

# A Life's Work, Learning to Overrule my Mindless Brain

by Shep McKenney

*...McKenney writes with wisdom gleaned over a lifetime, and his writing style effectively blends humor with poignancy.*

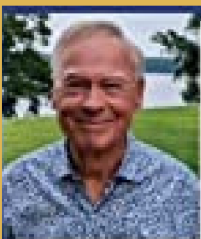
*A witty, insightful reflection on living a happy life.*

~ Kirkus Review

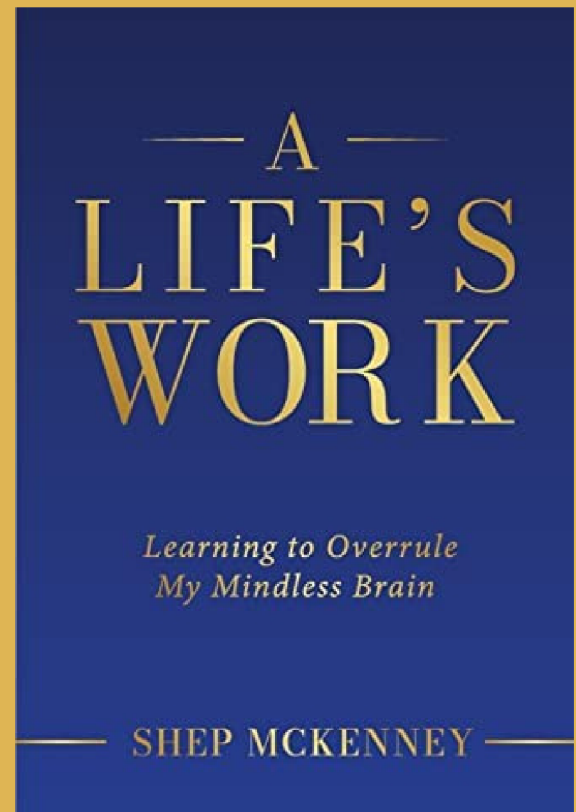
Shep McKenney has spent his life, like many of us do, in pursuit of happiness. In *A Life's Work* he candidly shares his experiences of "having it all" in his professional and personal life yet feeling profoundly unfulfilled. Having all he knew to want, what was missing? This intimate memoir examines that question and its surprising answer.

By exploring the traditional paths of religion, philosophy, and science through the lens of his life experiences he came to understand that the underlying barrier to our contentment is the disconnect between what our brains were designed to cope with in the primitive world and what we want in the modern world. With thought provoking stories and intensely personal vignettes, he reveals lessons and practices we can all use to keep our brains from sabotaging our happiness.

## About the Author



Shep McKenney was born in 1941 and raised in rural Southeastern Virginia. He received his undergraduate and law degrees from William and Mary College. In four separate careers, he practiced law in Norfolk Virginia, cofounded Guest Quarters, an all-suite hotel chain, bought and managed The Hinckley Company, a Maine boatbuilding company, and cofounded Seakeeper, a maker of boat motion control products, retiring from active management in 2018. He and his wife Pat live on their farm in Southern Maryland and have four children and seven grandchildren.



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*Engaging memoir exploring the urgent life's work of changing one's mindset.*

~ Booklife

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