

ROBERT IRVINE

MAGAZINE

Nothing is Impossible
MAY 2017

**GET
IT!**

**MOTIVATION
AND ADVICE
TO CREATE THE
LIFE YOU WANT**

**GORDANA
BIERNAT**

OPRAH'S SUPER
SOUL 100 TEACHER
SHOWS YOU HOW TO
USE THOUGHTS TO
BRING DREAMS TO LIFE

**ON TOUR
WITH THE USO**

ROBERT TRAVELS TO
ENTERTAIN THE TROOPS

**NEURO
COFFEE**

**WHY COFFEE FOR
BRAIN HEALTH
MIGHT BE THE
NEXT BIG THING**

**SPRING
CLEAN
YOUR DIET**

**NUTRIENT-DENSE RECIPES TO
SUPERCHARGE YOUR BODY**



ROBERT IRVINE MAGAZINE

Nothing is Impossible

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THE ART OF APPRECIATION

You might want more, but when is the last time you looked around to appreciate all that you have?

The noted self-help author Louise Hay wrote that if you never appreciate what you've got, then you'll never appreciate what you get. You might hate something in your life right now: A job, a relationship, your car, etc., but Hay posited the notion that if you concentrate your energy on how much you dislike that particular thing, you'll invariably move on to another situation that you wind up hating. Rather, you need to focus your energy on all that you're grateful for. Only then can doors open up to bigger and better things. Law of Attraction 101.

I've found that this is true in my life. I'm an ambitious guy and I've always wanted to do big things. At times when I was frustrated, I became creatively blocked; as I know now, my negative energy was blocking the flow of anything better in my life. When I took a pause to be thankful for all that I had in my life, it was amazing how the world around me almost immediately changed for the better.

If you've been reading this magazine for any length of time, you've probably noticed that we interview a wide variety of highly accomplished people every month.



Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

After a year of publication, here's just a sample of some of the folks we've interviewed: Actors Gary Sinise and Joe Manganiello, celebrity trainers Jen Widerstrom and Jay Cardiello, fitness icon Mike O'Hearn, golfing legend Gary

Player, and Super Bowl champion Steve Weatherford. In these in-depth interviews, the editors discovered that positivity isn't something that happened to these folks AFTER they found success. In all cases, gratitude preceded fame

ROBERT'S LETTER



and fortune. It confirms what Hay originally wrote about and what I've seen in my own life.

This month, we interview comedian and ventriloquist Terry Fator, who found success late in life. Before winning Season 2 of *America's Got Talent*, he was working county fairs. He was making a living, but it's a far cry from the fame and fortune he found; today he is the third-highest grossing comedian in the world, ranked behind only Jerry Seinfeld and Kevin Hart. Fator says that by the time he was 40, he had given up his dream of being rich and famous, but he never gave up trying to be the absolute best he could be. He did what he did with love, care, and attention. Eventually, the world responded in kind.

His story jives with our featured interview with Gordana Biernat, one of Oprah's Super Soul 100 teachers and author of the upcom-

ing book, *#KnowTheTruth: Why Knowing Who You Are Changes Everything*. Biernat talks about how our brains essentially function as radio transmitters with the vibrations we put out into the world reflecting back to us. What we focus on eventually surrounds us. To that end, daydreams of success are not a waste, but useful tools that, when focused upon with intensity, literally come to life.

Does it surprise you, then, to see what came to Terry Fator? The man wears a smile on his face 24/7. If you work towards greatness with joy and appreciation in your heart, greatness will come to you in one form or another.

I believe this concept can be applied to anything we want. So how can one apply this to health and fitness? Simple: No matter where you are in your journey, remember that there is someone out there

who envies the body you have. Even if you're in a low spot where you're being incredibly hard on yourself, remember what a blessing it is to have a body at all. Then sit quietly for just a few minutes and be thankful to be alive and breathing on Planet Earth and to have a chance today to not just live, but to be even better than you were yesterday.

From total newcomers to elite athletes, that's all fitness is: a journey of self-improvement. Stay with the journey. And once you're grateful for everything that's right with your body, you'll be amazed at where you can go from here.

Yours in health,

A handwritten signature in black ink, appearing to read 'Robert Irvine', written in a cursive style.

EXPLORING SCOTTSDALE

Finding outdoor adventure, amazing food, and the royal treatment in one of the cleanest, prettiest cities you'll ever visit. /// BY GAIL KIM-IRVINE

BEST RESORT/SPA: Sanctuary Resort and Spa, Camelback Mountain (sanctuaryoncamelback.com)

I had one of my most memorable dates with Robert here when we first started dating, as well as numerous girls' getaways and group functions. Yes, I am biased for a lot of reasons, but if you take my advice and visit, you'll be biased, too! There's a reason why. The Sanctuary is exactly as the name describes; it's a little piece of heaven and you would never guess you were in the desert. You never have to leave the resort if you don't want to. They have everything from an amazing restaurant/bar on the premises with Food Network Chef Beau MacMillan leading the way with his Asian influenced dishes. (He was also one of the chefs who did our wedding!)

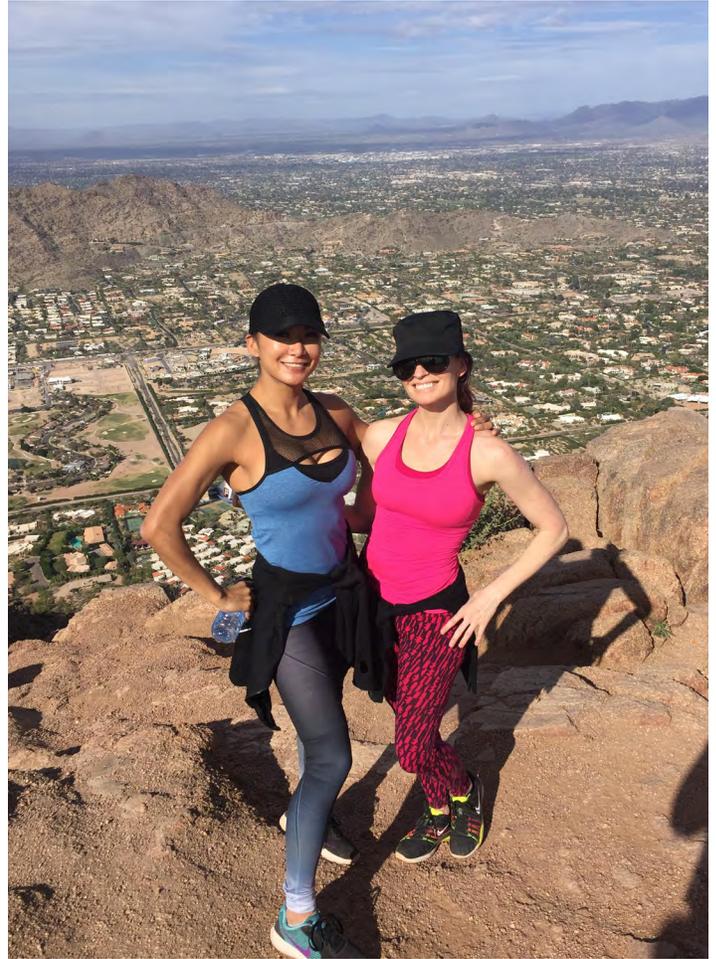
No matter what room (or house) you book, you won't be disappointed. I have had the pleasure of staying in different accommodations and they all blew me away.

The five-star spa is something you don't want to miss out on either. It's pricey but definitely worth the splurge, with everything from tarot card readings to body wraps and massages. Fitness classes, tennis, and various group activities are available as well.



Follow Gail on [Twitter](#) and [Instagram](#).

GAIL'S CORNER



At left, Gail soaks up the sun in the pool at Sanctuary. At right, triumphant on top of Camelback Mountain.

BEST RESTAURANT: The Mission
(themissionaz.com)

If you like Latin American/ Mexican food, you will love The Mission. Great ambience, great service and great food combine for an experience that's exceptional from start to finish. Start with offerings like a savory spinach and date salad, pork belly pibil (with roast garlic and black beans) and then go in for delectable main courses like the chorizo porchetta, green chili duck confit, or tecate skirt steak tacos. There are too many choices to name, but you can't go wrong no matter what you choose. For a night on the town, start the night here with a few margaritas and appetizers, then walk just a few doors down for more local bars. And always, always, always get the tableside guacamole, which is to die for.

BEST OUTDOOR ACTIVITY: Hiking on Camelback Mountain
(climbcamelback.com)

Work off all that delicious food by exploring with a hike on Camelback Mountain. It's more than a great workout; you get amazing views, fresh air, and an incredible feeling of accomplishment. It's one thing to take in a view from a plane or a high rise building. It's a whole other thing to work for it. There is an easy trail and a hard one. I discovered that too late and did the hard one twice. It'll take you a few hours to get to the top and your body will be feeling it the next day, but you can always go back to Sanctuary for a massage. Don't go it alone; I took a friend and it's a great bonding experience on top of everything else it offers.

SKIN DEEP

Skin cancer can be deadly. Preventing it is simple. Here's the skinny on protecting yourself and your family.

May is Skin Cancer and Melanoma Awareness Month. With summer coming, we all want to get out and enjoy the beautiful weather; I live by the shore and love to go to the beach and jump the waves. But as good as the sun feels on your skin, it has its dangers.

The outer layer of the skin, or epidermis, has three types of cells—squamous cells, basal cells, and melanocytes. These cells can be damaged by ultraviolet light and the more exposure you get and the younger you are, the greater the risk. Each type of cell can transform into cancer with basal cell and squamous cell cancers being the most common and least aggressive. Melanoma, on the other hand, can be a very aggressive cancer. But like every cancer, the most important factor is early detection.

Risk factors include:

- Fair complexion with freckles or that burns easily
- Blue or Green or other light colored eyes
- Red hair
- Prior melanoma or moles

Screening for skin cancer includes looking for any abnormal areas or seeing changes in your skin. A dermatologist or general practitioner can help you with this. Abnormal areas or areas that change may need

to be biopsied for a diagnosis.

