I thought it was very interesting to see how easily he manages to change his mindset and go with the flow. Still fighting, but remaining content with what he has done in life.

His last lecture being about his inspirational moments, and things he has generally enjoyed in his life. Such as his children, his new house, getting big stuffed animals, being fit; etc.

Its especially interesting he is working on virtual reality technology, over 16 years ago, and being antiquated with the new technology.

Its especially funny to see how old 2008 tech is compared to now.

He is a very chipper guy who has carefully evaluated his life in order to achieve his mindset. And how he simply keeps trucking.