



APRIL 2020

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THE STORY OF PROJECT MOSES  
out artist releases first single from better man album

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# q feature: **PROJECT MOSES**

The Story of Project Moses  
The Out-Artist Releases First Single from His 'Better Man' Album  
By Mick Sandoval

*"I grew up in Israel in a very conservative family," recalls out artist Project Moses from his home in NYC. "My dad was a very strict disciplinarian. I would be punished for every little thing. My musical interests were discouraged. My personal interests were discarded. But I admired and mimicked him as best I could to earn his love. Unfortunately, as I matured and could no longer ignore the true man I was inside, our values began to clash."*

Project Moses explores the tumultuous relationship he had with his now deceased father in "Missing Half," the first single and music video release from his upcoming visual album, *Better Man*. The ominous ballad is meant to convey the sometimes-conflicting feelings many people have for the people who raised them.

*"The idea for the song came to me after my dad died in a car accident," he continues. "It forced me to reflect on a relationship that wasn't always good. One that left me with a lot of emotional and psychological scars. Yet, through it all, I still love my dad and was left feeling broken inside by his sudden death."*

## How did you develop your unique musical style?

Project Moses: My style came about by listening to a lot of different artists, from Foreigner and Pink Floyd (who my dad was obsessed with) to Paul Anka and the Spanish and Greek music my mom listened to. I enjoyed them all while also listening obsessively to top 40 hits on the radio.

## Is that where your love for singing stems from?

Project Moses: Funny story. I discovered my love for singing at the age of two, singing on a tape recorder. My mom still has the tape and she loves to listen to it on her Walkman! It's about six songs of me mumbling Israeli hits. It's really funny. Then, at the age of 4, my dad got me my own tape recorder and a microphone and I began making up songs and melodies.

## Your music seems to draw inspiration from your family.

Project Moses: Yes, I draw from family as well as from friends, lovers, even enemies. . . I'd say life itself is my main inspiration. I think most songwriters will tell you that as much as they love to sing about some obscure concept, it is more powerful to tell stories from their own lives that spark happiness, hope, tears or even anger in others. As long as I move any kind of cell or membrane in the listener's body, my mission is accomplished.

## Was it tough to write about the tense relationship between you and your father, especially after his passing?

Project Moses: Ironically, it wasn't. It actually felt very cathartic. It was more difficult to hear comments from my family. Some were critical. But the song is simply my journey which I needed to tell at my own time.

## What other relationships are explored on your upcoming album?

Project Moses: My whole album explores the important relationships in my life that turned me into who I am today, what I call a better man. It's about learning from your experiences, no matter what they are.



The music video for "Missing Half" is very powerful.

Project Moses: Shooting it was intense. In the video, I'm being followed by a ghost of my dad. It leads me to a cemetery where my father is buried with the hat and a scarf that he always wore. As surreal as it was, it made me deal with a lot of demons and emotions that I had felt for many years.

#### Any plans for a live show?

Project Moses: We're working on it. In my live shows, I try to bare my soul and self on stage, expressing all emotions, the good and bad. I let it all out without relying on glitz or glamour.

#### How about additional music videos?

Project Moses: I'm working on my next music videos from the Better Man album now. They will be even darker than "Missing Half," if that's possible; a little bit more thought provoking and sex oriented. We have one that deals with drug abuse and its consequences. Just be prepared with a box of tissues.

*"Missing Half" is available now on Apple iTunes, Amazon, and all other major music retailers, as well as for streaming through Spotify and Apple Music. The Better Man album releases Fall 2020. Project Moses can be followed on Instagram @project\_moses.*



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# q cuisine: with HOBBY CHEF CHAPMAN

## Matar Paneer – Indian inspired

Matar Paneer is a vegetarian North Indian dish consisting of peas and paneer – a fresh cheese – in a tomato-based sauce, spiced with different spices and Garam Masala. It is often served with rice and an Indian type of bread depending on the region.



The recipe I am presenting here is very straight forward and a simplified version. Instead of using fresh produce I use canned Italian Pelati tomatoes and frozen peas – my Indian friends may forgive me. The canned tomatoes have more colour and concentrated flavour.

### Preparation I

Finely chop the onions, the garlic and the fresh ginger. Cut the Paneer into 2 cm cubes.

Heat a pan add 2 tablespoons of oil and fry the onions, garlic and ginger until softened.

Add the powdered spices – red chilli, cumin, coriander, turmeric and chopped green chilli – and stir for 2 minutes.

Then pour in the Pelati tomatoes and let all cook for 10-15 minutes until most of the liquid has evaporated and the oil starts to separate.

In come the frozen peas – stir for a few minutes and add a little water at this time to make the sauce liquid again. Season with salt to taste.

Finally give in the Paneer cubes and some fresh chopped coriander. Cook for another 4 minutes on gentle heat. Finish off by adding half a teaspoon of Garam Masala.

### Serve I

Ladle the Matar Paneer in bowls sprinkle with fresh coriander and serve with Indian bread or rice.