Remember: it's easier to prevent skin cancer than it is to treat it. Here are a few simple things you can do:

- Use a sunscreen with an SPF of at least 15 and put on exposed areas and reapply with swimming or sweating.
- Whenever possible, stick to shade under an umbrella, and stay covered up most of the time with clothing and hats.
- Be aware that cloudy days don't protect you from UV rays.
- The most important hours for protection are from 10 am to 4 pm.
- Protect your eyes with UV blocking glasses. (There needs to

be a special UV blocking treatment applied to the lenses.)

Get your kids while they're young. Teaching children to avoid prolonged exposure and use sunscreen are the best prevention methods. If they start young, they will pick up those good habits.

Some of my favorite memories as a child are going to the beach with my parents. One of my mom's rules was I had to wear a t-shirt. As a kid, I felt a little self-conscious wearing that shirt. Today, I thank my mom for being so far ahead of the curve.

[Dr. Michael Schutz](#) is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.



CELEBRITY SPOTLIGHT



TERRY FATOR

Ten years ago, ventriloquist Terry Fator was making a living on the county fair circuit. Then he ran away from the pack on the second season of America's Got Talent, took the top prize, and now performs four times a week at The Mirage in Las Vegas—in a theater that bears his name. Forbes named Fator the third top grossing comedian of 2016, behind only Jerry Seinfeld and Kevin Hart. But Fator's "overnight" success was actually decades in the making. By the time he made it big on AGT, he had given up any dreams of hitting it big, but he never stopped trying to improve to become the greatest ventriloquist ever. That effort has more than paid off.

BY MATT TUTHILL

CELEBRITY SPOTLIGHT

Robert Irvine Magazine: You debuted a new Donald Trump character in your act. I know you run a family-friendly show. Is it hard to do Trump without using any of the blue material? There's quite a bit of it to work with.

Terry Fator: Not at all, no. You know, pretty much with anything, if you're creative, you can figure out a way to tell jokes. For example, I've been doing a Michael Jackson routine for years, and I don't do the routine anymore. I still do an impression of him, but I would do

very funny material about Michael Jackson and never once told any of the child molestation jokes. It's real easy to go there. It's harder and it takes more creativity not to go there, but for me I like to think of it as a challenge.

I'm not a negative comedian either. I don't do negative. I do positive, fun, upbeat, entertaining. It's about really making the audience have a good time. If you're a Trump supporter, you're gonna love the routine. If you don't like Trump, you're gonna love the routine. That's the way I write.

RI: There is plenty to play with just using his bluster.

TF: Exactly. It plays more on the thickness of his character. That's how I do it.

RI: How long do you perform at one of your Vegas shows?

TF: I usually go for about hour and a half. Some people will hire me to do 30 minutes or 40 minutes or whatever. I can certainly do that.

RI: If you go back to your very first audition on AGT, the first

thing David Hasselhoff says when he sees you come out with a puppet is, "Oh, no. Not a ventriloquist." So, you have excelled and made a terrific living off of a performance art that is not really anyone's favorite. People don't love ventriloquists, but they love you. So, I have a broad question that goes with that. What kind of satisfaction do you get out of subverting people's expectations? Because it seems to me the applause that you get is louder and longer because the audience is getting so much more what they expected.

TF: Oh, it's huge. Absolutely huge. I get an enormous amount of satisfaction. It was a lot of fun. I didn't actually hear them say that until I saw the



When Terry Fator first took the stage on Season 2 of *America's Got Talent*, judge David Hasselhoff said, "Oh no, a ventriloquist." Fator quickly won over the judges and won the contest. Today he is a Vegas mega-draw; his first contract at the Mirage paid him \$100 million over five years.

CELEBRITY SPOTLIGHT

video later, but I could see that they were rolling their eyes. And really, it wasn't that people didn't necessarily like ventriloquists, it was that people think that ventriloquists is a kid's thing, or they used to. They don't anymore. Thank God. I think I've really come a long way in changing people's opinion.

I'm the first ventriloquist in history to have a running performance at a major casino, that signed a major deal. There have been a lot of ventriloquists who have played one-offs or performed afternoon shows, but I'm the first ever to have a night headlining gig. That's really why I'm changing that. People are now suddenly starting to look at ventriloquists as being possible valid entertainment for adults and for all ages, as opposed to just children. I get a huge amount of satisfaction in knowing that I'm helping change that perception.

RI: And it's not just a headlining show. They actually call it the Terry Fator Theatre.

TF: Yeah. I have my own theater. It's amazing how I get compliments from huge stars like Tim Allen. Adam Sandler will come in and be

like, "My God. You have your own theater." It's like every comedian's dream having a theater named after you. It's pretty neat. It's been that ever since I signed in 2009. I did my first show there February 14, 2009 and it's been called Terry Fator Theatre ever since then.

"If you're doing something because you want to be rich one day, you're gonna be so frustrated. Your whole life, is gonna be frustrating. Just do what you love to do and be happy if you pay the bills. I was."

RI: There's this moment in all your videos, right at the end of a song where you've got the crowd and they're going nuts and then you get this huge smile on your face. It looks like you truly love what you're doing. Did you always love doing it? I know you came upon the idea of being a ventriloquist by chance; you just found a book in your school library.

TF: I've always loved it and I've always really loved performing. When I was about forty years old I gave up on the whole idea that I was ever gonna hit it big. I thought "Who is ever going to care about a 40-year-old ventriloquist?"

I was a little sad that it felt like the dream had died. My dream of one day making a mark on the ventriloquist community and in the entertainment community was gone. It was a disappointment, but not a devastating type of disappointment because I was so grateful that I still made a living performing. I love performing. I love getting up in front of people. I don't care if it's at a party that we're having where there's 12 people there. I love to perform. I love to entertain.

RI: How long does it take you to develop a new voice and how much different is that process from doing someone like Trump versus someone where you have to sing a whole song in character, like Cher or Garth Brooks?

TF: Every voice is different. Some voices...it took me, gosh, years to learn how to do Frank Sinatra and Barbra Streisand. It can take from

CELEBRITY SPOTLIGHT

sometimes days, sometimes hours, sometimes years for each voice. If I decide I want to do a voice, I will figure it out. I will work on that voice until I have it. With Frank Sinatra and Barbara Streisand it took 10 whole years to get there.

RI: When Forbes says you're the highest earning comedian behind Jerry Seinfeld and Kevin Hart, what do you think when you hear that news? Or did you already know that you had entered that stratosphere?

TF: No. I don't think in terms like that. I know this sounds nutty, but money is not important to me. I mean, obviously it is because we all need money. For me though, money is a means to an end to be able to do the kind of show I want and not to have the shackles. I've come up with dozens of ideas throughout my career and thought, "Boy. There's just no way I could ever do this because I can't afford it." To me the money means that if I come up with an idea, I can do it. No matter what. That means much more to me than money. I never dreamed I would be at the top three of the Forbes list. That's



Born in Texas, Fator was the lead singer of a band called Freedom Jam in the late 80s. Fator says money was never a motivating factor and that as long as he could be in entertainment, he'd be happy.

nuts. But it never was a goal of mine. I didn't know I was in Forbes. They called me and told me I was on there.

I feel like money is incredibly replaceable and it's just not a big motivating factor to me. It was never a big deal to me, which is why I donate so much to charity. I have no desire to be the richest man in the world. I have no desire to be a billionaire. Couldn't care less. I just want to make

sure that I have been able take care of my family, myself, and then do the best job I can for my fans.

RI: Did you ever have doubts about pursuing ventriloquism seriously? What was plan B? And if so, how far did you get with plan B?

TF: You know, there never was a plan B. I would not have been a depressed and sad person if I

CELEBRITY SPOTLIGHT

had played county fairs for the rest of my life. I was happy. For me, there never was another option to do anything other than entertaining.

RI: Well, I would say that there's a pretty clear lesson in there for everyone no matter what they're doing. If you really are loving what you do, and you're sending out that energy, it comes back to you. There's so many people who don't like what they're doing in one job, they find another, and they don't like that either.

TF: It's true. When I was kid, I worked as a janitor for my parent's janitorial business. But I also sang in my community center because I enjoyed it. For me, if you're doing something because you want to be rich one day, you're gonna be so frustrated. Your whole life is gonna be frustrating. Just do what you love to do and be happy if you pay bills. I was. I was just glad that I was able to pay my mortgage and keep my car payments up, make sure I kept the food on the table, electricity.

Don't get me wrong. I love it. I love being able to go out and buy whatever electronics, the newest fad, it's fun for me. But if all of that is gone tomorrow, as long as I'm able to perform, I would be a happy person.

RI: When you first picked up

the book on ventriloquism in your school library, how old were you?

TF: Ten years old.

RI: Did you go to college or did you just go whole hog into performance art?

TF: I went to college and realized pretty early on that it wasn't for me. I took one year of college. I did drama. I majored in drama and I minored in public radio. Obviously I had that goal of being an entertainer. I'm glad because I've learned so much even in that one year of drama. To this day I still use techniques that I learned that year.

I didn't really care what I was doing as long as I was being an entertainer. I had tried magic. I did hypnosis for a while. As long as I was in front of people entertaining them, making them laugh, and having a good time, I was happy.

RI: A lot of people will pursue so-called "safe" careers. What advice would you give to someone who wants to pursue something that nobody around them is pursuing?

TF: My advice is never stop working to toward things that you feel passionate about. It's okay to give up on the dream of whatever your angle might be. For example, you say, "I want to be a professor at Harvard or say it's a teacher or a singer. I want

to be rich and famous. I want to win a Grammy. It's fine for you to give up on that dream and realize that that dream may never happen. But it's never fine to stop working toward the dream.

So, I don't care if you're 60 years old. As soon as that guitar goes into the garage and you never pick it up again, the dream dies. If you work 15 minutes a day on something, 20 years later you're gonna be pretty doggone good at that. Whatever it is. Just never stop working toward it.

It's okay to give up and feel like I did when I was 40, but I still worked at my craft. Then when the opportunity presented itself to me through America's Got Talent, I was ready. If I had stopped working on my craft and said, "Oh well, I'll just work at Taco Bell now," it never would have happened for me. The only reason it did happen was because I was ready when the opportunity presented itself because I never stopped working on the dream. That's really my advice. Never stop working on the dream.

