and that ofcourse then beceomes a very vicious circle. So it's those who don't have the same challenges with the grind. I guess that's the best way to put it.

Aaron Kennard: And you say you've always had that throughout your life. Pretty much throughout at all?

Steve Olsher: Yeah. we don't have to get into a therapy session here but you know. Reality is that it stems really from having to kind of fight my way through upstream. Now this is really from a monetary standpoint or sustenance standpoint. To some extent from a survival standpoint.

Aaron Kennard: Yeah, interesting. So this take a different flow then from the interview, which is totally fine because I like exploring this question. I don't want there to be this one road can't answer. We're all human being individuals and I believe there's something valuable for somebody listening right now to be gained from hearing your perspective on this. And just from sharing straight from the heart about this. And I'll just tell you my perspective is that I felt that grind at various points of my life. I

felt that and there were moments of clarity where I was able to feel kind of beyond that. And so I feel that sentiment when you say that. I feel that envious that you say, like I know what you're talking about. That you feel like you want because I've experienced that. And I don't mean to say that like, "Hey I've got it and you don't.", I'm just giving the contrast that it is absolutely possible to get out of that grind and everybody just got a different path or a different way on that. And I don't know whose, I don't know what your path is or why this is happening for you and your life but I think its interesting to analyze. I generally like to find out about a story, time of your life, that kind of impacted you

most, change your perspective. And it sounds like you've got a lot of stories that have lead to your perspective today. Has there been any one story that you can think of from your life that lead you to more joy? Or has it been...

Steve Olsher: Yeah. Even the moment that really lead me towards my current work is not exactly one that I would define as being joyful. But it really stemmed from an experience I had about 5 years ago where I was with my stepfather who raised me from the age of 10. I was with him in his final days, he was on his death bed. And I was holding his hand and while he can no longer verbally communicate I believe that we were able to connect through that point in a physical touch because while I was holding his hand I had a vision of my funeral. Not of his funeral but actually of mine. And literally I was lying in the casket, and it was dark and damp, and I was being lowered into the Earth and I could see a bit of daylight through a couple of holes but I could hear very clearly what was going on outside of me. I could hear those words which were being spoken I think by a preacher, or rabbi, or whoever it might have been, and it was basically, "Here lies Steve Olsher, he dedicated his life to chasing the almighty dollar.", and that's all that was said. It hit me really hard because up into that point I was really been focusing on the dollar and had been a commodity or into driven entrepreneur. And I strongly believe that my stepfather was saying, "Hey this is your inevitable fate unless you change course.". And I didn't know what to do but I knew that he was right. I mean I've always had sort of this nagging kind of like, tugging at my collar type feeling that I was meant and made to do something extraordinary but I really didn't know what that is and what that was. So again, I really didn't know what to do at that point but I



knew I had to do something different. And so, that's when I really began putting pen to paper to share some of the tips, and tools, and strategies, and shortcuts that had worked well for me in my life in the hopes of potentially helping others. You know again, my life is definitely not perfect by any structure of the imagination but I think without some of those strategies, Lord only knows where I would be in this moment. And so I know a lot of that I was writing and eventually began to teach works. It's a very powerful system that can help people deal with life as it happens. And as I kept writing, kept working, and kept teaching, that's when I began developing this framework for helping people discover what it is that they're truly compelled to do. I've always really had this nagging type, tugging at my collar type

feeling that I was meant and made to do something extraordinary and I knew that I really did want to have impact now on those who share this lifetime with me but also on those of the lifetimes to come. I just didn't know what would make that happen. So that was the path that I've forged where it became a necessity to move forward with eliminating some of those elements of my life that really were dragging me down.

Aaron Kennard: Was that like other businesses and stuff?

Steve Olsher: Businesses, and people, and activities. Yeah, all of the above.

Aaron Kennard: And so that was 5 years ago when you had that turning point, that situation with your step father?