### Ingredients – serves 4

- 2 tbsp Oil
- 2 Onions
- 2 Clove of garlic
- 1 Piece ginger, same amount as the garlic
- 400 g Pelati tomatoes, chopped
- 1 tsp Red chili powder
- ½ tsp Cumin powder
- 1 tsp Coriander powder
- ½ tsp Turmeric powder
- 1 Green chili
- 1 cup frozen peas
- 300 g Paneer – cubed
- ½ tsp Garam Masala
- 1 bunch of fresh coriander

- 3 tbsp Oil
- Salt – for seasoning



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# q life: with GABRIEL TABASCO

## Being a Cam Boy

It feels like with what is going on, with everyone staying home, and with enforced social distancing, people are finding different ways to connect to each other and find sexual outlets. Many of the memes out there are with men, gay men in particular, performing on camera. That was they get their sexual kicks and stay connected to men who want to watch exhibitionists such as them.

Today, with the click of a button an array of men, with different body types and cocks of different shapes and sizes could appear on screen for anyone's viewing pleasure. Another click and you could switch over and see more men in different sexual positions; bent over showing their hole, lying down with their erection in their hand, legs spread open ready to place a dildo in their ass. Another click and you could pay money for a private show.

People made money from this? I wondered when I first saw online camera shows. Then I signed up and did it myself. It was hundreds rather than thousands of dollars at best that was earned and any amount earned was possible only after spending a lot of time performing. I made sure not to come too soon and stayed well lubricated. These websites catered to different tastes and styles of men and therefore there were different performances from men.

One young man, a smooth, not-so-lean, 26-year old, from Venezuela was dressed up as a bunny-boy, wearing a golden thong. He was on camera shaking his bubble-butt for the aroused virtual masses. Men were asking him to remove his thong and bend over to reveal his smooth butt-hole but he never did. His 20-minute show consisted of mainly dancing around.



There was a German man from Berlin who went by the name of Sk-gay-ter-boy. His camera was elevated and so viewers got a full

shot of his body as he lay on his sofa in his living room wearing only trainers. At every show he would be wearing a different pair of trainers. His legs were slightly open, allowing viewers to see his balls hang into his perineum. Occasionally his asshole would be visible as he masturbated. On one of his most popular shows he had one man give him a blowjob and finger his hole.

On another channel one well-built Romanian man was lying on his bed with his legs open as he played with his penis for the world to see. On one occasion he was online, performing (if jerking off online can be called a performance) for seven hours. In order to encourage 'performers' to have more audacious shows, viewers were encouraged to pay tips. On that seven-hour occasion, the Romanian man had made just US \$17.00. He wrote in the comment box '\$17 for 7 hours? Come on guys, tip me!' As he lay back to spread his legs open exposing his smooth, waxed asshole which contracted with pleasure, one man wrote 'no cash, so give it up dude.' He remained ever popular even though he hardly made any cash after being online for so many hours. He put his legs into a spread-eagle position and that saw him gain 30 new viewers. None of who tipped a penny. By the eighth hour he logged off having made US \$20. He was back two days later with a three-hour show that earned him US \$42, most likely by using some of his popular spread-eagle moves.

Paul, who went by the cam4 nickname of Billyshowoff, located in the Netherlands would watch me as I jerked off online. I also tuned in to his cam shows as he wore his baseball cap, and he stroked his long, lean cock on his couch. His legs open, allowing viewers to glimpse his hole and his hanging balls. His balls, over the course of his performance, becoming as tight and smooth as his body. We got talking, and he eventually became a friend. We still talk today. We plan to put on a show together when we meet up. You read it here first.

The site had a variety of men, some stunning as models and some as average as Joe. The model-like men, some of which included porn stars who wanted to make some extra cash, were always a turn-on and drew in the viewers. But it was the Average Joees that were big hits. People wanted to see normal-looking men perform.

Audiences were captivated with a dark, incredibly hairy, Swiss-Arab man with glasses, who sat on his bed stroking his dick. A plump German 21-year old who was chatting and masturbating was also a hit one night. There was a tall man who could self-suck. He was number one in terms of viewers that night. But then again anyone who would self-suck would be the main attraction. It was only a matter of time before I became a camera performer, more for fun, than for the money.

Part of what I enjoyed while performing for a public rather than a private audience were people's comments. As I would lie on my sofa, my legs apart as I played with my cock, I would simultaneously see people's comments and occasionally have a conversation with some.

Hotpepper: He is jerking off so much so he loses weight lol.

NYC27: Love to have those balls slapping against my nose.

Pierre1964: Come time now...

CalienteBoy: Love big balls.

Kevinhotxxx: Gracias lindo por ese espectáculo. (Thanks for this beautiful spectacle).