Like Robert, Terry gives generously to military charities; the two often appear at the same benefits, such as the Snowball Express, a celebration for children of fallen soldiers. Terry says he is constantly tinkering with his Vegas show to add more characters and bit to keep it fresh. Click [HERE](#) to learn more and buy tickets.

TRAIN SMARTER, NOT HARDER



The best workout isn't necessarily what's prescribed by an expert, but what excites you. Find an activity that you have fun with and work up a sweat. It's not that complicated.

Grinding through workouts you hate because they're supposed to be good for you will lead to failure. Here's why having fun is the key. /// BY MATT TUTHILL, CPPS

Tim Ferriss' runaway best seller, "The Four-Hour Work Week" popularized the idea of working smarter, not harder. He wrote that work for work's sake, or simply putting in long days at the office because that's what we've been programmed to do, is the death knell of efficiency, creativity, and longevity. Furthermore, it robs us of our purpose by consuming more time than is necessary. If you haven't read the book yet, I encourage you to do so. I only recently gave in at the urging of a friend; I had previously avoided it because I thought the title sounded like a cheap gimmick. Now I wish I had read it sooner. Whether you aspire to be an entrepreneur like

Ferriss is beside the point. The concepts in the book will make you a better, and happier, worker.

So how does this concept apply to fitness? For starters, the traditional 60-minute session in the gym is one that, for most people, is bogged down with too much water-fountain talk and texting. Just as it is in the office, 20 minutes of purely focused work in the gym is more effective than 60 minutes that are laden with distractions. Beyond that, it's much easier to focus on what you're doing when you are genuinely excited to do it.

Take a look at the Workout of the Month on the next page. It's dead simple: one exercise for each

body part and a few uphill—and downhill—sprints. In fact it's so simple it's the kind of thing most of us write off for being too obvious; we often forget that the simplest solutions are often the best. Trust me: if you've been cooped up all winter or do most of your cardio on a soul-crushing cardio machine, you're going to feel like a kid running up and down a hill (or flight of stadium/bleacher stairs). Give it a shot and you'll realize again how easy it is to fully give your focus to something that's outside your typical comfort zone. You'll also realize how easy it is to spice up your normal routine. Don't work harder. Just work smarter.

IN THE GYM: WORKOUT OF THE MONTH



BANDS ON THE RUN

Find some stairs. Grab a set of resistance bands. You're about to experience the ultimate in simple, effective outdoor training. And you're going to have way more fun that you would at the gym.

DIRECTIONS:

Leave a set of resistance bands at the top of a hill or flight of stadium stairs. Go back to the bottom of the hill. Start a stopwatch or timer as you begin you begin. Rest as little as possible during the workout. Record

the total time it takes you to complete the workout for future reference. Repeat the following circuit 9 total times, alternating between hill sprints, hill hops, and lunge-kickbacks each time. At the end of all nine times through the circuit, hold a plank to failure.

IN THE GYM: WORKOUT OF THE MONTH



It's easy to adjust the difficulty of any band exercise. Just shorten the length of band by stepping on more of it with both feet or wrapping it around an anchor point.

THE WORKOUT

EXERCISE	REPS
Sprint/Hop/Lunge-Kickback	—
Band Curl	10
Band Triceps Kickback	10
Band Shoulder Press	10
Band Row	10
Downhill Run	—
FINISHER	
Plank	Failure

EXERCISE DESCRIPTIONS

HILL SPRINT/HOP/

LUNGE-KICKBACK: On your first trip up the hill or stairs, sprint as fast as you can. On your second trip up, bound up the hill, leaping with both feet in a series of broad jumps. On your third trip up, perform lunges, lifting your trail leg up as high as you can and kicking back. Squeeze your glutes in the top position. Do this with each rep. On each trip down, run as fast as you can while maintaining control.

BAND CURL: Step on the center of a resistance band with one or both feet. Perform curls, squeezing your biceps in the top position, then slowly return to the start.

BAND TRICEPS KICKBACK:

Step on the center of a resistance band with both feet (you will probably need to spread your feet apart to get the appropriate tension). Bend at the waist. With an underhand grip, keep your elbows tight to your side and your forearms perpendicular to the ground. Squeeze your triceps and extend your arms so that your hands reach back behind you. Hold that position for 1-2 seconds, then return to the start.

BAND SHOULDER PRESS: Step on the center of a resistance band with one or both feet. With your hands at your shoulders, press your arms straight up overhead. Return to the start under control.

BAND ROW: Step on the center of a resistance band with both feet (you will probably need to spread your feet apart to get the appropriate tension). Bend slightly at the waist and then row the handles up to your shoulders, initiating the move by retracting your shoulder blades. Squeeze your back at the peak of the move, then slowly return to the start.

PLANK: Lie facedown on the ground, propping yourself up on your elbows, forearms, and toes. The rest of your body should be suspended in the air; maintain a straight line between your shoulders, hips, knees, and ankles. Once you are so fatigued that you can no longer maintain good form, end the workout.

For Robert's full training program, plus a beginner program, get *Fit Fuel* at fitfuelbook.com.

IN THE GYM: GEAR

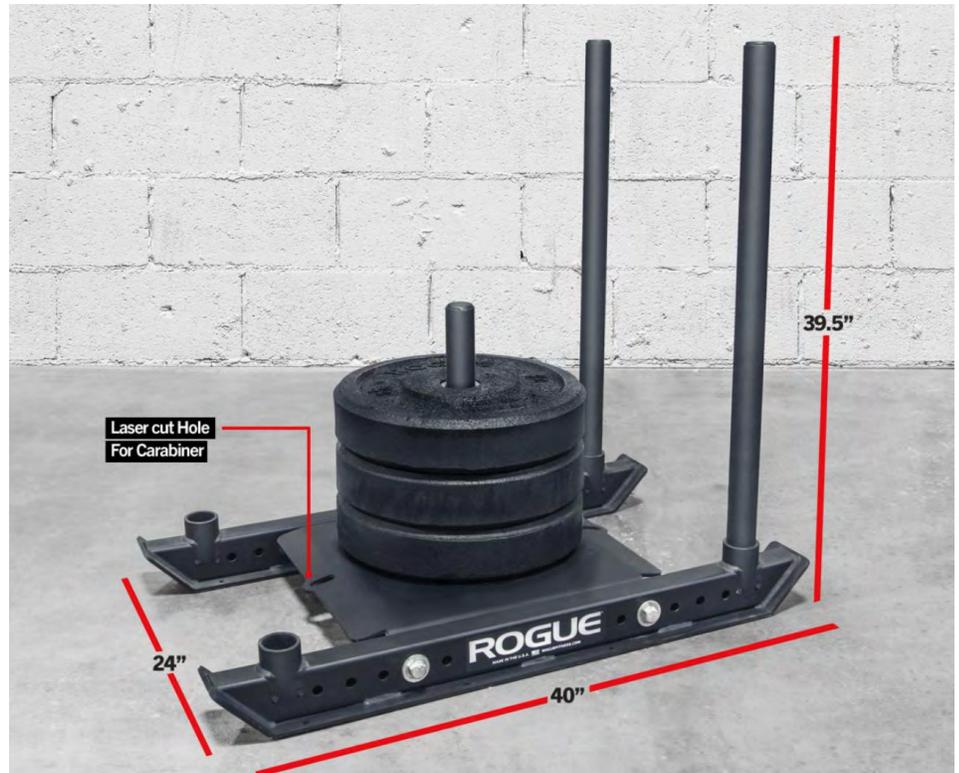
BASICS, PERFECTED

The very best conditioning, running, and recovery gear.

ROGUE DOG SLED 1.2

Amongst conditioning tools, weight sleds stand alone for never outliving their usefulness. Amongst weight sleds, the Rogue Dog Sled 1.2 stands alone for its bulletproof construction and versatility. The 39.5" push rods enable you to push from high and low stances, and the laser-cut carabiner hole makes it easy to attach chains or a TRX for dragging exercises. Made from steel right here in the USA.

\$265, roguefitness.com



SHEEX PERFORMANCE BEDDING

Not for the gym, per se, but spend a night on these amazingly soft, moisture-wicking, temperature-control sheets and you'll perform a heck of a lot better after the best night's sleep of your life. Yes, they are THAT good. Warning: Once you get these, you'll never want to sleep on anything else.

\$159, sheex.co



NIKE AIRMAX 2017

Nike's Airmax line has always synonymous with comfort and performance, but the 2017 line takes it to the next level. The air pockets you ride on are monstrous, which means you'll float along roadways and trails. Patented foam in the midsole molds to your foot for extra comfort and support. (women's pictured).

\$190, nike.com



SEAFOOD CAKES



You might want to make extra.

SERVES 5

YOU'LL NEED

- 2 tbsp butter
- ½ lb bay scallops
- ½ lb 31 to 40 size shrimp, deveined and tails removed
- 1 tbsp chopped fresh flat leaf parsley leaves
- ½ cup panko bread crumbs
- 1 tbsp garlic powder
- 1 lemon, zest finely grated
- 1 fresh mango, peeled, cut away from the pit and diced
- ½ cup mayonnaise • 1/4 cup Parmesan
- Salt and fresh ground black pepper
- 1 tbsp olive oil, plus more as needed

FOR THE DIPPING SAUCE

- 4 ounces creme fraiche
- 4 ounces sour cream

MAKE IT

- 1) Add the butter, raw scallops and shrimp to a food processor with parsley, bread crumbs, garlic powder, and lemon zest, and pulse to chop coarsely.
- 2) Transfer to a mixing bowl and add mango, mayonnaise and Parmesan. (If necessary, add more mayonnaise to bind patties.) Season, to taste, with salt and pepper. Form into 2-inch patties.
- 3) Heat the oil in a saute pan over medium heat and sear both sides

of the seafood cakes, until golden brown. Leave each side undisturbed for about 2 minutes to allow the surface of the patty to set up and therefore avoid breakage.

- 4) Whisk together creme fraiche and sour cream to make dipping sauce. Serve with cakes.

