The Man to Sail the Pacific Before His 70th Birthday Writes a Book on Achieving High Stake Dreams

Monday 13 November, 2023

Dare to Dream, by seasoned adventure Lowell Sheppard, is an original book that demonstrates that it is never too late to live your dreams. Through sharing his own experience preparing for his solo sail of the Pacific Ocean, the author delivers a four-step program to realizing high stake dreams. The book is praised by Dr Marshall Goldsmith, Thinkers50 Executive Coach and New York Times Bestselling Author.

Lowell Sheppard had a life-long dream: to buy a sailboat, live on it, learn how to sail, and then cross the Pacific Ocean… solo and by the time he was 70. When he finally announced in 2019 that he was going to do that, he was at the ripe age of 64.

In *Dare to Dream*, Sheppard shares his memoirs from early childhood to nowadays, exploring how his life led him to the adventure he's undertaking today. The second part of the book examines the anatomy of a dream and shares a four-step (DARE) program to realize them – detect, amplify, ready and enjoy. It provides important insights on how to redesign the reader's life, awaken dormant dreams, create audacious goals, and take big risks to achieve them.

Lowell Sheppard says why he wrote *Dare to Dream*: "I wrote the book to inspire individuals to break free from the confines of doubt and fear, embrace audacious dreams, and chart their extraordinary journeys. Through the book, I share my own transformative journey and steps to make people's dreams come true. And for those who feel they do not have a dream, this book will help them detect a dream that will leave a legacy. It is also a book that emphasizes planning and preparation and the importance of celebrating every milestone."

The author's journey to sail the Pacific Ocean solo is also the subject of a new TV series on History Channel called *Dare to Dream*. It will air in 2024.

Dr Marshall Goldsmith says about the book: "*Dare to Dream* is essential for those yearning to reshape their lives and career."

Lowell Sheppard is an adventurer, author and YouTuber. He is also the founder of the Never Too Late Academy, which seeks to "help people everywhere acquire the courage and the tools to realize high stake dreams." He currently lives in Japan on his boat.

ENDS

Notes to editors:

- *Dare to Dream* is published on 30 November 2023 by LID Publishing, available as paperback and e-book.
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