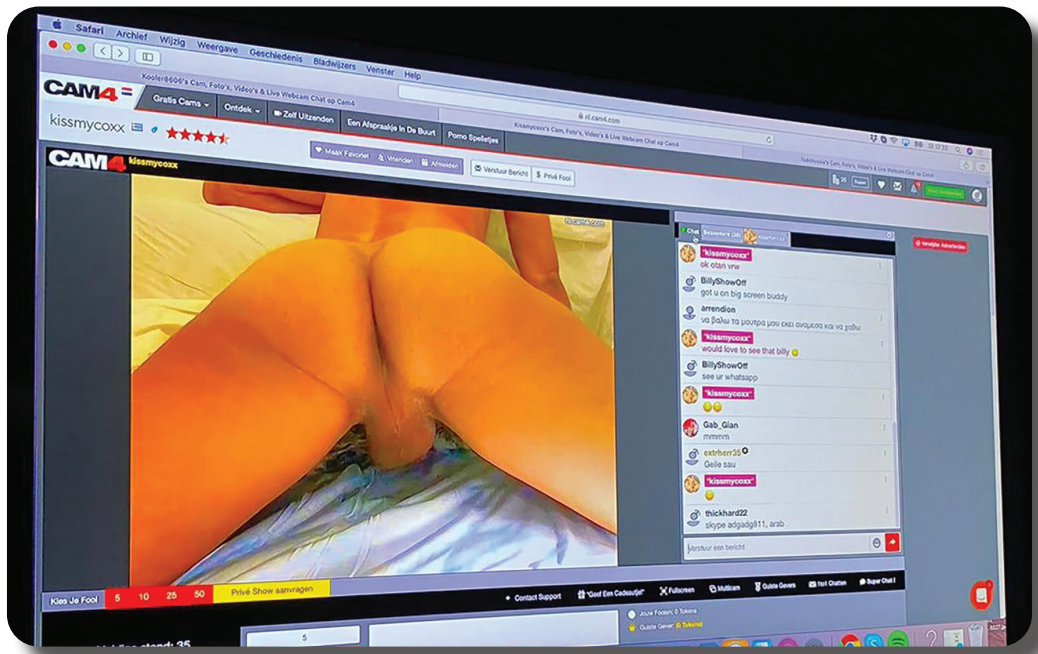
HornyHoney: Let me suck your balls and lick your ass.



The popularity of online porn has given rise to the amateur porn industry, which has become a porn genre in its own right. Some men shun the perfect bodies of the porn stars, with big dicks, perfect pectorals and a buttohole without a stray hair on it and prefer amateur porn. Thousands of sites have emerged dedicated to the nitty-gritty feel of amateur porn. Porn featuring men with pot bellies masturbating on their beds, or trashy men sucking each other off. But then the porn had evolved a step further, which has come to include live and public camera shows, both paid and then it was free.

See Paul's shows at [www.cam4.com/billyshowoff](http://www.cam4.com/billyshowoff) and check him out on twitter at [www.twitter.com/pornluvrshowoff](http://www.twitter.com/pornluvrshowoff)

You can contact Gabriel at [gabrieltabasco99@gmail.com](mailto:gabrieltabasco99@gmail.com)



# q serial: PORN STAR - EP 2

Driving across the continental US, across Georgia, Louisiana, Texas and the deserts of New Mexico and Arizona gave me a lot of time to think, explore and experience. I explored the picturesque streets of New Orleans, the mass expanse of sandy deserts in New Mexico and the dry heat that was so different from the humidity of Florida. I explored the Las Vegas strip and ate fried chicken wings almost throughout my drive in Texas.

I experienced the small motels that dotted the highway route. I experienced the loneliness of Sunday nights in those motels where you could be anyone going anywhere and no one really cared about you anyway. I would never forget the matted carpet in the rooms and the smell of stale smoke. Or the fading linoleum in the lobby filled with badly photoshop projects of the local sites.

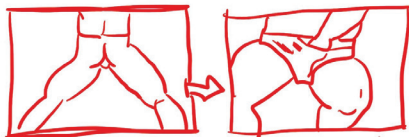
But I also experienced the hedonism of Palm Springs. The patch of green in the Californian desert, maintained by gallons upon gallons of water where wealthy, older gentlemen lived in glass palaces and drove vintage cars. The men were in good shape (good living does that to you) and made the most of their success. I met one 56 year-old man in a bar, who after I told him I was moving to LA in the hopes of becoming a pornstar, was invited to his house as a nude waiter for a 'small soiree' (his words) he was throwing for his friends. More on that in another article.

Most of all, while driving along those seemingly endless straight roads across the US I had time to think and take stock of things. I was approaching my late 20s, I had a degree in law, I was a foreigner in the US and after a year off as a stripper, was moving to LA to pursue a career in porn. It was as if I was living my life backwards: working hard at uni then partying as I got older. Why was moving to LA to work in porn? It baffled my friends and at times baffled me. Yet I could not resist the pull of pornography.

As soon as my hormones kicked in I would lust after everything I saw. So since my early teens I was interested in porn. At times I lusted after the men so much I kissed the PC screen. It was not just the sex or the men's bulging biceps I liked. It was everything around porn. I loved the exhibitionism side of it. The fact that all these people worked together to make a film of two, or more people, having sex seemed interesting, exotic and curious to me. The camera guy, the makeup lady, the director, the location scout. I loved the porn of the '80s and '90s which was full on (not that porn is never not full on). Whether it was gay or straight porn, there were with big sets, big hair and big penises. And most of all they had a budget. A big one so porn seemed glamorous. (I would soon learn that is not the case). There was no internet until the mid 1990s and so porn companies could afford to pay for fantastic sets and locations such as a poolside romp in the Hollywood Hills. The bigger and more luxurious the sets the better. Or there would be extravagant costumes that the pornstars would tear off moments into their scene while the women's excessively lacquered hair stayed as straight as the men's erect penises.