THE MACROS

- CALORIES: 368
- PROTEIN: 9 g
- FAT: 30 g
- CARBS: 16 g

IN THE KITCHEN: RECIPE



POTATO LEEK SOUP

A little cup of wonder.

SERVES 8

YOU'LL NEED

8 cups chicken stock
6 russet potatoes, peeled and cut into large pieces
4 leeks (whites only), thoroughly washed and sliced
3 stalks celery, roughly chopped
1 bay leaf
1 ½ tsp finely chopped fresh thyme
Salt and freshly ground pepper
1 cup heavy cream

MAKE IT

1) Put the chicken stock, potatoes, leeks, celery, bay leaf and thyme in a large pot and sprinkle with salt and pepper. Boil until the potatoes are soft, 15 to 20 minutes.
2) Remove the bay leaf. Using an immersion blender (or in batches in a blender or food processor), blend the soup until smooth. Pour the soup into a medium pot; add the cream and simmer until the soup has thickened, about 20 minutes.

THE MACROS

CALORIES: 239
PROTEIN: 4 g
FAT: 11 g
CARBS: 33 g

IN THE KITCHEN: GEAR

A TOUCH OF CLASS

Brighten up the kitchen with this mix of functional and fancy.



FOR MOTHER'S DAY: PERSONALIZED CUTTING BOARD

Light up grandma's face with a smile with this 14x11 personalized cutting board; one side welcomes you to grandma's kitchen, add a note of your own on the other. Available in sturdy oak, cherry, or bamboo. Looking for mom instead of grandma? Follow the link below and scroll down for a huge variety of personalizing options.

\$40, [etsy.com](https://www.etsy.com)

3-PIECE TUSCAN CANISTER SET

Add a bit of artistic flair to storing coffee, tea, sugar, or flour. This beauty of a three-piece set is inspired by scenes from the Tuscany countryside and stand out in a good way from modern monotone kitchen fixtures and appliances.

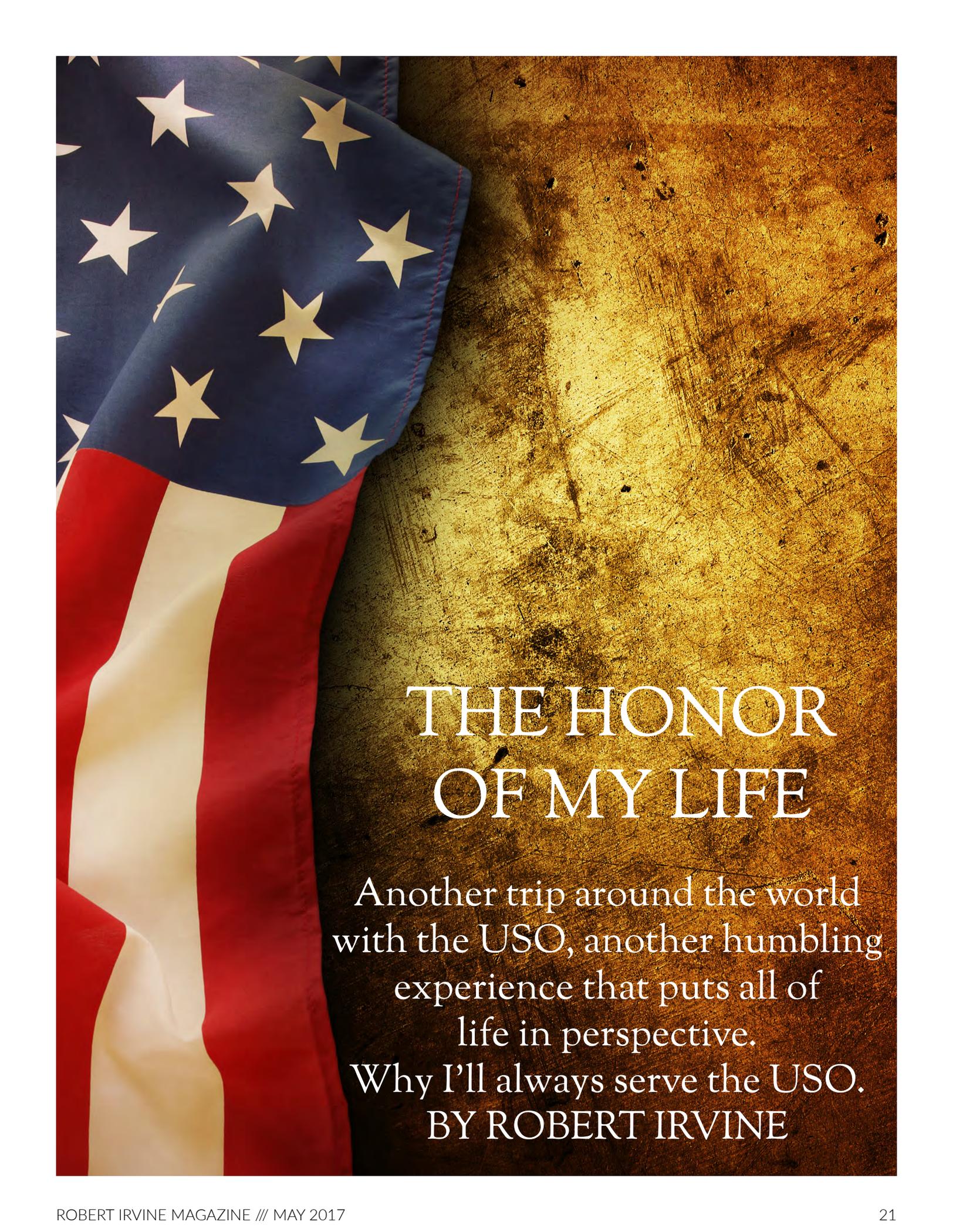
\$96, [wayfair.com](https://www.wayfair.com)



K-CUP DRAWER

Ditch the counter full of cardboard boxes full of K-cups for your Keurig coffee maker. Replace them with this stainless steel rolling K-Cup Drawer. Officially approved by Keurig, this drawer is sturdy enough to support the coffee maker on top, with all cups hiding neatly away behind the silver façade. ▼
\$20, [walmart.com](https://www.walmart.com)



An American flag is draped over a dark, textured wooden surface. The flag's stars and stripes are visible on the left side of the frame. The wood grain is prominent, showing various scratches and imperfections.

THE HONOR OF MY LIFE

Another trip around the world
with the USO, another humbling
experience that puts all of
life in perspective.

Why I'll always serve the USO.
BY ROBERT IRVINE

USO TOUR

I've done my share of USO Tours, but the one I just completed through Hawaii, Guam, Thailand Diego Garcia, Qatar, Afghanistan, Naples, and the USS George HW Bush probably topped them all. When you're travelling nearly 26,000 miles and quite literally making your way around the entire world, it helps to be travelling in good company. Was I ever.

I had the distinct honor to travel with General Paul Selva, the Vice Chairman of the Joint Chiefs of Staff, and his wife Rikki Selva. Accompanying the Vice Chairman and myself was Olympic gold medal swimmer Katie Meili, two-time UFC champ Dominick Cruz, country singer Craig Morgan, and mentalist Jim Karol. Each of these wonderful folks brought their incredible talent and heart to bear on everything we did, from breakfast with the troops, to casual meet and greets, to the stage performances at night. These fine people take part in USO tours for the same reason I do: it brings joy and meaning to their lives to be able to bring a smile to the faces of the men and women who risk their lives to keep us safe.

We might have travelled the world together, but I didn't need to go very far to get a sense of how special this particular trip was going to be. At the first stop in Hawaii, we had dinner with Admiral Harris who is in charge of PACOM, which is our entire Pacific Command. The next morning, we went with the Admiral to visit the USS Arizona Memorial, which was built over the sunken wreckage of that ship. On the morning of December 7, 1941, most of the Arizona's 1,177 crewmen died; the water below this memorial is their final resting place. It's hard for me to put into words what I felt as I stood on the edge of the memorial and dropped a rose into the water. It is a strange mixture of intense sadness at the fate that befell those men, but also pride



Above, Robert leads a soldier through a pushup contest. Below, dining in the soldiers' mess hall. Robert's latest USO tour with the Vice Chairman of the Joint Chiefs of Staff took him around the world and covered nearly 26,000 miles.



USO TOUR



The USS Arizona Memorial is built over the wreckage of that ship in Pearl Harbor.

in the way this nation rose to the occasion in aftermath of that terrible day.

It also gave me a clear sense of purpose as I continued with the USO Tour; every man and woman who serves today—the same men and women that General Selva's small group would entertain in the following days—knows that the world we live in stands on the edge of a knife. Hostile nations and terrorist groups aim to hurt the United States every day. Those men and women on the front lines are all that stand between anarchy and the peace we live in. Those men and women are also—like those who died at Pearl Harbor—the first to be targeted.

And so we made our way around the world to bases big and small—and some I can't even tell you about. And everywhere we went—if you can even believe this—the

faces of those men and women we met didn't show the outward signs of the immense burdens they carry, and of months or years spent away from their loved ones. They were kind, courteous, upbeat, and professional. Above all, they greeted us like family and cheered loud and clear for what little diversion we could offer. It happens every time I travel with the USO, and every time it's an experience so humbling it moves me to tears.

The USO is an incredible organization; every day its volunteers commit 30,000 random acts of care all over the world for veterans and active duty servicemen and women and their families. Whatever I bring to the USO, I can tell you I get it back 10-fold. To serve them over the past few years has been the honor of my life. As long as I have life in me and as long as the military will have me, I will

tour with the USO.

This Memorial Day, as you're lighting up your barbecue and enjoying the three-day weekend, think first about why we have this day. Think of the men and women who served and gave their lives—not just in World War II and at Pearl Harbor, but in every conflict throughout this nation's history. We owe a debt that can never be repaid. The very least we can do is never forget.

Robert Irvine is a member of the board of the directors of The USO's DC-Metro chapter, the largest chartered chapter of the organization. His charity, The Robert Irvine Foundation, allocates funds to the veterans and veteran causes that need it most through its grant program. Click [HERE](#) to learn about the foundation's giving record. Click [HERE](#) to make a donation.

