I really enjoyed how he talked about his cancer at the beginning and how it didn’t let him shape who he is or what he does. I feel like so many people just take it like a punch to the gut and a death sentence and you should be sad about it. No, you should take it as something you can’t control if you worry about it or rather if you stress about it constantly then it will get worse no questions asked. Working on it with a positive mental attitidue is actually massive and even if it doesn’t work at least you didn’t let it consume you in the end and spend your last years in fear.