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Rock YOUR LIFE



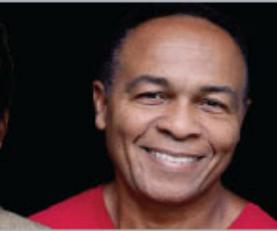
Craig Duswalt



Russell Hitchcock



Dean Cain



Ray Parker Jr.



Don Cromwell



Natasha Duswalt



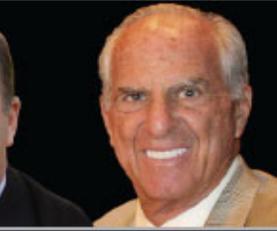
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"Famous Dave" Anderson



RADM Paul Becker

ENCOURAGING STORIES TO INSPIRE
AND MOTIVATE YOU TO ROCK YOUR LIFE



Gary Howarth



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Chris McLean



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Tesy Ward



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CRAIG DUSWALT

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WE ALWAYS WANT MORE!

Craig Duswalt

I have lived a blessed life—a very blessed life. Were there struggles? Of course. But I have worked hard my entire life, I've kept a positive attitude even during the down times, and I have been rewarded. I currently run a very successful speaking and coaching business. I'm married to my amazing soulmate, Natasha, and I have three intelligent and compassionate boys. My sister and her family are amazing, and my mom and dad are still here to give their loving advice to me, and listen when I need to share. My personal life is amazing.

Life is a wonderful thing. But as a society, we always want more.

Ten years ago, at forty-five years old, I started a new career as a speaker. I am a perfect example that it's never too late to follow your dreams. My RockStar Marketing BootCamps, held every March and September in Los Angeles, have been a dream come true. We average 300 to 400 attendees every six months, and I have an incredible group of world changers in my exclusive RockStar Marketing MasterMind Group. My business life is amazing as well.

But we always want more.

I've written eight books over the past ten years, and I have spoken on large stages all around the world. I've coached thousands of people on how to market their businesses better than their competition, and it felt really great. I love helping people.

But we always want more.

About six years ago I invested in a new musical written by two friends of mine in hopes that it would someday end up on a Broadway stage. I have a theatre background, and I've always wanted to be involved in putting on plays. When I lived in Santa Clarita, California, I opened an eighty-one-seat

Equity Waiver theatre called the Repertory East Playhouse, and it was an incredible experience. I owned the theatre for a few years, but it was just a stepping-stone for something bigger, and that's why I invested in the musical, *The Honeymooners*, based on the hit television series with Jackie Gleason and Art Carney. And rumor has it, as of the writing of this book, it's going to Broadway some time in 2018. I hope to see you all there.

But we always want more.

For years I have wanted to put on a one-night event where I could encourage, inspire, motivate and entertain people all over the world. Since I came from the music industry, I envisioned it would be kind of like a world tour in venues in major cities. I had been on numerous world tours with Air Supply and Guns N' Roses, but this time it was going to be *me* on the "big" stage.

So, for the first time in a long while, fear set in.

It's extremely weird that fear would enter my mind, because as I mentioned, I already put on large Bootcamps twice a year, and I speak to corporations, networking groups, associations, colleges, and at very large entrepreneur events all over the world. This is easy for me. But for some reason, I have this block about this specific event—this wonderful night of encouragement, inspiration, motivation, entertainment, and music.

As part of my talks, I consistently teach people how to overcome their fears. And I'm really great at helping others overcome fear, but I haven't been able to get that point across to myself for this one specific project.

I announced back in 2016 that I was going to launch my Rock Your Life Tour that year, but it never happened. I kept making excuses: I'm too busy, I'm writing another book, I'm speaking on too many stages. . . . All true, but just a bunch of excuses designed to not have to face my fear.

No more excuses!

So I finally did what I tell everyone else to do when they're having a hard time making a commitment—I scheduled a date, and I told the world about it.