Steve Olsher: Yeah. I now refer that as a Ye-no moment, a yes-no moment. Ye-no moments are that fork in the road where you're faced with that moment of truth, that epiphany, that come to Jesus, or whatever you want to call it, it's just you've got a choice. One direction leads you towards becoming who you were born to be and aligns with who you inherently are and the other that moves you in that aggressive fashion where it really puts you away from your core self. And so for me it was really a matter of taking that former path and again I got a long way to go down it but certainly at this stage I'm much closer, I believe to who I am inherently am than I've ever been.

Aaron Kennard: That's cool, so that was a major transition for you and what did that do for you from the standpoint of feeling? I mean at that

time you had this big wake up call. You know you're on a better path. You know you made a choice that was good because it's speaking to your soul and helping other people. You don't feel the same potential regret like if you died today, you knew you just chased the

almighty dollar your whole life. You know right now you chose to change your life and to do things that were more impactful for people, right?

Steve Olsher: Yeah, and you know I think it's really just important for others to understand that I'm not knocking the commodity oriented businesses. I mean, people need calculators, and you need pens, I get all that. But I had done that for 20 something years and it just reached the point where I really felt as though.. Like real estate is a perfect example. If I die tomorrow, my tenants wouldn't be lining up to pay their respects, they'd be lining up trying to figure out where to send next month's rent.

Aaron Kennard: And so, what is it then? Explain what it is then that made you feel so called and so passionate to switch gears to change.

Steve Olsher: Yeah, I mean again it was that vision and it was getting out of denial because I think so many of us spend a lifetime in denial about who we really are and how we're wired to excel. And that denial takes multiple forms. I mean it can be excuses like "I don't have the time.", "I don't have the money.", "I don't have the knowledge.", "People want to prove.", "How am I going to start over.", etcetera, etcetera. And for me it was just really a matter of saying that, "Who am I living this life for?", and "What is it exactly that I hope to leave after I'm gone?". Steve Jobs talked about how you're going to leave your dent on the world. That was one of his famous expression and that's really what it boiled down to for me. You know, the real estate was great and provides people with a nice place to live. The commodity products that I was selling are great and needed. But again, I believe that those paths were really based on following the whims and agendas of others. And as we shift towards what I now call, the empowerment economy, I think it's more important than it's ever been for us to be very very clear on the natural, unique, singular talents that we bring to the table and how we become the solution to someone else's problem.

Aaron Kennard: That's really cool. So what is? I mean you talked about obviously in the book. Your book title is "What is your WHAT". For you, "What is your WHAT" then?

Steve Olsher: Yeah, it's a really good question and I'm not egotistical enough to sit here and say that I've completely honed in on it. I know that I very much enjoy helping people discover what theirs is. And so, I don't want to sound like a cop-out but in a way I do find a lot of fulfillment by helping people discover what it is they are truly compelled to do. And so, the equation of being able to answer the question "What is your WHAT" involves first, being clear on what your gifts are, then understanding the vehicle that you will use to share those gifts with the world, and then the people that you're most compelled to serve. And so my gifts are all aligned with communication, in one form or another, either in person communication or written communication, etcetera. So that clearly allows me to use those gifts. I can write, and I can speak, and I can teach. And then the vehicle I use to share those gifts with the world is.. It's not laser focus because it involves a couple of different media, it all revolves around teaching and speaking. I mean those are the two core elements of that vehicle and then I am truly compelled and fired up to work with people who are looking for what's next. And maybe they've had

tremendous success and are looking to do something different. Or maybe they've had no success by all practical definitions whatsoever and are looking to take that first step.

Aaron Kennard: Which is why you are known by a lot of people as the reinvention expert right?

Steve Olsher: Yeah, exactly. America's reinvention expert is a moniker that I've picked up over the years because I do.. You know it's interesting right, it's like forest for the trees, I can.. If you and I sat down for a half hour I could 3x your business in a 120 days. I mean easy, you know, so it's just a gift that I have.

