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May 6th 2020: UP to Something in Life? Reach for Your Inner Sisu

When you're UP to something in life, you're going to need a good dose of resilience to push through the inevitable hurdles that stand between the place you are today and where you strive to be tomorrow. That's when you lean in on your inner "sisu" the Finns gave us to reach for that gritty, can-do spirit to unleash creativity and better problem solving. There, you'll find your inner bravery and bravado, ferocity and tenacity to keep fighting when the going gets tough and you most want to quit. Learn how in this episode.

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Featured Guest

Guest Image

Justyn Barnes

An author, ghostwriter, copywriter and editor, Justyn Barnes (justynbarnesmedia.com) has produced in excess of 60 non-fiction books—a sprinkling of bestsellers among them—for a variety of leading publishers. After belatedly escaping the hustle of London life, he now lives in a 15th century house in Hastings Old Town on the south coast of England where he pursues his ikigai and tries to nurture his inner sisu.

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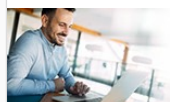
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