WHY *NEURO COFFEE* MIGHT JUST BE THE NEXT BIG THING



Dr. Mike Roussell and his business partner Chris Dominello are on a mission: To improve people's health—specifically brain health—one cup of coffee at a time. Their breakthrough product is called Neuro Coffee (getneurocoffee.com) and it appears that 1 or 2 cups a day could indeed help stave off mental decline. Good news, but how does it taste? It turns out that might be the best news of all.

SPONSORED CONTENT

NEURO COFFEE

Nutrition consultant Mike Roussell knows that creating the perfect diet plan is the easy part. Getting people to comply with that plan in a world full of variables? That's the hard part.

Years of working with everyone from housewives to pro athletes and A-list celebrities gave Roussell a mountain of data on client behavior. One of the revelations: coffee is one of the few highly popular nutritional habits that is immune to real-life variables like travel or sickness.

"Everyone drinks their coffee," Roussell says. "No matter what else is going on in their life, even as they get older. Nobody thinks about it. They just drink it. I found that was true of my own behavior, as well. I might forget to take my fish oil or vitamin D, but I always have my coffee."

This revelation gave birth to the idea of a "frictionless product," or one that doesn't interfere with what someone is already doing. It is at the core of what Roussell and business partner Chris Dominello have developed with their new product, Neuro Coffee.

Where does one begin trying to make coffee healthier? Roussell explains that adding protein and most kinds of vitamins was out of the question. Altering the taste of coffee was antithetical to the goal of creating a frictionless product.

But with the idea for nutritionally-enhanced coffee was lingering in Roussell's mind, he made another observation in the field.

"I began working a lot more



Neuro Coffee is currently available in single-serve K-cups as a one-time purchase or through an autodelivery subscription service. Bags of ground coffee will be available at the end of June. Learn more at getneurocoffee.com

with client behavior, including how our brains change as we get older," Roussell says. "Especially the baby boomer generation; the two biggest problems facing that group is loss of lean body mass and a decrease in brain function."

Realizing that this group was underserved by the supplement industry led Roussell down a rabbit hole of study. Many products in all categories of the supplement industry, he learned, were not effectively dosed.

"They'll add one gram of creatine to a pre-workout powder so that they can say it contains

creatine," Roussell says, "but really you'd need five grams to gain a benefit. Under dosing happens with a lot of ingredients in all kinds of products."

Another trick of the supplement industry Roussell wanted to avoid: standing behind claims that had only been tested on lab rats. If he was going to add any ingredient to a product, there had to be proof that it worked on humans. Roussell attended supplement trade shows and seminars, and spoke and wrote extensively on the topic. In time, he was able to cull the honest

NEURO COFFEE



Neuro Coffee creators, Dr. Mike Roussell, Ph.D., above, and Chris Dominello, below. Roussell is a highly-sought after nutrition consultant. He currently serves on the advisory board of *Men's Health*. Chris Dominello is a former officer in the US Air Force and has a proven track record in the business world; he is the former CEO of Ducere Pharma, where he generated a 3x return on investment after just 2.5 years when it was sold last year.



supplement producers from the vast herd of snake oil salesmen.

Eventually, all the field work and study came to a head. Roussell's desire to help people fight mental decline and create a frictionless coffee product were now one in the same goal. That's because a chance meeting with an honest supplement producer revealed the ingredient he'd always been looking for.

"The company I connected with produces an extract from the coffee fruit," Roussell explains. "Usually when coffee is harvested, the coffee fruit, or cherry, is thrown away; they only keep the bean... Coffee is the number one antioxidant in the American diet, but the antioxidants in the coffee fruit could be even more powerful."

Most coffee producers accept coffee fruit waste as part of the cost of business; mold settles in on the cherry husks very quickly, making the process of harvesting the fruit's antioxidants too difficult.

"But what this company figured out is how to concentrate and preserve the antioxidants right in the fields so that there is no mold," Roussell says. "The integrity of those antioxidants is maintained."

A pair of studies showed that the blend of antioxidants in coffee fruit increased production of a protein in the body called BDNF, or Brain Derived Neurotrophic Factor, which is essential for maintaining the integrity of neurons as we age. (Check [HERE](#) for more info.) The studies showed that regular coffee or other components of coffee like caffeine or green coffee bean extract did not increase BDNF, but supplementing with these unique coffee fruit antioxidants did. Adding the antioxidant blend to coffee seemed like a natural fit, but as Roussell would soon learn, it wasn't quite so simple. The main hurdle: taste.

Finding a way to infuse an efficacious dose into a cup of coffee without ruining the coffee took a massive amount of trial and error.

"People might choke down a whey protein shake that isn't so great, but they are very particular about their coffee," Roussell says.

Roussell and Dominello connected with artisan coffee roasters throughout the country in search of the highest quality coffee with a distinctive flavor that could handle antioxidant dosing without ruining the end-product. After finding a family-run roaster in Brenham, Texas, and testing

WHAT THE RI MAG EDITORS SAY



The promise of “great tasting” supplements dates back to the birth of the supplement industry itself—when protein powders could generously be described as cement mix. Suffice it to say we’re fairly skeptical when any company says their product tastes so good you can’t tell it’s infused with healthy ingredients. With that considerable caveat out of the way, Neuro Coffee made believers out of us. The artisan roasts are rich and delicious, on par or exceeding the offerings currently available from coffee industry titans like Starbucks or Peet’s. What’s more, magazine GM Matt Tuthill said he felt more focused after drinking the coffee for three days, even though Roussell says that an acute effect is not typical. Whatever the case, we say the coffee is worth the price even if there were no added antioxidants. You’ll start drinking Neuro Coffee for the brain health benefits, but you’ll keep drinking it because the coffee taste so good..

over 30 batches in their kitchens, Roussell and Dominello found their winner and Neuro Coffee was born.

Roussell and Dominello then founded the Perky Goat Coffee Company in December of 2016, and currently produce three varieties of Neuro Coffee: Breakfast Shop Blend, Donut Shop Blend, and Dark & Bold Blend. You can make a one-time purchase of the coffee or subscribe to their autoship program and save and cancel at any time. The coffee is currently available in recyclable K-cups, but will be available as ground coffee for regular coffee

machines by the end of June 2017. Each cup of Neuro Coffee delivers an efficacious dose of BDNF boosting antioxidant extract from the coffee fruit, which can counter the decline in BDNF observed in brain aging. Best of all for coffee lovers, Neuro Coffee tastes like the premium roast that it is, not like a supplement.

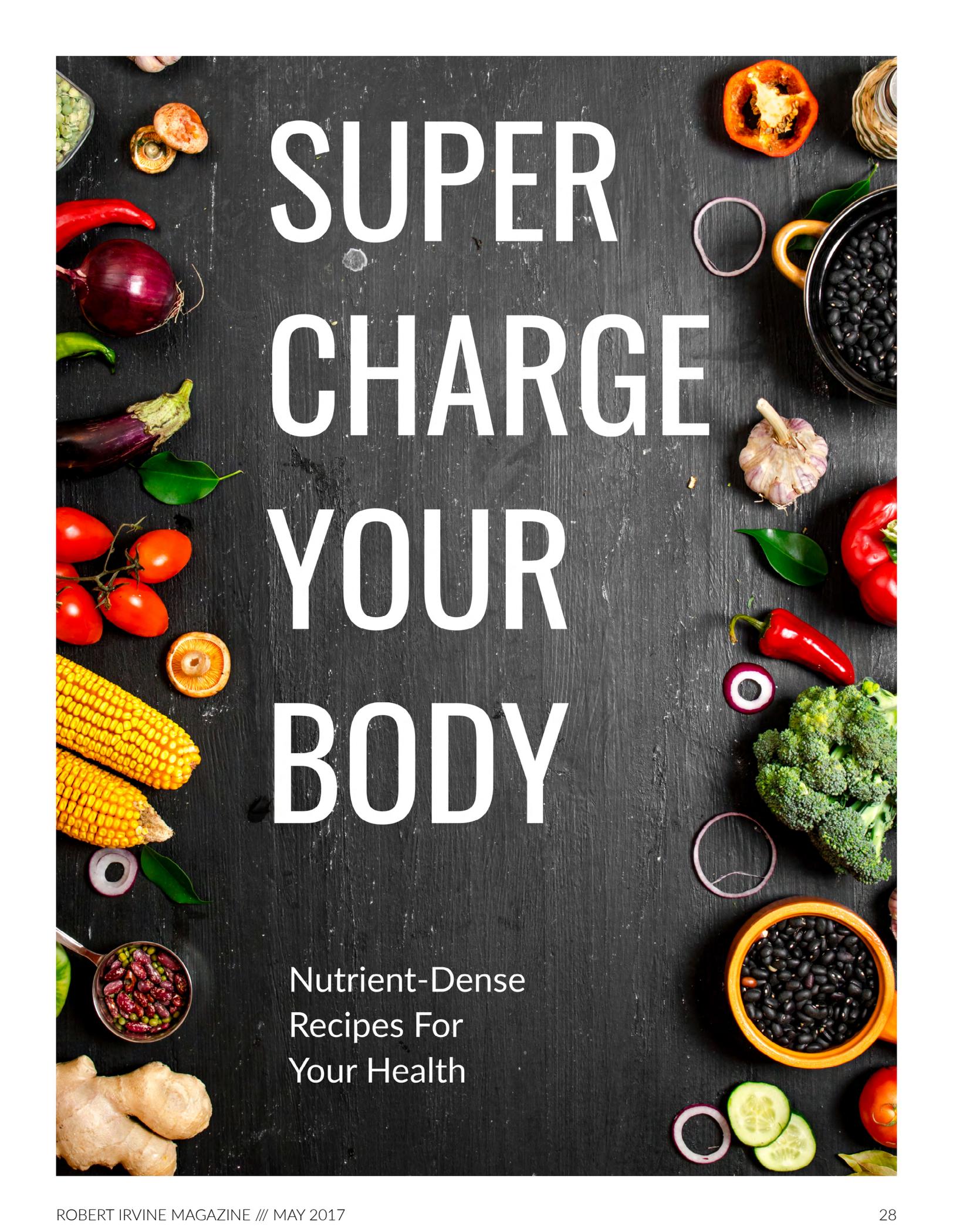
“We love doing what we do,” Roussell says. “and Neuro Coffee is the perfect fit for everything we were trying to accomplish.”