There were all the typical cliches: the locker room, the wrestlers, the daddies, the cowboys. There were the porn films based on political parodies, period drama porn films, the CMNM where a group of men overpowered an arrogant macho man. And there were the pornos based on Hollywood blockbusters like the Star Wars themed porn film, complete with spaceships and Luke Skywalker getting gang banged by Storm Troopers (the masked bad guys in white spacesuits). Their dicks poking out from their pristine, white

GABRIEL TABASCO



episode 1



space costumes. There seemed to be many Hollywood parodied porn films, but there were no Bollywood ones... yet. There were porn films of men who jerk each other off on rooftops, posing holding a soccer ball in one hand and their cock and balls in the other. There were CFNM milking parodies where women dressed as milkmaids pretended to milk men in an open pasture. Film studios employ a location scout to find the best locations for their films. Did porn films also do that? The most I saw were independent film studios asking to rent a house to shoot a film.

TV shows made obscure or hard to get to locations, tourist spots in their own right. Think Game of Thrones in Dubrovnik and Iceland. Think Sex and the City which created a tour in New York where things were set. Did porn films do that? Well there were the houses of the Hollywood Hills. There was San Fernando Valley which was the home of the US porn industry. Men of Israel put Tel Aviv on the gay scene, but wasn't it always. The whitewashed houses of Mykonos was host to a number of gay films as well as gay events. But there was no porn film that made a location famous... yet.

Along with the men I liked seeing the sets as well. It came to the point that even when I had sex I wanted it to look like a clip from a porn film and so the setting for sex was important too. It led to some very interesting locations: riding a man on a bulldozer as we both wore the helmets; sex at a dentist's office; a threesome in the toilets of a nightclub; jerking off in the room of a house; jerking a Russian man off on the rocks on a Greek beach; a quick bj in the sea to a man who loved to drink a lot; getting fucked doggy style in front of a mirror. What I wanted in my sexual sexcapades was to star in my own porn film. The backdrop was as important as the event. And that was what I wanted to experience working in porn. Not so much winning a Grabby Award for Best Bottom or getting more followers on social media after posting cock shots, but more on how the porn industry comes together: from the idea of the theme for a porn film; to castings; to how lighting, makeup, sound and editing makes a porn film. And of course the chemistry of the actors and their performance which was the most important ingredient.

Links to references in the article:

1: [https://www.xvideos.com/video19094769/star\\_wars\\_gay\\_porn\\_luke\\_skywalker\\_fucked\\_by\\_stormtroopers](https://www.xvideos.com/video19094769/star_wars_gay_porn_luke_skywalker_fucked_by_stormtroopers)

2: <http://bigarabcock.com/2014/06/straight-middle-eastern-soccer-player-jerking-his-big-uncut-cock/bentley-race-adam-el-shawar-middle-eastern-soccer-play-with-a-huge-uncut-cock-amateur-gay-porn-19-jpg/>

3: <https://www.queermenow.net/blog/exclusive-behind-the-scenes-adam-killian-and-jessy-ares-flip-fuck-in-lucas-entertainment-movie-greece-my-hole/>

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# q work: A MUM'S GUILT

## 4 tips on getting through working mum guilt

My son was four months old when I needed to go back to work. It wasn't a choice but a necessity as an 18-year-old single parent. It started with casual work that a promotions company whilst being at home most of the time, but as the enjoyment of being in the events industry grew I eventually decided to start my own promotions company. The work came quickly, but I found myself being at home less and less. A heartbreaking day came when I went to pick my son up from day care and he refused to come to me. He was with these people more than he was with me and decided he wanted to stay with them. The guilt of continuously leaving him in someone else's care while I worked became unbearable and I know I'm not alone. So, if you're in the same situation, these key steps helped me manage the working mum guilt:

### Don't be too hard on yourself

I found myself making the situation worse in my head as if I was torturing my child by sending him into care and not being at home with him. But after I left and both our tear stopped he actually was having a great time playing with the other kids and doing different activities. We are our own worst critics, so don't be hard on yourself if you are doing the best you can do. If your child has food on the table and a loving home you are ahead of the game.

### Find ways to still build on your relationship with your child

Put the time aside to have an activity that you and your child can regularly do together. If I had hours or minutes with him at any time of the day, work and social media was put to the side and he had my undivided attention. Finding activities we would both enjoy together was where the fun was. It's quality over quantity.

### Look after your mental health

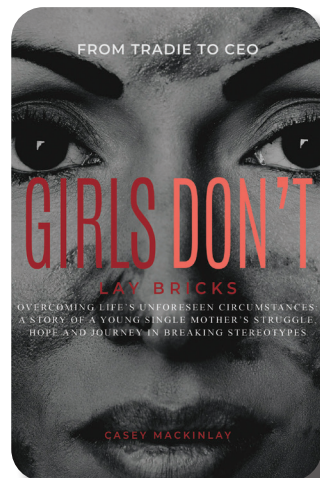
If going to work helps you stay sane and makes you happy but you don't like leaving the kids remember your attitude rubs off on the family. If you are happy then they are happy. We drive our kids around to countless activities/sports but forget it's ok to do the same for ourselves. Work can be a mental release but also picking up a hobby and doing something you enjoy outside of work and family is a good way to look after your mental health.

### Don't compare yourself to other parents


They're not you. Everyone has different strengths and weaknesses and these aren't always displayed, especially with social media. No one gets it right 100% of the time, some weeks you'll kill it and some weeks you won't. If you're doing the best you can and your child knows that they are loved, supported and cared for then that's all that really matters!

