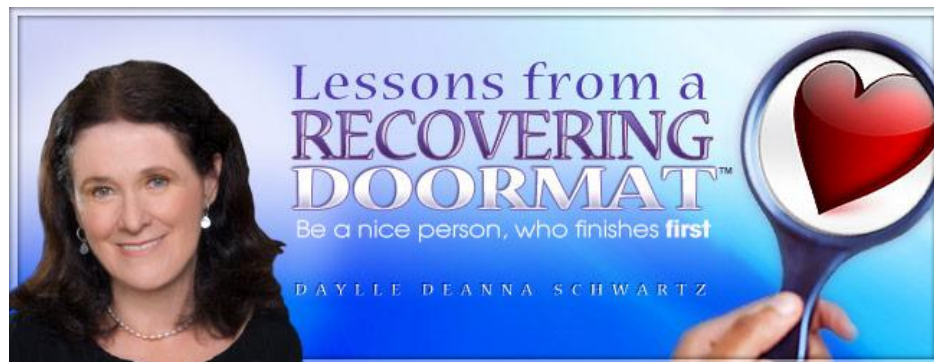

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Writer-Adventurer Offers Tips for Expanding Your Horizons

posted by Daylle Deanna Schwartz

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We all have choices—stay in your current patterns or break away and try something new. I believe that life is an adventure—as much as you make it. Today my guest is **Marshall Chamberlain**, a man focused on his passions, like I am on mine, with no time for extraneous niceties like pets, lawns, mortgages or plants. He has a Master's Degree in Resource Development from Michigan State University and a graduate degree in International Management from the Thunderbird School.

Marshall was an officer in the U.S. Marine Corps and spent many years in investment banking, venture capital, and even as a professional waiter. He is obsessed with preparedness, survival and independence. This

combination of traits leads him to all manner of adventure, including serious Stone Age survival classes. Chamberlain's primary worldview is simple but profound—"I'm in awe of the magnificence of this world," he says. And he has tips for how you can expand your on horizons. Here's what he has to say:

How to Make Life Interesting: Diversify Your Experiences

By **Marshall Chamberlain**

Daylle Deanna Schwartz is a speaker, self-empowerment counselor, music industry consultant and best-selling author of 11 books.

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No matter your politics, religion or lifestyle, the maxim "all of life is a wager" is a reliable one. Most people live in a state of inertia and pursue only the most prescribed avenues. To me, the world is much too rich not to sample what life's buffet has to offer.

Spend your days putting off your dreams, and the time to realize those dreams can easily slip away. Considering time and the unknowable nature of one's expiration date, all of life is a wager. I say the time for taking action on those ideas – usually relegated to daydreams – is now.

If the weekly working grind has got you feeling like a drone, here are some tips for becoming a true adventurer:

- **Parlay your strengths into new adventures.** As a US Marine Corps veteran, I became accustomed to a largely physical, Spartan-like existence. After my divorce, I simplified my everyday needs and became self-sufficient, living aboard a 30-foot sailboat for the better part of 10 years. I also traveled the world, participated in activities communing with nature, and pursued my passion to become an author of adventure-thrillers.
- **Make a list of what's really important to you; trim the fat soon after.** To put it simply, most of us will not know in advance of our death. We know one thing: we will one day die. With a finite amount of time to wager, we simply don't have the time to watch the same bad movie every Friday night. Go big! Lose 20 pounds of fat and gain 20 pounds of muscle; or take a chance with that crush you've been nursing for six months; or buy a guitar and learn how to play it! You don't have time for a banal life.
- **Become fluent in a second language** (literally and figuratively): Indeed, become familiar with Spanish, French, Italian or some other language. More important, become fluent in a new language to approaching life. Start saying yes to ideas that you've harbored for a long time. One thing leads to another; perhaps in learning Italian you'll develop a passion for the language's rich culture. This could lead you on a trip to Italy. Who knows?

The important takeaway is: Don't fear a new kind of fluency. Confront your fears. Are you sick and tired of the sheer predictability of your 9-to-5 existence? Nothing shrugs off the dreary residue of the daily commute than jumping out of a plane to put things in perspective. If you have a fear of heights and skydiving is too overwhelming, consider going to the top of the tallest building near you. Confronting fear not only fills you with adrenaline ... you will also likely walk away filled with confidence. But don't let the adventure stop there! Let this be a lesson in affirming life's exciting potential; keep the adventure going by testing your limits.

Join the **Self-Love Movement™**! Take the **31 Days of Self-Love Commitment** and get my book, **How Do I Love Me? Let Me Count the Ways** for free at <http://howdoiloveme.com>. Read my 2013 31 Days of Self-Love Posts [HERE](#). Join the **Self-Love Movement™**! on [Facebook](#).

Please leave comments under my posts so we can stay connected.

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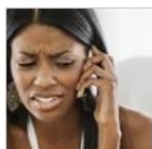
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Doormat

Welcome to my self-empowerment blog. I used to be a wimp and never got taken seriously. When I became one of the first women to start a record label, I learned to navigate the male dominated music industry and earned respect, without raising my voice or getting overtly tough. I transferred those skills into all areas of life and now get what I want from most people. I'll share those lessons here by talking about my observations of situations and habits that hold both men and women back from being as empowered as possible. I'll also give tips for more effective communication, handling yourself with more confidence, and in general, how to come across as more serious—whether it's at work, dealing with an annoying phone company, your mother, a romantic partner and anyone else you want to feel more in control with. Everybody can use more tools for taking control of their lives, like in my latest book, [Nice Girls Can Finish First](#).

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Affirming Boundaries

I know how hard it can be to say "No" after you've been a people pleaser for years and people expect an automatic "Yes" to favors from you. But it's also exhilarating to say it and know that you're off the hook for doing something you don't want to do. Setting boundaries on how much

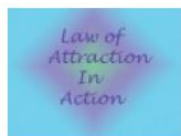
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Physicians Tips To Prevent And Correct Signs of Aging

Most of us want to age well. I love looking much younger than my age. I credit it to what I put inside me, in terms of getting the vitamins for my body. Taking good care of yourself is a strong act of self-love. That's why I'm so happy to have Drs. Rick and Arlene Noodleman, a

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Law of Attraction in Action: Goal Trauma

This is post 253 in my series on the Law of Attraction in Action. You CAN use your power to manifest your desires... I do it every day! Read all the posts in my Law of Attraction in Action Series to see how. We all have failures and setbacks. But those old memories can remain in

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Appreciating Life After a Death

As we get older, it's more likely that people we know will pass away. When my mom moved to a senior community, the downside was that people around her were older and she heard about too many people dying. It made her depressed and a little scared about her own

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"I Choose"

How many times have you said you wanted to do something but just didn't do it. Maybe you really want to go to the gym a few times a week but never even get your sneakers out. Or you want to make a more concerted effort to get out and network to help find a new job. Or you

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