"We don't beat the Reaper by living longer. We beat the Reaper by living well."

I enjoyed the lecture and found it largely inspiring, I find listening to people talking about their journeys and how they have overcome “brick walls” to be helpful for maintaining perspective on my own life. Randy no doubt led a full life and it is awesome that he was able to accomplish his goals and help so many students on their own paths.

My take on his lecture is that a large portion of the obstacles faced in life depend on a positive attitude and determination to be overcome. Though I will say that it is far easier to have a positive attitude towards problems when you are a tenured professor at one of the premier universities in the nation with vast amounts of grant funding and a network of powerful individuals in multiple fields. By the end of the lecture, it was getting a bit repetitive and I found myself thinking that Randy was doing as much patting himself on the back as he was delivering a message.