### Don't listen to your inner voices

I continue to have a multitude of questions that would go through my head as I leave my child in the care of someone else; Will he hate me? Does he know how much I love him? Am I scaring him for life? Why do I feel so bad about trying to do a good thing? How do I achieve my career goals while still feeling like I'm ticking all the mum boxes? What will I miss out on today? Am I doing the right thing? I like working, does that make me a bad mum? If these are some of the things going through your head, you're not alone. Please be kind to yourself as we all are just doing the best we can do.



*Casey Mackinlay is the author of Girls Don't Lay Bricks, renowned motivational speaker and director of La Folie, Australia's first aerial silks competition. For more information visit [www.caseymackinlay.com.au](http://www.caseymackinlay.com.au)*



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# q productivity: HOME AND WORK

## 5 ways to maximise your productivity at home and work

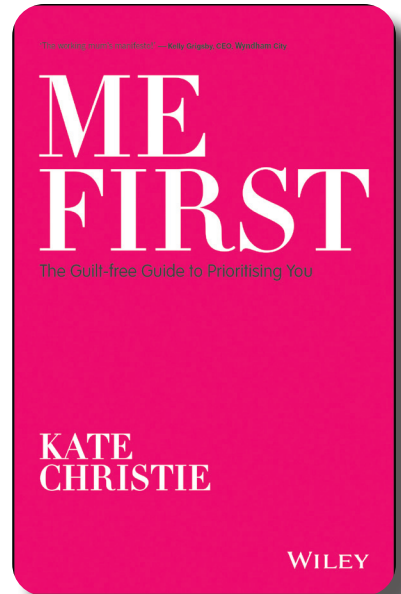
Time poor? Sick of the frustration, guilt, stress and sheer exhaustion that comes with trying to juggle your work, life, family and other commitments? It's time to start thinking about your time the way you think about your money: as a precious, enormously valuable and limited resource that needs to be consciously invested for the greatest possible return. There are dozens of ways you can maximise your productivity at home and work, and here are some of my favourites.

### Power up your productivity:

1. Don't be busy: You look busy. You sound busy. You act busy. When you bump into a friend or colleague and they ask you how you are, you respond: 'I'm so Busy!'. And they respond: Oh! I'm so busy too! Have you ever thought about the impression you create with this simple response? It's essentially the same as responding: I'm so unproductive! And that's not a great impression to leave. It's time to lose being busy. It's time to find a new line - I'm terrific; I'm happy; I'm moving at pace; I'm winning; I'm productive! A positive response sounds a lot better than I'm busy, it will lift your mood, and it will leave the right impression.
2. Hourly Rate Yourself: Your time is money. Work out your hourly rate - if you have a job or business where you charge your clients by the hour, this is the value you should put on your time, all of the time. For example, if your hourly rate is \$50 and you spend an hour a day on social media, that is costing you \$18,250 of your time a year. Is this the best use of your time?
3. Outsource and Insource: You can't wear every hat at home and at work all of the time - just how many of you do you actually think there are? To outsource, identify the tasks that you are prepared to pay an expert to do for you. Think of the tasks you don't like or that you are not good at - tasks that an expert can complete faster, better and cheaper than you (you now know your hourly rate). Outsourcing free's you up to spend more time on what you absolutely love to do. Inourcing is the exact opposite of outsourcing - identify everything you do around your home for the people you live with that they can do for themselves that you don't have to pay them for! Think tasks like: tidying up, unloading the dishwasher, feeding the pets. Regardless of your kids' age, as long as they can walk there are tasks they can do around the house. And if your 2 year old can tidy away his/her toys then I'm pretty confident that your 40 year old partner is capable of the same.
4. Don't Do List: We all know about 'To Do' Lists. A great way to become more productive is to keep a list of the old habits and behaviours you no longer want to maintain.
5. Batch: Batching is the process of grouping like tasks together and then blocking out slabs of time in your calendar to complete these tasks in one chunk of time. Batching allows you to have one longer, concentrated period of time allocated to dealing with tasks in bulk as opposed to jumping in and out of smaller, like tasks repeatedly throughout the day. Batching also enables a clean and structured calendar, and hence day, as opposed to a hectic and disorganised one. Batch your high energy periods (are you a morning person?) for your hardest, most important tasks.

We are all creatures of habit - the way you managed today was generally the same as you managed yesterday, last week, last month...but not from tomorrow. From tomorrow you will have a new mindset - one of smart time investment. Tomorrow you will start maximising your productivity. It's all about having the right mindset - just how badly do you want it?

*Kate Christie is a time management specialist, best selling author, global speaker and the founder and CEO of Time Stylers. Her fourth book, Me First: The Guilt-Free Guide to Prioritising You (published by Wiley), is available in all good book stores. For more information about Kate go to <https://www.timestylers.com/me-first-book>*



# Corinna

one of the last wilderness frontiers on the planet

**Corinna is an historic and remote settlement on the banks of a primitive river, that unlocks the secrets of the pristine Tarkine rainforest and the wild west coast.**

A warm welcome, cosy wilderness retreats and great local food enhance the experience at one of the most inspiring places on earth.

**Corinna is home of the Pieman River Cruise on the Arcadia.**



## the wilderness experience

### Experience

An old gold mining town, Corinna has recently been transformed into a globally significant nature based visitor experience.

Nestled in pristine rainforest on the banks of the majestic Pieman River, this ancient setting shows a world beyond human memory. Corinna is an accessible starting point for visitors to connect with this remote wilderness, and experience nature in the raw.

