No Opportunity Wasted: Creating a List for Life by Warren Berger

A Great Refreshing Book.

Face Your Fears * Rediscover Your Childhood * Test Your Limits * Shed Your Inhibitions

From renowned adventurer and rising television star, Phil Keoghan, No Opportunity Wasted: Creating a List for Life combines the self-improvement appeal of an inspirational book with the adrenaline-rush of an adventure story. Taking the reader on a series of exciting journeys, Phil sets forth his dynamic and uplifting philosophy, and in a step-by-step manner, shows the reader how to put that philosophy into effect by creating a personalized List for Life.
In dramatic narrative form, Keoghan transports the reader from Yucatan Jungle to the African Congo, from the depths of an underwater cave to the top of an erupting volcano. But this is no armchair traveler book. It is an urgent call to action, inspiring and enabling people to overcome fear and seek out memorable experiences of their own. With his fresh and compelling N.O.W. philosophy, this is a book that will help us all dream more freely and live more fully.

**Personal Review: No Opportunity Wasted: Creating a List for Life by Warren Berger**

I always find it insightful to read the reviews online before I buy and I did this before purchasing N.O.W. Clearly this is a book that has had a big impact on readers and that is certainly true for me. This was a quick read for me and I found it really inspiring. I feel the need, however, to address a comment made by George Fisher of Boston MA. Mr Fisher wrote "the book seems to imply that people's lists should consist entirely of adventure travel."

Yes there are adventures and adventurers in the book but NOW is more about exercising the mind and encouraging people to step out of their comfort zone and try new things. That may mean literally jumping off a bridge tied to a bungy cord for some people, but for others it's more of a mental leap of faith.

A woman by the name of Mitu, mentioned in the book, was also featured on "Oprah" because she wanted to overcome her fear of heights -- a metaphor for the way she lives the rest of her life. After much encouragement she scaled a very high bridge and says about her experience "I see things in a different light since conquering that bridge." The point here is that she had a fear of failure not so much about overcoming her fear of heights. In effect she was exercising the mind not just her muscles.

"Get Lost" is not literally about getting lost. It's about getting off the beaten track and trying new things. That might mean trying new foods at a wild food festival or going to a nudist resort.

There are many inspirational people featured in the book "No Opportunity Wasted". They people are not considered adventurers in the traditional sense but they are just as brave to me.

Jesse Billauer was 17 years old and on the cusp of becoming a surfing superstar when he suffered a horrific wipeout that left him paralyzed. But Jesse didn't give up: At age 26, he's a motivational speaker to youth groups around the country, and he has taught himself to surf again. His dream now is to be the first paraplegic to ride the big waves.
Jeff Risley was an ordinary postal worker and weekend National Guardsman when the call came to serve his country and off he went to Iraq, serving in a military unit that saw heavy action. Now that he is back home, Risley shares his dreams of playing in a rock band, and of trying to find inner peace after a long year of war.

Martha Roskam. On a trip to Vietnam, Martha, a Chicago grandmother, was shopping in a street fair when she noticed soldiers' dog tags for sale. She decided to buy up all the tags, so that she could try to return them to the original owners. Thus began a quest that she is still involved in today tracking down Vietnam vets, or their surviving family members, to return their lost dog tags.

John Beltzer. When John lost his brother to a fatal illness, he decided to write a song in his honor. That led to a new business called "Songs of Love" matching up songwriters with sick children around the country, to create personalized songs for each child.

Barb Hammond. After a painful divorce, Barb, 48, decided to pursue a lifelong dream - to learn to ride a motorcycle. She tells the story of saving a secondhand Suzuki, learning to ride, then heading out on the highway with her new biker crowd.

Dan Klores always wondered what happened to the Brooklyn gang of basketball boys he grew up with. Then one day, after a close brush with his own mortality, Klores decided to pursue a dream: He would track down all his old buddies, 40 years later, and reunite them for a memorable basketball game in their old Brooklyn schoolyard.

Sue Ellen Cooper. Cooper bought a bright red hat at a thrift shop. Soon she and her friends, all women over 50, began wearing flamboyant hats and clothes around town. And then Cooper started the "Red Hat Society," for women over 50 looking for fun and adventure. Today, her group is a half-million strong.

Dan Noonan, 36, works with HIV patients in the Chicago area. Dan, a hemophiliac, was himself infected with HIV 20 years ago, through a blood transfusion. Now he is pursuing two dreams: to educate the public about the needs of hemophiliacs, and to have one of his plays produced live on a Chicago stage.

Clearly "No Opportunity Wasted" is a book for everyone -- not just adventurers, although wouldn't it be great if we all exercised our adventurous spirit. Don't waste another opportunity. Do yourself a favor and read this book.

Kendall Seyer