The new event is called Craig Duswalt's Rock Your Life Night, and it is based on this book you're reading and on my Rock Your Life TV YouTube channel. But I didn't just schedule a date at a typical venue that "we speakers" speak at. I didn't book a hotel, or a community room, or a school theatre, or a Chamber of Commerce boardroom. Instead I booked a night at the City National Grove of Anaheim in Anaheim, California. This is a place

where big concerts take place and big names play. It even shares a parking lot with Angel Stadium where the Los Angeles Angels of Anaheim baseball team plays. The venue has a box office, a security team, a stage manager, a lighting designer, a sound designer, a production team, ushers, and everything else you would expect when you go to a concert. It's the real deal.

And I will be performing there on November 4, 2017, with some very influential friends. Yes, I, Craig Duswalt, will be on the same stage where numerous RockStars have stood before me, and I will finally be sharing my inspirational messages with a huge crowd.

Am I still scared? You bet I am. But I do not want to live with regret, and I'd rather take the chance of failing than never try.

Too many people have gone to their graves with their story inside them and have not left their legacy on this earth. And I just think that's so sad. So I will not be that person.

And I will not fail. I am so excited for this new event. I've put together an amazing team of people to help me, and it will be a huge success, and I will tour the world with this amazing show. There, I said it. Think positive, right?

And I will not stop there. While I have been very comfortable the past ten years, putting on successful events, speaking on large stages, and making a good living, I'm done being "comfortable."

Because we always want more. Everyone always wants more. And that's OK. As long you're nice to people along the way, and you work hard, and you live life with passion, and you genuinely want to help people, you will get more. In fact, I believe you will get whatever you want, as long as you GO FOR IT!

So, look out Broadway, here I come!

Craig Duswalt is a Speaker, Author, Podcaster, and the creator of the brands RockStar Marketing and Rock Your Life.

Craig's background includes touring with Guns N' Roses, as Axl Rose's personal assistant, and Air Supply, as the band's personal assistant.

Craig was also an award-winning copywriter, working as a Creative Director for a Los Angeles-based ad agency until opening up his own ad

agency, Green Room Design & Advertising, which was named the 2002 Santa Clarita Valley Chamber of Commerce Small Business of the Year.

Craig combined his backgrounds in both music and marketing, and now teaches entrepreneurs, small businesses, authors, speakers and coaches how to promote themselves and their business by thinking outside the box at his 2 1/2-Day RockStar Marketing BootCamps every March and September in Los Angeles.

Craig delivers a very high-energy presentation, filled with useable content, interesting videos, exciting music, and extremely unique (never heard before) stories from his days touring with Guns N' Roses, and Air Supply, and his days working with corporate giants including Baskin Robbins, Los Angeles Dodgers, ESPN, and the Academy Awards just to name a few.

Craig Duswalt speaks at seminars, associations, networking groups, conferences and colleges, teaching entrepreneurs how to use outside the box marketing techniques to attract clients, and how to stand out from the competition — Like a RockStar. Craig is also a very popular Corporate Keynote Speaker.

Craig has written eight books, and is finally launching his Rock Your Life World Tour in 2017!

www.CraigDuswalt.com

I'M STILL STANDING

Russell Hitchcock

I was born in East Brunswick, Victoria, Australia, in 1949. We lived in the inner city between a brickworks and an iron foundry. My parents provided for my sister and I as best they could, and in spite of not having a lot of money, we always had a roof over our heads and food on the table. My childhood was uneventful except for being struck by a pickup while crossing an intersection as I walked to school. Apart from a badly bruised hip, I was fine. My mother however, being the comic that she was, told practically everyone up until the day she died that “Russell wasn’t right in the head after he got hit by the truck!”

The work ethic I have today is due to my parents. They both worked, and I cannot remember either one of them ever missing a day’s work. It was always instilled in us that hard work and perseverance would ultimately pay off later in life.

I attended grade school and eventually moved on to Princes Hill High School. I was an average student—I loved French and English but not much else during those years. I was too interested in having fun rather than studying. My drive to succeed in life began when I dropped out of high school at sixteen years of age. I received my exam results on a Friday, and having failed, I realized that repeating the year would be a waste of my parent’s hard-earned money. I told my mother I was done, and the next day I went into the city, where I saw a sign in a small clothing store advertising for a “junior salesman.” I walked in, applied, and was given the job on the spot! One of the things I’ve been proud of all my life is that since the age of sixteen, I have supported myself.