Corinna's rich history spans the Tarkiner people, dating back 30,000 years, to the more recent pioneers and miners. A visit to Corinna allows guests to escape from the everyday, and to become immersed in a unique wilderness experience.

### Explore

Access to the pristine wilderness can be made by kayaks on the Pieman and its tributaries, by foot on one of the many remarkable walks, or by river cruise.

Options range from short board walks to more challenging walks through primary rainforest. The amazing Lover's Falls has recently been made accessible with a board walk and viewing platform.

The Corinna to Pieman Head river cruise on the legendary Arcadia II is often described as the best river cruise in Tasmania. It provides an intimate connection with the rainforest and it's mirrored reflections and an experience of the wild west coast.

### Enjoy

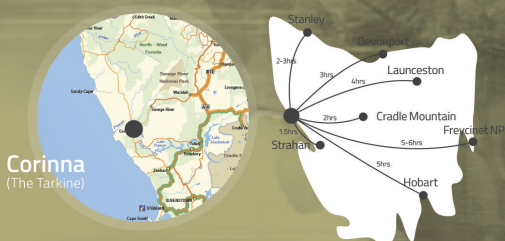
After exploring the wilderness, the Tarkine Hotel is the perfect place to unwind with a drink on the verandah, or by the fire.

The Tannin restaurant offers a range of delicious daily lunches and dinners using local Tasmanian produce. Guests can also cook in their retreats or on barbeques provided in the old produce store. Along with some provisions we also supply comprehensive barbeque and breakfast packs that are available on site.

### Retreat

Relax and unwind in cosy one or two bedroom eco-friendly retreats, original miners cottages, the old guest house or riverside campsites are available. Curl up by fireplaces in each room, sink into comfortable beds, cook up a storm or simply watch the local quolls and wallabies from your verandah.

Corinna lies north of Strahan and west of Cradle Mountain. It is accessible from the north via Waratah, or from the south via Zeehan or Roseberry, by crossing the Pieman on the unique 'Fatman' barge.



Corinna  
(The Tarkine)

Trip Advisor ●●●●●

**Perfect venue for weddings ■ Bookings for eco-retreats and cruises can be made directly**

www.corinna.com.au P: 03 6446 1170 E: sales@corinna.com.au f&l: @corinnawildernessexperience

# q lesson: LUNCH WITH STRANGERS

5 things I learnt having lunch with 100 total strangers

If you were to meet me today, you'd probably guess I was confident and adventurous. But if you'd met me not that long ago, you would've assumed I was shy and anxious. So which perception is true? Well, both of them, as it turns out.

Until recently, I was drifting through life. I was also very low on confidence, especially around people who weren't Asian. My turning point was a humiliating incident in late 2017. I'd started a new job and my boss had brought me along to my first client meeting. One hour into the meeting, the (non-Asian) client asked me a question – and I was so nervous, I couldn't reply.

That humiliation was a wake-up call. I knew I had to finally overcome my crippling social anxiety. I knew I had to set a better example for my two young children. So I set myself the goal of having lunch with 100 strangers in 2018. Those 100 lunches changed my life.

## Lesson 1: Magic happens outside your comfort zone

At the start of my journey, I struggled to make small talk and had to talk myself out of quitting. Gradually, though, my social skills and confidence improved. By the end, I'd become a confident communicator and would look forward to meeting new people.

That 100-lunch journey taught me that magic happens outside your comfort zone. If you keep doing what you've always done, you'll keep getting what you've always gotten. To improve, you need to force yourself to do scary things.

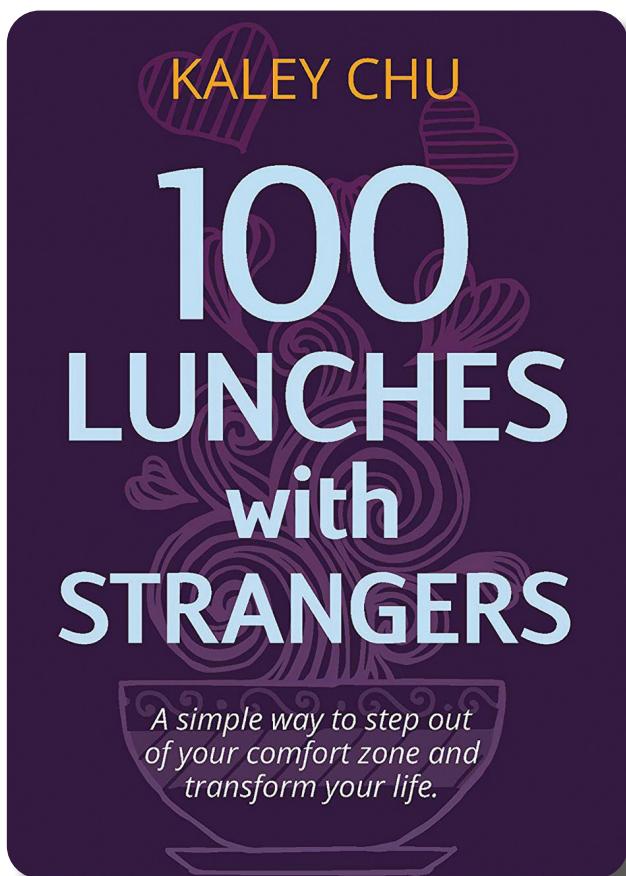
## Lesson 2: Strangers can open doors for us

A funny thing started happening as I met more strangers – more opportunities began falling in my lap. I got recommended to other lunch guests. I had business referred to me. I was offered jobs. I was even asked to give keynote speeches – yes, the girl who had once been a terrible communicator was not only offered speaking gigs but eagerly accepted! The bigger your network, the more favours you receive. That partly explains why I'm still having lunches – I've now done 230 and counting.

