

- **Your Name:**

Peter Adamson

- **Your picture:**



- **What would you say is your life's purpose?**

To help as many different people in as many different ways as possible. This can show up in different ways such as opening a shop doorway for someone or opening a doorway in someone's mind.

- **On a scale of 1-10, and your full potential is 10, having wasted your life is 1, how would you score yourself now?**

9.5. The last ten years have been the result of all the experiences I've had previously in my life and now I've got rid of most of the crap I'm ready to really excel.

- **If not 10, when and how?**

Now! I feel ready to move up a notch and reach more people – hence writing the novel and re-branding the work that I do.

- **If you can think of one person, one piece of advice, or an experience that happened to you when you were young [less than 6], that helped you get to where you are now who and what would they or that be?**

I learned to read; anything and everything – I was best reader in the school – probably the best they'd ever had. The day I learned to read "aeroplane" I knew I would always understand anything I read. I still feel drawn to unusual words such as anthropomorphic even now.

- **What advice would you give to a young person or child who wanted to realise their dream?**

In the novel I'm writing, I'm at the very point where one of the younger characters, Leo, is describing his dream of saving the world. The chapter is headed *Dreamers Dreaming Dreams*. There are two quotations recalled; one from Goethe:

Whatever you can do, or dream you can, begin it.

Boldness has genius, power, and magic in it.

And the second from Carl Sandburg, the American poet and biographer of Abraham Lincoln, who intoned:

Nothing happens unless first a dream.

- **What advice would you give to their parent, guardian or carer?**

Do all you can to make sure that their dreams become a reality, no matter how preposterous, stupid or irrational it may seem. Obviously protect them from harm but allow them to realise the limits of their dream. It is up to the child / dreamer to call time on the dream if or when it becomes apparent that it is no longer feasible.

Peter Adamson
UKCP Registered Psychotherapist

www.psychotherapy4all.com