It wasn’t until 1975, after having a number of jobs in the intervening years (I was never fired), that I found myself in the Australian production of

Jesus Christ Superstar. On May 12th I met Graham Russell, and my life would never be the same.

We quickly became friends, realizing just how much we had in common, most of all a fanatical love for the music of the Beatles. We had both seen them live in 1964, Graham in England and me in Australia. Graham has always had great passion for the music he writes, and I've always felt I was the perfect fit to sing his songs. It wasn't long before we were performing together in coffee bars, pizza parlors, and the occasional university campus. We worked very hard to become as good as we could, and Graham, very early on, was determined to be ready when the production ended.

By the time the show ended in October 1976, we had a number one single and album in Australia, and we went on the road as Air Supply only a few days after leaving *Jesus Christ Superstar*.

We played anywhere we could—a lot of pubs that were hard-core rock 'n' roll venues and among the premier acts at the time, AC/DC, Midnight Oil, INXS, and the Angels. Needless to say, playing mostly ballads was a hard road to hoe, but in those early days, it gave us an invaluable lesson in mental toughness, perseverance, and patience.

Early in 1977 we were invited to open for Rod Stewart in Australia. When you consider that Air Supply was only three months old, it was an amazing achievement. Playing to over twenty thousand people a night was overwhelming, but it was such a great incentive for us to broaden our horizons and seek international success. We knew we had the talent and the songs and would not be denied our shot. After only a couple of shows, Rod asked us to open for him on his North American tour later that year. We were ecstatic and believed this would be our stepping-stone to international stardom. We toured with Rod from September through December, playing fifty-plus concerts in all the venues we'd only dreamed about: Madison Square Garden, The Forum in Los Angeles, Candlestick Park, and Three Rivers Stadium. It was mind-blowing!

One of the greatest gifts we received from Rod was being able to watch him every night. We would marvel not only at his talent as a singer, but also the way he handled the audiences, taking them where *he* wanted them to go. We learned so much from him about performing, production, organization, and in fact, every aspect of the business. We soaked it up, absorbing as much as we could, and by the time we arrived back in Australia in December, we thought we were going to break on a worldwide scale.

How wrong we were! Coming off the biggest tour of the year and coming home to the brutal fact that we'd basically been forgotten by the public was not only shocking to us considering what we'd achieved, but it also made us more determined to achieve the goals we had set in those very early days. Rejection can do one of two things. Either it can cause you to give up and go home, or in our case, to say to ourselves, "We have the talent, the songs, the drive, and the passion to continue," and that's exactly what we did.

We struggled through the next couple of years doing whatever we could to survive. Graham ended up in Cannes trying to sell his songs, and I was in Australia doing "jingles" for a friend who was kind enough to hire me. During this time, though, with Graham's fearless determination and incredible vision, we kept our dreams alive until 1978 when "Lost in Love" was released in Australia and once again, we had a huge hit on our hands. The song made its way to Clive Davis at Arista Records in the United States. Clive, in my opinion is the most influential person that has ever been in the recording business, and he *loved* our songs. We had seven Top Five singles back-to-back, and we were on top of the world.

Becoming successful is one thing, but maintaining it is another. We toured incessantly to support our records, playing all over the world and even in places that very few acts had been, such as South Korea, Vietnam, Thailand, Malaysia, and a host of other countries both in Asia and Latin America. We worked extremely hard (and still do) to achieve and maintain the highest level of concert performance. Graham is always looking to make the shows better and looking at the arrangements of the songs to involve the influences of the current members of the band, while of course maintaining the integrity of the songs. We want our audiences to hear what they come to hear and not some vague version of the songs they know and love.

We will never stop trying to get better, and this desire has made it possible to still be on the road after forty-two years and counting. You can always do better, be better and achieve any goal you put your heart and soul in. You must stay focused and even through adversity, rejection, and hard times stick to your beliefs and know that you will succeed and continue to do so as long as you have the passion.