## Lesson 3: Most of us underestimate our potential

Before I started having lunch with strangers, I'd been conditioned to settle for 'realistic' goals. But as I met one successful person after another and heard their stories, I began to think: 'If they can do great things, why can't I?' That made me realise that I could achieve so much more, provided I cast aside my limiting beliefs.

So I became fearless. I embraced uncomfortable experiences, from public speaking to skydiving. Each time I did something that had seemed impossible, it confirmed that I'd been underestimating my potential my entire life.



## Lesson 4: Successful people have better mindsets

The other thing I learned from meeting so many successful people is why so few people achieve success in life.

Initially, I assumed successful people must operate on a higher level, because they acted so differently to me. Later, as I discovered they had similar personal issues and insecurities, I concluded that, actually, we're all pretty much the same. But as my journey continued, I realised that even though successful people might face similar challenges, they really are on a higher level, because they tackle those challenges with a superior mindset. Successful people are bigger thinkers. Most people see problems; they see solutions.

## Lesson 5: Questions help you discover hidden truths

Remember how I used to be drifting through life? My 100 lunches solved that problem.

Getting asked thousands of personal questions forced me to do lots of self-reflection. Each time I discussed my hobbies, strengths and goals, I developed a better understanding of what made me unique and what was important to me.

It was also eye-opening to ask other people questions and peer into their lives. I would then ask myself: 'Is that the life I want?' If so, I would wonder how to achieve it. If not, I would wonder how to avoid it.

Most of us don't like to look inside ourselves, because we're scared of what we'll find. I learned that if you really want clarity in life, you must be prepared to answer tough questions.

*Kaley Chu is the author of 100 Lunches With Strangers, a fun and brutally honest memoir that charts her inspiring journey from insecure immigrant to master networker. Kaley used to be so nervous around other people that she struggled to have even one-on-one conversations. Now, she's a TEDx speaker who regularly shares her story at conferences.*

Find out more at [www.kaleychu.com](http://www.kaleychu.com)



# q focus: **WORKING FROM HOME**

## How to stay focused when working from home

You are working from home. The commute is gone. The house is a mess. The kids need you. Look - there's a butterfly... And at least for the foreseeable future, this is the new norm. How on earth do you stay focussed and productive? One way I find that helps to keep me grounded, regardless of where I am working from, is to keep in mind the costs of how and where I spend my time.

There are four different cost lenses you need to be conscious of each and every time you choose to perform a particular task or activity:

### 1. Financial cost

Your time is money, and like your money it needs to be invested for the great possible return. Here's how to be more 'financially' cost conscious:

#### 1. Calculate your hourly rate

A simple way to calculate what your time is worth is via the Harvard Meeting Calculator (<https://hbr.org/2016/01/estimate-the-cost-of-a-meeting-with-this-calculator>): select 60 minutes; 1 person; and your approximate gross annual salary. For example, if your salary is \$100,000, then your hourly rate is \$70.

#### 2. Personal time audit

Map one day in detail from the moment you get up until you go to bed, so that you know exactly where you spend your time. Take note of every time you change task, including every call, email, interruption and distraction. The data you collect will be transformational.

#### 3. Cost your habits

Financially cost out your poor habits using your hourly rate. For example, if your hourly rate is \$70, then:

- One hour a day on social media is costing you \$25,550 of your time a year
- Sixteen hours of unproductive meetings a week is costing you \$53,760 a year
- Four hours a day on administration (if you are not an administrator) is costing you \$67,200 a year

If financial cost resonates with you, then for each task you choose to perform ask yourself this question: Is the financial cost worth it?

### 2. Opportunity Cost

Unfortunately, your financial cost is not the worst of it when it comes to costing poor time habits.

Opportunity cost is essentially the cost of the opportunity you just lost by choosing to perform a particular task, because there is always something else you could have spent your time on. Put simply your opportunity cost is the cost of your trade offs.

"The working mum's manifesto!" — Kelly Grigsby, CEO, Wyndham City

# ME FIRST

The Guilt-free Guide to Prioritising You

KATE  
CHRISTIE

WILEY

For example, if you choose to spend an hour a day on social media, that's an hour you could have spent:

- winning a new client
- developing a new product
- creating a new strategic partnership.

If opportunity cost resonates with you, then for each task you choose to perform ask yourself this question: What am I giving up by doing this task?

### 3. Emotional Cost

You will either feel good, bad or neutral about the way you just spent your time. For example, if you choose to work every minute during isolation while your kids need to spend time with you, how will you feel?

If emotional cost resonates with you, then for each task you choose to perform ask yourself this question: How am I going to feel about this later and how am I making those around me feel?

### 4. Physical Cost

Some tasks make for pain. For example, if you choose to sit at your computer all day without a break, is there an associated physical cost that might impact the enjoyment of your day or take you away from revenue generating work?

If physical cost resonates with you, then for each task you choose to perform ask yourself this question: Is this making for pain or going to make for pain later?

