

Brilliant Miller releases video podcast interview with Jim Davidson, author of The Next Everest

Jim survived "the deadliest day" on Mt Everest. Watch as he tells the story and shares what it taught him about life, resilience, and living a good life.

SANDY, UT, USA, April 21, 2021 /EINPresswire.com/ -- Jim joins me this week to talk about his life-long interest in hiking, and his endless search for "awe". We also discuss Jim's fascinating view on time and how he uses it help maintain a healthy lifestyle. We talk about the physical and mental strain that affected his body as he hiked Everest, and the methods he used to combat both. Jim is especially good at goal setting, which we dig into a little bit as well. I hope you enjoy my interview with my new friend, Jim Davidson, and appreciate his unique views on what it means to live a good life!



Brilliant Miller Headshot

This engaging interview is available now on the <u>School for Good Living</u> website at <u>https://goodliving.com/podcasts/the-next-everest-surviving-the-mountains-deadliest-day-and-</u>



Pick something that speaks to you and strive for it."

Jim Davidson

finding-the-resilience-to-climb-again/. The video version can also be streamed directly from YouTube at https://www.youtube.com/watch?v=bZ-aU01qoUg and the audio version is available on Apple Podcasts (https://podcasts.apple.com/us/podcast/school-for-good-living-podcasts/id1389591902), Stitcher

(https://www.stitcher.com/podcast/school-for-good-living-podcasts), Google Podcasts

(https://podcasts.google.com/feed/aHR 0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW 5nLmNvbS9mZWVkLw), and Spotify (https://open.spotify.com/show/2gAkcr CqCeit7H4csjdDGd).

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