Having such a brilliant writer, arranger, and prolific composer has certainly made it easier for us, but trust me, we've seen it all. We've seen

the good, the bad, and the ugly in people, but we've never succumbed to the dark side of the music business. I am as excited today as I have ever been in my life about recording and performing and hopefully have some great years ahead of me.

As I frequently say to friends and fans . . . ROCK ON!

Russell Hitchcock is the lead singer of the extremely successful rock duo, Air Supply. Air Supply hits include "Lost in Love," "All Out of Love," "The One That You Love," "Sweet Dreams," "Making Love Out of Nothing At All," "Here I Am," "Even the Nights Are Better," "Every Woman in the World," "The Power of Love," "Just As I Am," and "Two Less Lonely People in the World." With seven top-five singles, Air Supply, at the time, equaled the Beatles' run of consecutive top five singles. Air Supply albums, *Lost in Love*, *The One That You Love*, *Now and Forever*, and *Greatest Hits* have sold in excess of 20 million copies. *Lost in Love* was named Song of the Year in 1980, and, with the other singles, sold more than 10 million copies. Air Supply has continued to tour around the world for more than forty years.

www.AirSupplyMusic.com

MAN OF STEEL

Dean Cain

I'm 8 years old and playing in my first-ever organized basketball game. The kid guarding me is much quicker—everywhere I turn, he's already there, like an annoying gnat. Finally, I grab him by the shirt and throw him to the ground. Whistles blow and parents complain. My dad turns to my mom and says, "Maybe he should play football."

For the next 14 years, my mettle was hammered out on the gridiron. I didn't have time or interest in drugs or other distractions, because I was too focused. Football helped me get into Princeton University, where I became an All-American and briefly made it to the NFL with the Buffalo Bills (knee injury . . . a different book). Football helped me make friends, because having 110 teammates ensures plenty of diversity and challenges and close interaction. Football helped me vent and channel frustration and aggression and anger into hard work, discipline, and ultimately, success.

I love athletics. They tell you so much about a person's character. What kind of teammate are you? How do you react to adversity? Are you coachable? How do you respond when you're tired, or sick, or injured, or under tremendous pressure? How do you react to a bad call? This is not to say that people *have* to play sports (my own son doesn't play team sports—he trains in mixed martial arts), but athletics were essential to my overall development.

I love competition. Growing up, I played every sport under the sun. Four and five sports a year, all year 'round for 15 years. I learned how to win. I learned how to lose. I learned how to get back up after being knocked down. I learned that everyone gets knocked down. Everyone. I was voted top athlete in my high school. I was voted top athlete at my college. I

lettered in 3 different sports at Princeton, but no sport could hold a candle to my love for football.

I love contact. In high school, my football/track coach said, “Cain, you’re the only guy I know who runs FASTER when he HITS the hurdles!” In college, I ran my 40-yard-dash faster with my gear on. Running without my helmet and shoulder pads felt awkward, like a knight without his armor. Football was a great fit for me, but the road to RockStar success is never easy.

I wanted to kill my college football coach. Literally. Before my sophomore year at Princeton, the head coach was fired. Under the new regime, I tried to switch from defensive back to receiver but was quickly sent back to the defense. They never had any intention of letting me play offense. My new defensive back coach was called “Vermin.” That wasn’t his real name, but that’s what a few of us called him. It was not a term of endearment.

As the only sophomore starting on the defense, and starting at cornerback, Vermin let me know that opposing teams would be targeting me. He let me know this every day, every practice, every meeting. He would scream at me all day long, until his voice went hoarse (which I took as a small victory). Vermin drove me and drove me and yelled at me—right in my face, EVERY SINGLE DAY. I took to staring defiantly into his beady little eyes, silent, and stone-faced. Vermin wouldn’t let me drop a single ball in practice. EVER. Every pass in the air he expected me to intercept. Every tackle he expected me to make. This dude was all over me. As the season wound down, I was considering leaving Princeton and taking one of the many scholarships that had been offered to me out of high school (the Ivy League does NOT give athletic scholarships).