Aaron Kennard: Hey let's talking about the wrong thing. Let's change gears. [laughs]

Steve Olsher: [laughs] You know. And so yeah man, it's just.. It's really interesting to see how, as I get deeper in to this work, that my what becomes clear. But is it completely 100% in focus at this moment? No, but again I also do believe that life is organic.

Aaron Kennard: Yeah, I mean does it have to be? Like can your "what" change on the different seasons in your life or does it have to be the same thing your whole rest of your life or what?

Steve Olsher: Well you know and that's a great question. In my way of thinking, the vehicle that you use to share your gifts with the world and the people you're compelled to serve can change. And that's typically a reflection of life experiences, like things that happen to you. For whatever reason, something happened and you became exposed to X and therefore you're now compelled to do Y. But I do believe that your gifts are really a part of your DNA. They are a part of your blueprint. And I don't believe that those change.

Aaron Kennard: Yeah, but then they get manifested in various different ways like you said, through the vehicle and the people that you're serving at different times throughout your life or in different ways.

Steve Olsher: Yup, absolutely.

Aaron Kennard: That's really cool. Well, let's shift gear a little bit. You saw my.. The Twelve Pillars of a Truly Amazing life, the poster sitting behind me.

Steve Olsher: That's easy.

Aaron Kennard: Yeah. Tell me, which one stands out most to you right now and why?

Steve Olsher: To me it's all about "Creation" because I believe that there's only two types of people. And sometimes, we take on both roles in various forms and times of our lives, but there's really only Critics and Creators. And it's really easy to be a critic and it's super hard to be a creator. I mean whoever listens to this, I'm sure that they have had their criticisms since we started. Why, where, and when and that hah.

Aaron Kennard: Because it's snowing outside. Come on, give me a break. [laughs]

Steve Olsher: You know, why doesn't Steve get closer to the camera. You know, why our air is so bad and choppy. You know, I mean it's like.. It's just so easy to be a critic and it's super hard to be a creator. Most people stop creating at a very young age. The question is, when is the last time you created? Not because you had to, but simply because you wanted to. And when did you put something forth, for the world to judge? When is the last time that you've done that? And for so many people, the answer is so long ago that they can't even remember.

Aaron Kennard: That's cool. I like the way you put that. That's a powerful principle for sure. Is there any one books, or any one book i should say, that you'd recommend to people? I think you offer a very unique position and I'm going to

ask you the final question before we go is to give us a final parting piece of wisdom from yourself of what you've learned about how to live a truly amazing life. And from your perspective of dealing with a challenging circumstance, dealing with the oppression. What's the thing that help you most? What the book, first of all, that has maybe helped you the most in that regard and how to live in finding those pieces of joy even amidst very big challenges?

Steve Olsher: Yeah, I've always been enamored with the human condition and the principles of success. And not because I'm overly concerned about material possessions, but just because I've dealt with depression for decades. How do people create lives of purpose, power, and conviction where they seemingly have impact that is meaningful to them. And so from that perspective, I've always been a big fan of autobiographies. I just love reading about how someone got to where they are today. So you name it, Richard Branson "Losing my Virginity", right? Great book.

Aaron Kennard: So is that one you've read more recently? An autobiography that you've read more recently that you would recommend?

Steve Olsher: So the most recent autobiographies that I've read are, Walter Isaacson "Steve Jobs", which I know so many people have read and rightly so. And also Bill Clinton's "My Life" and now that's going on a number of years already but it's a really big book. It takes a lot to go through it. So a really interesting story as well. You know even Sumner Redstone's autobiography I really enjoyed and Sam Walton's as well. A lot of these books have been out now for quite some time.

Aaron Kennard: So the autobiographies really just really speaks to you?

Steve Olsher: They do. Again, it's about the journey and one of the things that I say is that "The Destination is the road, and the journey is the destination". I really do enjoy learning about other people's journeys and what they've done.

