

# Do Not Go QUIETLY

## An excerpt from *Do Not Go Quietly* by George and Sedena Cappannelli **The Beginning**

*"Everything has to do with loving and not loving."*  
Rumi

### **Breakdown or Breakthrough**

We are entering a time of demographic revolution that will, over the next several decades, result in a large number, some say half of the populations of most industrialized nations on earth, being 50 or older for the first time in history. Although this revolution is still in its early stages it is clear from the conflicts already being acted out in the chambers of government and in the boardrooms of power as well from the bubbling up that is happening in the streets of cities and towns around the world that this 'graying' of the world's population is ushering in a time of unprecedented social, political, cultural, economic, technological and environmental change for most of us who are passengers on this train called Humanity and especially for those of us who are older GenXers, Boomers and Elders. And this, as they say, is only the beginning!

Couple this startling reality with the fact that our government, many of our primary institutions and businesses, the vast majority of our citizens and even the organizations that are supposed to advocate for us are unprepared for the substantial challenges and remarkable opportunities that lie ahead and one begins to understand that this confluence of factors represents either a recipe for disaster or the remarkably fertile ground for a historic breakthrough.

***Do Not Go Quietly*** weighs in on the side of those who believe that the time ahead will be 'fertile ground for a historic breakthrough.' It advances the proposition that those of us who are older GenXers, Boomers and Elders not only have the opportunity but the time, resources, talent, experience and especially the need to redefine the values and priorities of our own individual lives and help steer the ship of state onto a much more positive course that promises greater sanity, well-being, sustainability illumination for ourselves and those of who come after us.

So if you are an older GenXer (40 to 45), a Boomer (46 to 64) or an Elder (65+) and are interested in living more consciously and aging wisely as well as contributing to the well being of the world around you then you are, as they say, on the right page at the right time. If you are under 40 and want to better prepare for your road ahead, better understand the road your

parents, older friends and relatives may now be on and get ready for the brave new world you will soon be inheriting this is a terrific book for you.

If you want to use the time you have remaining whether years or decades to “make right” your relationship with yourself and others; if you want to connect to greater meaning, passion and joy and, in the process contribute to a more sane and sustainable future, then ***Do Not Go Quietly*** offers an inspiring roadmap.

***Do Not Go Quietly*** has been written to help us all remember to use the precious gift that is our lives; to harvest the fruits of our past and turn them into gold we can invest in the present and future; to learn to live with greater mindfulness in each present moment so we can fulfill the dreams we came here to manifest.

The book also has been written to help us chart a more harmonious and compassionate course for the future. For we believe that no matter what religious beliefs or political philosophies any of us hold; no matter what economic values we practice or the kind of face we put on when we turn toward the world, when we come to the end of our lives none of this will matter as much as the knowledge that we hold in our hearts that we have done our best to use our skills and resources to lead a life of genuine value.

***Do Not Go Quietly*** is not one of those candy coated, self-help books full of pithy sound bites designed to appeal to everyone without disturbing anyone. For as we and a number of us who weren't born yesterday already know genuine personal and societal transformation does not occur without a little hard work and some quality time spent with ourselves.

So you will not find The 10 Effortless Steps To Easy Street within these covers. Nor will we promise you instant wealth, happiness, good health, the perfect waistline and a no-cost timeshare on Maui without having to get up off the couch or work up a little sweat. So if you still believe in free rides, free lunches or a life free of challenges, this is not your book.

Instead, ***Do Not Go Quietly*** is for those of us who understand that a life of genuine quality and accomplishment is only possible when we constantly challenge the boundaries of our beliefs and habits and take some real and perhaps long overdue risks. For we agree with Helen Keller who once said – *“that life is either a daring adventure or nothing.”*

So if you believe you are never too old or too young to learn what you do not know and you are willing to benefit from your failures as well as your victories; if you find value in stories about people who have accomplished things of genuine value and if you are open to being surprised that many of these people did these things when they were in their 50's and in some cases 60's, 70's, 80's and even 90's then come on along.

If you are willing to test the validity of your beliefs against what others know; if you are open to digging a little deeper into some of the larger questions that lie at the heart of life's mystery, re-examine some your priorities, experiment with some mental, physical and emotional exercises that can improve the quality of your life; if you are interested in evaluating alternative life strategies and opening your heart even wider so that life can have its way with you, then welcome to ***Do Not Go Quietly***.

If you still have gifts you want to share and others you would like to develop; unfinished dreams and new territories to explore – especially that remarkable territory described by poet Gerard Manley Hopkins as “the inscape” you are going to like this journey.

So while we can't promise you those 10 Effortless Steps to Easy Street, we do promise to do our best to help you remember how remarkable you are, the depth of the knowledge that already lies within you and what extraordinary things you are capable of expressing and sharing. And in doing this, we promise not to offer you any wooden nickels, pretend we have all of the answers or present you with other fraudulent coins of the realm that unfortunately pass as acceptable currency in our world today.

So welcome to ***Do Not Go Quietly***. We are glad you decided to join us.

(Buy Now)