Dominello, a Notre Dame-educated business consultant and CEO, converses directly with Neuro Coffee’s customers—and

includes free perks like T-shirts and car magnets for subscribers. He says the feedback thus far has been phenomenal.

“The majority of customers who started with us in December are still with us and loving it,” Dominello says. “For Dr. Mike and me, it’s really gratifying to know that people are getting healthier while enjoying the flavor of the coffee. Because no matter what the health benefits are, if it’s not good coffee, people aren’t going to drink it.”

Learn more about Neuro Coffee and place an order at:
getneurocoffee.com



SUPER CHARGE YOUR BODY

Nutrient-Dense
Recipes For
Your Health

BERRY-ORANGE SMOOTHIE with YOGURT



Serves 2

YOU'LL NEED

1 cup plain non fat yogurt
1 banana
½ cup Orange juice
10 blue berries (fresh, frozen)
6 strawberries (fresh, frozen)

MAKE IT

Combine all ingredients in the blender, blend on high, until mixture is smooth. Add ice if desired.

THE MACROS

CALORIES: 201
PROTEIN: 9 g
FAT: 1 g
CARBS: 42 g



QUINOA BEEF CHILI

Serves 4

YOU'LL NEED

1 cup quinoa uncooked, rinsed
2 cups water
1 pound 80/20 ground beef
8 oz chopped canned tomatoes
1 tbsp grapeseed oil
1 onion, diced
5 cloves garlic, minced
1 red jalapeno pepper minced
1 tbsp chili powder
1 tbsp cumin, ground
1 green bell pepper medium diced
1 red bell pepper medium diced
8 oz field peas
8 oz black beans
8 oz corn kernels
1 yellow bar squash diced

MAKE IT

1. Bring quinoa and water to a boil, cover and cook for approximately 15 minutes or until all water is absorbed.
2. In a medium sauté pan over high heat, add ground beef and stir beef until cooked through. Drain of fat and set aside.
3. In large pot over medium to high heat, add grapeseed oil, onion, jalapeno, peppers, field peas, squash, and garlic. Continue to stir until vegetables are soft.
4. Next add cumin, chili powder, and chopped tomatoes.
5. Finish by adding your cooked ground beef back to your quinoa and vegetable mixture.

THE MACROS

CALORIES: 505
PROTEIN: 31 g
FAT: 18 g
CARBS: 54 g

CHEF'S TIP:

This doesn't have to be a stand-alone meal. It's hearty enough to serve at parties as a dip along with corn chips or toasted pita wedges. While still piping hot, you can add a sprinkle of crowd-pleasing mozzarella or pepperjack cheese.

SWEET and SOUR SWORDFISH

Serves 2

YOU'LL NEED

¼ cup brown sugar
2 tbsp soy sauce
1 cup long grain white rice
2 cups water
1 head broccoli cut into florets
Two 4 oz portions sword fish
1 large red onion medium diced
1 tbsp grape seed oil

MAKE IT

1. In a small sauce pot add soy sauce, brown sugar, bring to a boil.
2. In another pot add rice and water and bring to a boil. Cover and place in a 350-degree oven for 8 minutes. Pull from oven, leave the cover on, and allow to steam for another 8 minutes.

3. Heat a sauté pan to high heat, add grapeseed oil, add the sword fish, and allow to cook for approximately 4 minutes. Flip fish over and coat lightly with soy sauce, finish in a 350 degree oven for approximately 8 more minutes.

4. In a separate sauté pan, add broccoli florets and cook over medium heat for approximately 8 minutes, or until broccoli is cooked through.
5. Add broccoli to the steamed rice, finish fish with another tsp of soy sauce on top.

THE MACROS

CALORIES: 638
PROTEIN: 35 g
FAT: 16 g
CARBS: 90 g



A single serving of swordfish doesn't just deliver a payload of omega-3 fatty acids, but also a full day's worth of selenium, which plays a major role in energy production, digestion, and maintaining the health of skin and nerve cells.



SUPER GREEN SMOOTHIE

SERVES 3

YOU'LL NEED

2 cups water
1 large cucumber
3 stalks celery
2 granny smith apples
10 sprigs parsley
1-inch chunk, ginger root (approx. 2 tbsp)
Juice of 1 lemon
1 cup spinach, loosely packed
1 cup kale, loosely packed
½ avocado
2 cups ice

MAKE IT

1) Peel the cucumber and cut into 2-inch sections. Wash and cut celery and apples into chunks. Remove the stem from the kale. Give all solid ingredients a quick rinse, then add to the blender with water and lemon juice. Blend at high speed until no chunks remain.
2) Add ice, blend on high speed again until smooth.

THE MACROS

CALORIES: 135
PROTEIN: 3 g
FAT: 7 g
CARBS: 28 g

INTERVIEW



Follow Gordana on [Twitter](#) and [Instagram](#), and preorder her new book, [#Know The Truth: Why Knowing Who You Are Changes Everything](#).

GORDANA BIERNAT

Gordana Biernat is a speaker and author who has been named to Oprah’s SuperSoul 100—a list of “awakened leaders who are using their voices and talent to elevate humanity”. If that sounds lofty and vague right now, it won’t once you sit down to read our interview with Biernat, who appears on the list alongside the likes of Tony Robbins, Deepak Chopra, and Eckhart Tolle. Biernat seems almost impervious to negativity, speaks with kindness and compassion, and offers hope and direction for anyone who might feel overwhelmed, depressed, or hopeless.

Read on. Your day is about to get a lot brighter.

BY MATT TUTHILL

INTERVIEW: GORDANA BIERNAT

ROBERT IRVINE MAGAZINE: You wrote a column for Oprah.com “Getting to the bottom of your worrying—and how to let it go”. There are some encouraging thoughts in there, specifically the idea that daydreaming is an active form of creation that stops worry. But so often, especially in the west, we are taught that daydreaming is an unproductive waste of time, that it means nothing if it’s not backed by action. Would you agree that there are instances where daydreaming is unproductive?

GORDANA BIERNAT: I would never consider daydreaming an “unproductive waste of time”. The reason we are taught at an early age that daydreaming is useless is because the “authorities” that propagate this idea either have no clue, or even worse, don’t want us to know how powerful thoughts are and what role imagination plays in the creation of our everyday reality. This is exactly the kind of ignorance I want to minimize when I talk and write about the importance of knowing who we are and why we are here.

But before I answer your question I need to talk a bit about why it is important to “own” everything that occupies our minds and choose what we allow to “go on” in our heads. The way I see it, we are creating our reality with what we think, believe and feel to be true about it. In a way, our reality acts like a ‘field’ outside of us, reflecting our deepest beliefs and thoughts about ourselves. There



is no off or pause button. We are creating 24/7. And since this field works as a 3D mirror, it “obeys” everything we “tell” it to do. Consequently, our thoughts create perpetual “blueprints” of what, to us, seems like a “probable” future reality. And this is the key to understanding why daydreams are not a waste of time even if we don’t always act on them.

From my perspective, worry and daydreaming are different aspects of the same thing—our creative imagination and thought pro-

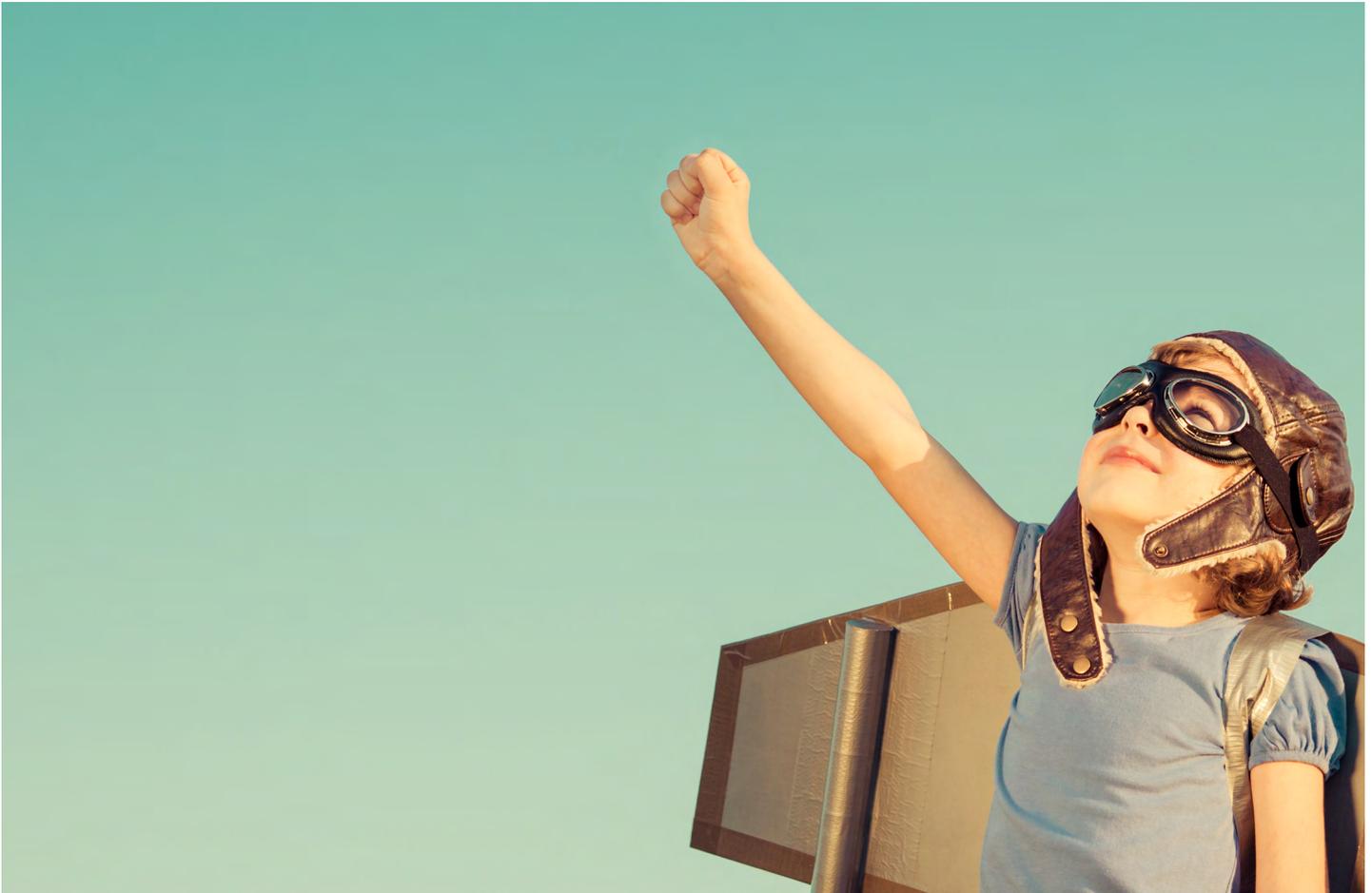
cess. And even if both worry and daydreaming come from the same source, they create very different results:

Worrying creates blueprints of what you do not want in your future.