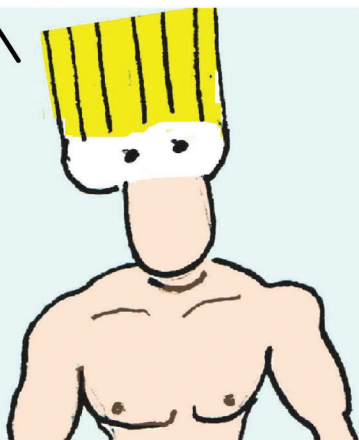
For every single task you perform, there will always be a financial cost (your time is always money) and an opportunity cost (you can always choose something else to do). On top of that, some tasks will exact an emotional and/ or a physical cost. From now on, focus on the cost lens that impacts you most deeply and for every task you perform ask yourself this question: Is this really the best use of my time? If it's not, if the cost is simply not worth it, then make a better choice.

*Kate Christie is a time management specialist, best selling author, global speaker and the founder and CEO of Time Stylers. Her fourth book, Me First: The Guilt-Free Guide to Prioritising You (published by Wiley), is available in all good book stores. For more information about Kate go to <https://www.timestylers.com/me-first-book>*

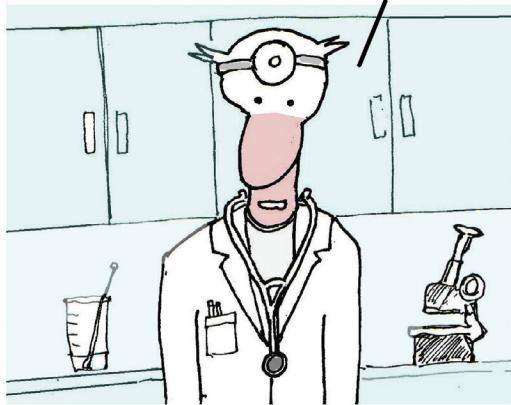


# Gaylord Blade

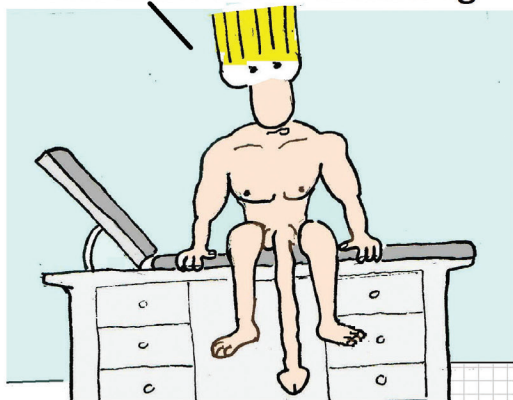
Doc, I want my penis enlarged



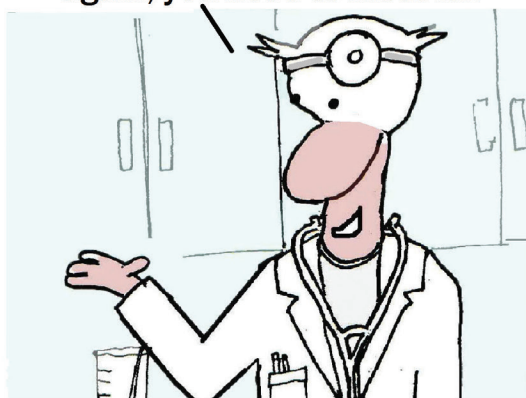
I stretched it to 1 meter long just a few months ago, Gaylord



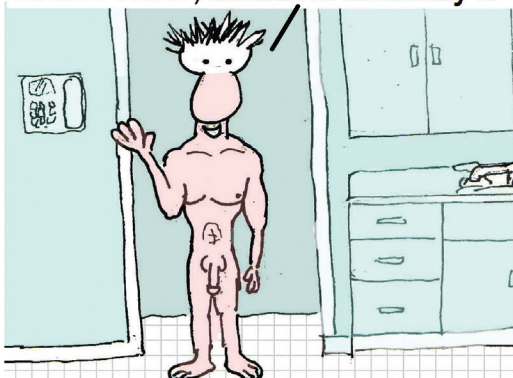
But avoiding COVID19 requires 2 meters of social distancing



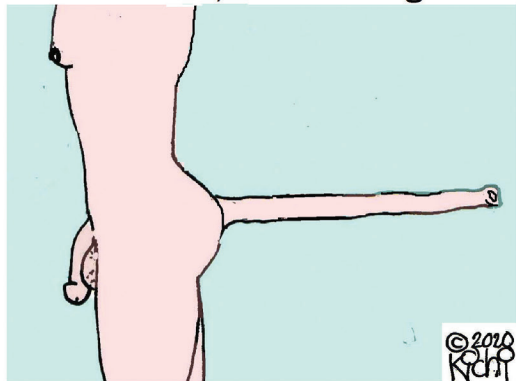
Whoa! Before we cut and paste, again, you need to meet Ian

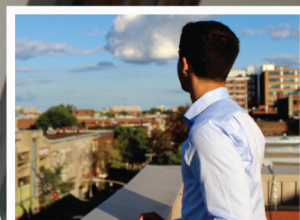


Hi! We can shag to regulation, RIGHT NOW, since fortuitously ..



.. the doctor stretched my anus 1 meter, this morning!





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