

“Amelia Boone, the Michael Jordan of adventure racing, said, “I believe the key to self-sufficiency is breaking free of the mindset that someone, somewhere, owes you something and will come to your rescue.””

Break the Chain: Stop Being a Slave

---

“Once we’re bought, it’s hard to get out. While we all start out wanting more independence, we increasingly live lifestyles that make us dependent.”

Break the Chain: Stop Being a Slave