

NO ONE GETS THROUGH THIS LIFE ALONE. WHAT IS THE LIFE YOU WANT TO LIVE? WHAT IS THE PRICE YOU'RE WILLING TO PAY FOR IT?

Twenty-five years ago, as I headed out on my first expedition, I had a lot of questions. I've found a few answers since, but one question remains: In the end, what really matters?

A few fundamental truths are worth examining again and again, because we evolve and so does our understanding. When I have needed guidance, I've gone back to my mentors. The wisest of them never gave me straight answers. They asked me their own questions, and I arrived at things I never could have been told.

This book is ten conversations with ten extraordinary people—Lynsey Addario, Annette Bening, Simone Biles, Yvon Chouinard, Alex Honnold, Bill King, Yo-Yo Ma, Ridley Scott, Kelly Slater, and Kris Tompkins—each of whom has earned the exceptional life they chose to live and the understanding that has come with it.

None of them gave me rules. They gave me honesty.

Good conversations, like good books and good films, make you feel a little less alone. I hope these provide that for you. Maybe you'll even find a few rules to live by.

JIMMY CHIN is an Academy Award-winning filmmaker, National Geographic photographer, *New York Times* bestselling author, and professional climber and skier. He has spent more than twenty-five years on cutting-edge expeditions around the world.

Read by the Author



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