Aaron Kennard: Well it's really interesting. In talking to you, I look at these pillars of a truly amazing life and I look at you and I look at your openness, you embody so many of these things even though you are dealing with depression. I think this should be a resounding hopeful thing for people to hear that it's not like all or one of the other. Like you have your moments of joy and I really just honor you. In talking to you, and looking at the way you're still out creating. You're still out smiling. When somebody is looking at you, you wouldn't tell that you are suffering mentally at all because you're smiling. You're taking that action. You're being creative, you're succeeding, you're empowering others. I mean you're living and you're loving, you're standing here at no personal gain just to share openly. I just want to highlight that for people to see, you are embodying most of these pillars of a truly amazing life that I teach and that I feel are what makes life truly amazing for me and I honor you for that. And I want to wrap up, <http://steveolsher.com/>, that is your website right?

Steve Olsher: That's the main website, yeah. I mean If.. I'll just grab it here. But if people are.. So this is the book tghat you were referring to, "What Is Your WHAT, Discover The ONE Amazing Thing You Were Born To Do". If anyone is interested in the book, you can go to <http://whatisyourwhat.com> and then put a /free. And you can grab a free copy of that book.

Aaron Kennard: Nice. Fantastic. So yeah, go to <http://whatisyourwhat.com/free/>, get a free copy of Steve's book and read it. Again, I really appreciate you coming on the line. It's been cool to talk from this perspective. Can you leave us with one more, just a final parting part of wisdom, the thing that help you most to really find joy despite the challenges you face?

Steve Olsher: You know it's a great question. The thing that really helps me push through is a quote that I can't even take credit for. It came from Andrea Robinson who's one of my coaching students in my program, the Circle of Ten. And what she said that it took her almost 60 years to realize that she is the solution to someone else's problem. And I know that I mentioned that earlier in the interview, but it's just so powerful and it's what really helps keep me focus on continuing to do the work that I'm doing. Because when we keep what we have within and we don't share of ourselves with others, we're not only doing ourselves a huge disservice, but we are truly impacting those who are waiting for us to share what is uniquely ours with as many as possible. It's a mantra that I try to keep in mind and it's funny as you're giving me the compliments about my openness, and honesty, and how I embody the pillars, etcetera. The fighter-flight in me really deflects that.

Aaron Kennard: Wants to deny it?

Steve Olsher: Right. And literally like, I was tearing up as you were saying that because it just so hard for me to just simply receive that. And that's what I encourage people to think about. The world is waiting for you and whatever it is that you're fighting through, it's worth the battle and just stay in the game.

Aaron Kennard: Thank you for receiving it. I'm going to re-emphasize it. I don't think you can hear it enough, I don't think people can hear it enough that I appreciate, I respect you for being out, for being in the game right now because I know how hard it is to just step out and get outside of yourself when you're feeling like crap. And when you're feeling down mentally, it's hard to go out. You don't want to go be around people. When you talk about connectivity, that's the most helpful thing for you and yet that's the last thing you want to go do. I know because I know plenty of people that have had that and I've been there. You don't

want to talk to people. And so for you to be here talking to me, I think it's awesome man. I'm here to talk anytime you ever want to. And I appreciate and applaud you seriously. For getting out and just receive it man. You deserve it and I love the fact

that you're out living the pillars despite the challenges. It's fantastic example to people. Thank you so much for being here.

Steve Olsher: Thanks man. Yeah and thank you for doing what you're doing and you continue to share your gifts man. Absolutely, thank you for having me on.

*The Truly Amazing Life Podcast showcases inspiring people who live a Truly Amazing Life.*

*They share their transformational stories and key insights that enabled them to start living a life full of passion, love, fulfilment, and joy.*

***Subscribe on iTunes***

***Subscribe via RSS feed***

*It would help tremendously if you would leave an honest review of the show on iTunes. The reviews on iTunes are largely responsible for new people finding and benefiting from these interviews.*

*Thank you in advance!*  
*- Aaron Kennard*