Daydreaming creates blueprints of what you do want in your future.

In a sense, daydreaming is like creating good ‘memories’ of something yet to come. When you daydream you deliberately tune your frequency in to your desires,

INTERVIEW: GORDANA BIERNAT



by visualising inner pictures of your future self. This allows you to explore who you truly are and who you want to become.

Getting to know who you are is one of the most fundamental things of existence, so you see, exploring your daydreams is important even if you don't act on every single daydream you have. When you know who you are, your actions become more conscious and you become a more deliberate, conscious creator of your own reality. Daydreaming allows you to be in charge of how the story of your life unfolds.

So, to come back to the “unproductiveness” of daydreams and

where we started our conversation...From a higher perspective, all daydreams are “productive” since they constitute a fundamental building block in the creation of our reality. The question is more about the quality of the daydream and where the root to the daydream is grounded. If a “daydream” is about hurting others or inflicting pain then it is grounded in ignorance and that, from my human point of view, it is unproductive.

RI: But if someone daydreams, and does not act, is it a waste?

GB: On a higher level of existence, nothing in our reality is a

waste. Everything seems to fill a purpose, even if the reason sometimes can elude us. Most of the things, circumstances and relationships are brought forth in our life by synchronistic flow of energy which in turn is strongly affected by what we perpetually think, truly believe, and deeply feel.

I think your question is more about how we choose to label things. For instance, in an infinite and all-encompassing Universe, how do you define “waste”?

RI: Some believers in the Law of Attraction believe that strong, focused daydreaming forces us

INTERVIEW: GORDANA BIERNAT

to subconsciously act. Do you believe that?

GB: Again, the more you know who YOU are, the easier it becomes to act on your daydreams and the more conscious you become in your interacting between your inner and outer reality. Nothing needs to be forced when you are tuned in to your dreams, goals, desires and wishes. Consciously choosing to act on your excitement will always put you on the path of least resistance to your desires, your true goals, and your dreams.

RI: You seem to be a firm believer in the Law of Attraction—that what we think about comes about. For someone who is open to the concept, it's easy to embrace much of what you write about. But for someone who is brand new to the concept, much of what you have to say is quickly met with resistance. For someone coming to this concept for the first time, what is the first thing you would show/tell/ask them to do as a way of introducing them to the Law of Attraction?

GB: I would start with the fact

that everything in the Universe is made of energy vibrating at different frequencies. So the only 'thing' differentiating me from you or sand from water is the vibrational frequency of that energy. In my understanding of how we create our own reality, energy and frequency are key points. But I wouldn't call myself a firm believer of the Law of Attraction.

The way I see it, the creation of our reality is not so much a "law of attraction" pulling things to you, as it is a "law of corresponding (equal) frequency" – working through you via your thoughts, feelings and beliefs. To put it simply, life does not happen to you, it happens through you.

The law of corresponding frequency works regardless of whether you are deliberately thinking, randomly daydreaming, visualizing, worrying, dreaming, dreading, or wishing out loud. It mirrors your beliefs exactly and unconditionally. Your beliefs align your frequency to the matching frequency in the quantum field which then manifests your chosen vibration through you in 3D for you to see, feel, hear or taste.

The best analogy to how this thing works would be to imagine the physical reality "outside" of you acting like a mirror that unceasingly and unconditionally reflects your frequency back at you. If you frown the mirror frowns back. If you smile the mirror smiles back. In other words, what



INTERVIEW: GORDANA BIERNAT

you put out is what you get back.

You are always sending a frequency with your thoughts, feelings and beliefs and the quantum field— permeating everything—is always responding to your specific frequency. Do you see why it is important to become more kind to yourself, to seek joy in everything you encounter and to see the best in others? Because what you consciously or subconsciously seek, you will find. Without exceptions.

RI: You've written a lot about this—the idea that the universe is like a mirror, reflecting our desires back to us. This is an abstract concept that most people have to experience before they will believe. What made you a believer?

GB: Believer... that is a funny word, isn't it? I mean, believing is perceiving, so in that sense, aren't we all "believers"? An atheist is as much a believer as is a strongly religious person. The only differ-

ence is the object of the belief. "No God" or "A God". But, both notions are still strong beliefs.

Anyway, to answer your question, while trying to fall asleep one night when I was 11 years old, I had a revelation. I realized that,

“If you accept the fact that your body is the physical expression of your soul, then shouldn't you listen to your body's innate wisdom? Every discomfort is a stop sign saying, ‘Change!’”

imagining the stars in my mind felt exactly the same as actually looking at them in the sky. Standing in my nightgown looking at the stars through my bedroom window I understood that, in essence, 'inside' and 'outside' are the same. I could 'see' the stars

and the Universe, even with my eyes closed, because my thoughts and the fabric of the Universe are made of the same 'stuff.' What I experienced at that early age is a universal esoteric truth that changed me and the way I perceive myself.

I believe that we are all creators of our own Universe. Albeit most of us are unconscious of this tremendous power we possess. Every time someone "remembers" who they truly are they become the deliberate, conscious creator they came here to be.

RI: Many authors who deal with the Law of Attraction encourage their readers to engage only in positive thought that they can influence. To that end, watching the nightly news is out of the

question. But from a young age, we're taught that staying abreast of current events is a civic duty. How does one maintain their civic duty without reading or watching the news?

GB: First of all you must ask yourself who decides what the

INTERVIEW: GORDANA BIERNAT



“news” are and why the positive things happening in the world, are not considered to be real “news”. Why and to whom is it important to maintain the high level of stress and fear? If you were to stop watching the nightly “news” for a week, the world would still be there and not much would have actually happened in your reality.

Secondly you must ask why civic duty is so strongly connected to being updated with conventional “news”? Habitually watching the nightly “news” on TV and taking everything the corporate media present as “facts”, is not the same as being updated on the situation

of the world, or your country, or even your city. If you really want to know what’s going on, you have to be more selective in what you allow to fester in your mind as “truths”, “facts” and “proofs”, by actively seeking alternative sources of information. Otherwise your responsibility as a conscious citizen, trying to maintain your “civic duty”, can easily turn into a mindless co-creation of a reality you do not want to create. You must start to: Think for yourself, trust your intuition, and above all be courageous enough to ask uncomfortable questions and smart enough to look for answers elsewhere.

RI: How can one utilize thoughts to help influence his or her community in a positive way?

GB: Since you are a co-creator of this reality, the best way to contribute to the whole is by taking care of your own frequency. Start by being aware of what you are allowing to manifest through you into this reality. Because make no mistake:

*What we THINK - we BECOME.
Our thoughts CREATE us.*

*What we DO - we ARE.
Our actions DEFINE us.
This is how I take care of my*

INTERVIEW: GORDANA BIERNAT

frequency: Put your hand on your heart and allow yourself to connect to your true identity. Repeat after me:

I am the light in the darkness.

I am the love in the hate.

I am the calmness in the storm.

I am the courage in the fear.

RI: How can one apply the Law of Attraction to influence their own health or lose weight? Is that possible?

GB: In western society, we tend to believe that we have a soul, when in fact it is the other way around. You don't have a soul. Your soul has a body. You might ask, "What's the difference?" Well, seen from a higher vantage point, this fact makes your soul primary and your body secondary. Let me put it another way:

Your body does not determine the state of you.

YOU determine the state of your body.

While consciousness or your soul is your entire being (thoughts, feelings, intuition and will) your body is the vehicle your soul uses to explore physical reality. The only difference between your soul and your body is the vibrational speed of the energy. In a slowed down frequency, your soul is your body. Actually your body is the focus point where soul-consciousness turns into body-matter. Regardless of its size, shape or form your body is actually an expression of who YOU think and subconsciously believe you are.

Basically what this means is, that your body is shaped by your consciousness. So, it is not just possible, it is certain that your thoughts affect your health and your ability to lose weight.

