

Book Review – The Why Café by John Strelecky

***The Why Café* by John Strelecky, published 2003, reviewed by Marilen, Germany on November 5<sup>th</sup> 2019**

I chose the book “The Why Cafe” written by John Strelecky to take with me for my time at the ranch, because it should encourage a new perspective of life and deal with the meaning of it. The book is the perfect introduction for those who feel the need to look behind the curtain and start to question behaviours and patterns in life. You get an insight into the life of John, a stressed manager who seeks a break from his daily life and somehow ends up in a cafe far from his usual destination. He sees the menu and discovers 3 questions that changed his perspective on things within the following hours:

- 1. Why are you here?**
- 2. Do you fear death?**
- 3. Are you fulfilled?**

The first question quickly changes into “Why am I here?” and inspires you to think of the purpose of your existence and what you want to do in your life. The book accompanies John on his way through the questions as the cafes' employees help him and the reader to understand the overwhelming questions. The second question does not ask if you are afraid of death, but rather if you are afraid to die before you had time to do all the things you wanted to do. Lastly, John is asked if he is fulfilled and pursued the things that make him happy.

An example in the book pertains to the life of a Fisherman. The fisherman fishes everyday for just a few fish and then chooses to spend the rest of his day with his family instead of fishing more so that he can earn a lot of money. Another example is a sea turtle that floats with the movements of the waves instead of swimming against them to keep up with them. These examples underline the journey of John to help him handle the questions on the menu. The purpose of existence is a major aspect of the book, because a lot of people haven't figured out their purpose of existence yet or haven't considered thinking about it. This is something we think about everyday at the ranch to ensure we are living life on purpose.

The book engages you to take responsibility for your life and in case of not thinking about it until then, the book gives you the right motivation not to waste time and start doing whatever you think fits to your visions of life. The story of John is an inspiration to discover your personal meaning of life and if you feel the need to change something, especially when there exist aspects in life that you are not confident with. In the end, it is up to you if you are willing to find and fulfill your purpose of existence. The story doesn't give answers on how to exactly find all the answers to these specific questions, the inspiration should be enough to find your answers. We see this mirrored in our own lives at the ranch, whether that's our use of the phrase 'burning daylight', finding our purpose or doing what interests you. At the ranch, no one will spoon-feed you the answers, it's up to you to find them.

Marilen, 22, Germany