My dad flew to Princeton from the jungles of Brazil to catch the final game of my sophomore season. Dad had been directing a film for 6 months in the middle of the Amazon, had grown a jungle beard, and contracted malaria (he hadn’t realized that yet). He didn’t have time to go home to see my mother or the rest of the family in California. He had missed all my games (there was no Internet back then), and he wasn’t gonna miss this last one. I talked with my tanned, skinny, and bearded dad about Vermin and all the crap he had put me through. Dad patiently gave me some sage farm-boy advice (he was raised on a farm in South Dakota). Then he told me to finish

up the season and the semester, and afterward we'd discuss transferring to another school if I still wished.

We played Cornell the next day, and I faced off with their stud All-Ivy receiver. He was big and strong, and supposed to dominate me. We had a war all afternoon, and with time winding down they were driving for the winning score. They threw to the stud, but I stepped in front and picked it off for the *third* time of the day! I weaved my way through defenders and stepped out of bounds, sealing the victory! My teammates hoisted me onto their shoulders. RockStar!

I stayed at Princeton and continued to excel at defensive back. Junior year I was moved to free safety, where I really belonged. Vermin continued to ride me like a donkey, but I was getting tougher. The team had a terrible year, but I had another great season. The individual recognition felt hollow because the team hadn't won. As my senior season was about to begin, our beloved head coach suffered a heart attack and died. It was a devastating loss.

My family decided to move to Princeton for my senior season. They went to every single game, home and away. My father had just gotten his biggest break in Hollywood and was preparing to direct the film *Young Guns*. He was traveling back to Los Angeles during the week and then returning to Princeton for the weekend games. It was awesome to have their support. I was having the greatest season any defensive back had ever had in college football, and Vermin and I had made peace. I realized Vermin was like the character "Fletcher" that J. K. Simmons had won an Academy Award for playing in the film *Whiplash*. Vermin had driven me that hard to make me great. (Today we are still great friends, and Vermin continues to coach football at Princeton.)

The final game of my college career was at Princeton. Cornell again. My entire family was there. My girlfriend was there. It was the coldest game anyone could remember. With the wind-chill factor, it was -20 Fahrenheit. My sister still complains that it permanently screwed up the circulation in her feet (they were blue, and a woman had to put them inside her fur coat). At the end of the first half, I intercept my 10th pass of the season to leave me one interception shy of the single-season NCAA record (11). In the third quarter, a pass bounces off the chest of a Cornell receiver and directly into my hands! I've tied the record! I run it back, get knocked out of bounds on our sideline, and promptly make my way over to the stands. I toss the ball

to my father. He throws it back. I throw it back harder and tell him, “That’s for *you!*”

That moment is still my all-time favorite sports highlight. After all the blood, sweat, tears, fights with Vermin, and separation from my family, I got to tie the NCAA record and throw that football to my dad in the stands. I was finally a friggin’ RockStar! Later in the game, I intercepted another pass, and broke the NCAA record for interceptions in a single season and became a SuperRockStar! Two of those NCAA records still stand, and my dad still has his football.

Dean Cain grew up in Malibu, California, and has appeared in over 100 films, including *Out of Time*, opposite Denzel Washington, *God’s Not Dead*, *The Broken Hearts Club*, *Vendetta*, and the soon-to-be-released *Gosnell*. Dean has also starred in dozens of television productions and is perhaps best known for his role as Superman on ABC’s *Lois & Clark*. He hosted and produced the long-running series *Ripley’s Believe It Or Not*. Known for his incredible work ethic, Dean is currently starring in a wide array of projects, including the third season of VH1’s hit series *Hit the Floor*, recurring on the widely popular CBS series *Supergirl*, and hosting the third season of the CW smash *Masters of Illusion*. An accomplished screenwriter, Dean has recently penned a number of screenplays which are in various stages of production. An athlete at heart, Dean attended Princeton University, and was an All-American defensive back, setting two NCAA records for interceptions. He signed with the Buffalo Bills, but a knee injury quickly ended his professional sports career before it had begun.

[Twitter: @RealDeanCain](https://twitter.com/RealDeanCain)

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