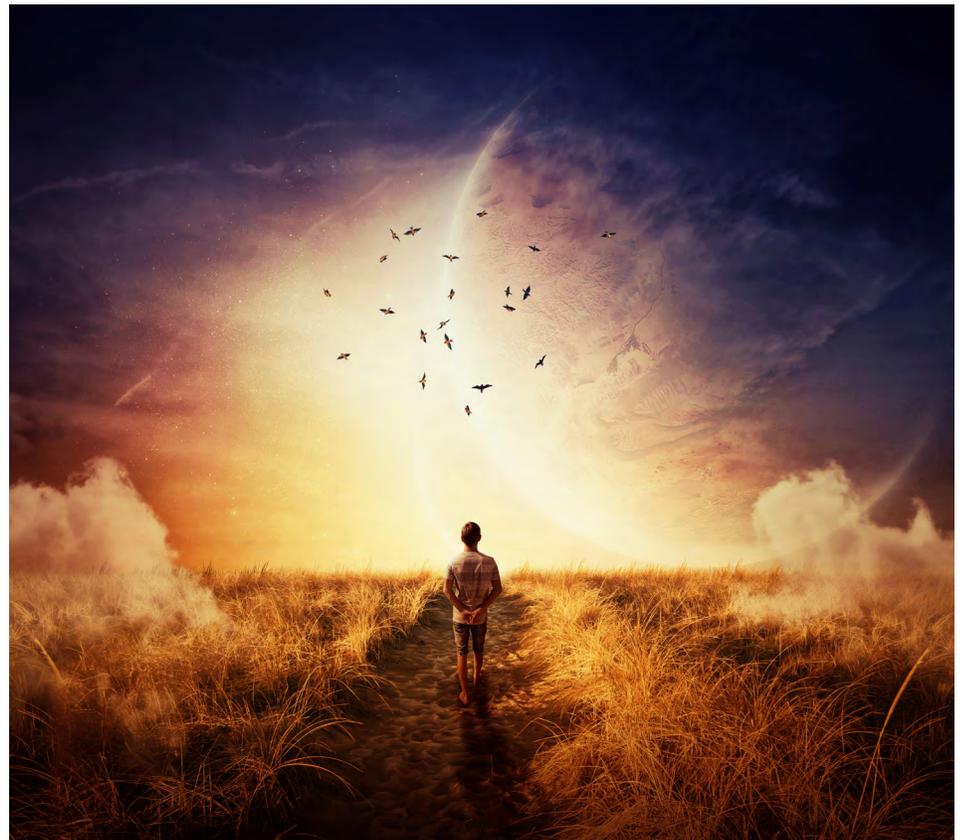
Consider this; what you think, say and do influence two things in your reality. Your body and your environment. Your thoughts, words and feelings carry energy that has magical properties. What you think, speak and feel creates inner motion setting off alchemical fireworks in your body affecting your perception of yourself and your body. Every thought or word is like a program outlining a blueprint of what you believe to be true about yourself and your body.

Your body is a living organism

at your service 24/7. It responds to the frequency of your thoughts and emotions and it will do anything you ask of it. It reads your mind, feels your heart and keeps you alive. If you accept the fact that your body is the physical expression of your soul, then shouldn't you listen to your body's innate wisdom? Every discomfort is a stop sign saying, "Change!" Don't ignore it. Don't silence this inner voice with food. Trust your body and initiate a loving relationship with every part of it. Start being observant of what you say and what you believe about yourself and your body.

Promise yourself to never, ever put yourself down!

Promise yourself to speak kind-



INTERVIEW: GORDANA BIERNAT



ly to yourself and about yourself.

Promise yourself to be who you truly are with integrity and respect.

Honor your body, because its source is infinite, eternal and divine. When you start doing this, taking care of your health and weight becomes so much easier.

RI: What do you believe the universe is? You talk a lot about the source. What is the source?

GB: I believe that everything is made of consciousness exploring itself through me, you, through every single living being in nature, through the stars,

through the universe...for the joy of imagining, creating, and exploring new aspects of itself. Paradoxically the source is to be found “inside” and “outside” at the same time.

RI: What advice do you have for the reader who is stuck? Someone who is in a job they don't like, can't lose the weight they need to, always seems to lack time to do what they want, etc?

GB: To accept something and suffer is to become a victim and to subconsciously believe that you have no power. To accept that something is AS IT IS, then

either let it go, say no, or change it, is to take your power back. Change is often a silent inside job that requires patience and courage. Courage to be yourself. Courage to resist negativity. Courage to go beyond your boundaries. Courage to take responsibility for your own life. In reality, we are only as powerless as we think we are. Start telling yourself a different story of strength and joy and watch your life transform. There are no mistakes, only feedback.

CHANGE what you can.
Keep what you LOVE.
LET GO of the rest.

REMEMBER...



No matter your goals and no matter your age,
you can still make your dreams come true.

BY PAUL ROBERTS

What holds back so many people from pursuing their dreams isn't a fear of failure. It's the idea that it's too late to make a change. "I'm too old to..." insert major life change here: switch careers, enter the dating pool, start exercising, learn a new language, travel the world, etc.

This thought isn't limited to octogenarians; a lot of us have these kinds of thoughts in our 40s, 30s,

or 20s. It's a natural reaction to any major change; we look behind us and see all the opportunities we had to make that change but didn't. Why should we expect the future to be different? I find it helpful in moments like this to look for real-world examples of people who did what you're trying to do. There might be no better example than the list that has been making the

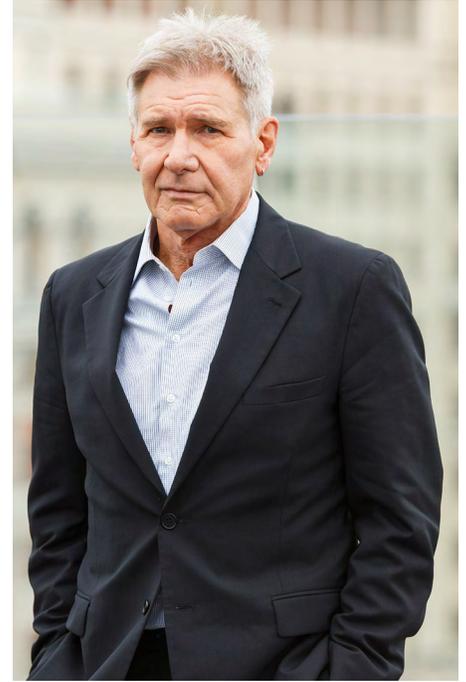
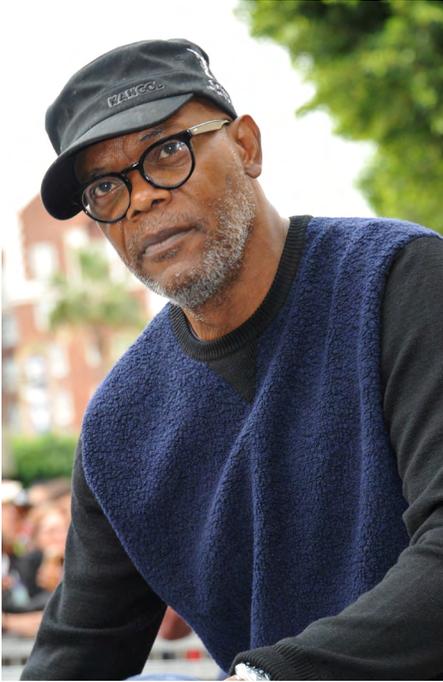
rounds on social media. It reads:

At age 23, Tina Fey was working at a YMCA.

At age 23, Oprah was fired from her first reporting job.

At age 24, Stephen King was working as a janitor and living in a trailer.

At age 27, Vincent Van Gogh failed as a missionary and decided to go to art school.



From left to right: Samuel L Jackson, Kathryn Bigelow, and Harrison Ford, who all found success later in life.

At age 28, J.K. Rowling was a suicidal single parent living on welfare.

At age 28, Wayne Coyne (from The Flaming Lips) was a fry cook.

At age 30, Harrison Ford was a carpenter.

At age 30, Martha Stewart was a stockbroker.

At age 37, Ang Lee was a stay-at-home-dad working odd jobs.

Julia Child released her first cookbook at age 49.

Vera Wang failed to make the Olympic figure skating team, didn't get the Editor-in-Chief position at Vogue, and designed her first dress at age 40.

Stan Lee didn't release his first big comic book until he was 38.

Alan Rickman gave up his graphic design career to pursue acting at age 42.

Samuel L. Jackson didn't get his first movie role until he was 41.

Morgan Freeman landed his first MAJOR movie role at age 52.

Kathryn Bigelow only reached international success when she made *The Hurt Locker* at age 57.

Grandma Moses didn't begin her painting career until age 76.

Louise Bourgeois wasn't featured in the Museum of Modern Art until she was 71.

Add this month's Robert Irvine Magazine Celebrity Spotlight, Terry Fator to the mix. At 40 he gave up dreams of stardom and was content to work his ventriloquist act at county fairs. Then he won America's Got Talent and signed a \$100 million contract to take up a residency at the Mirage.

With these folks as an example, it's

clear that it's never too late to make a major change. But what Fator has in common with the rest of the people on this list: None of them ever stopped working to improve their craft and to become the best at what they did. That held true when they could barely pay their bills, when they were fired repeatedly and went hungry between jobs, and when it seemed like they had failed so many times that it was simply never going to happen for them.

The only way to definitively fail is to stop trying altogether. Whatever your dream, hold onto it like your life depends on it. In all the ways that really matter, it really does.

Paul Robert is a trainer and motivational speaker who writes for Muscle & Fitness Magazine and Robert Irvine Magazine.

GO TIME

Doing our best to keep up with Robert.

BODYBUILDING.COM VIDEO SERIES

The first of a new Robert Irvine cooking video series just debuted on Bodybuilding.com. The first video features grilled chicken three ways—grilled mustard chicken, curry chicken, garlic and fresh herb chicken. Further videos will explore other bodybuilding staples including vegetables and rice, as well as breakfast foods. But you don't have to be a bodybuilder to enjoy these recipes. Try clean eating Robert's way and you're going to enjoy healthy cooking a whole lot more. Click the photo to the right to watch the first video, then click [HERE](#) to listen to the bodybuilding.com podcast where he gives never-before-heard insight into The Robert Irvine Show, his daily routine, healthy eating, his work with the military, and much more.



TAPS GALA

On Saturday, May 27th, Robert will be in attendance and help design the menu for the TAPS 23rd Annual National Military Survivor Seminar Grand Banquet in Arlington, VA. It's a tremendously positive event that helps grieving families. About 850 people will be in attendance.

FITCRUNCH BROWNIES

Robert's continually expanding line of protein bars recently added a new product, microwaveable protein brownies. Following the high standard set by the FitCrunch bars, the brownies are made from high quality whey protein and make it easy to forgo sugary, fatty treats. The brownies

can be eaten hot or cold (just throw them in the microwave for a few seconds and they taste like they just came from the oven). Each one packs 15 grams of protein, and they are available in two flavors, chocolate or cookie dough. You can purchase them at Sam's Clubs and online through [Amazon](#).

(SOMETIMES)
LATER
BECOMES
NEVER



DO IT
NOW