

Wynne Leon (00:02)

Welcome to How to Share, a podcast where we share what we've lived and learned.

I'm Wynne Leon and in this episode, co-host Vicki Atkinson and I are back with author and advocate, Sam Daley-Harris. Sam recently shared some truly surprising news, news that runs counter to much of what we hear in the headlines. Congress rejected sweeping reductions to life-saving programs and it wasn't protests, lawsuits or elections alone that made the difference. It was

ordinary citizens engaging in transformational advocacy, building real sustained relationships with elected officials and in the process strengthening Congress's resolve to stand for humanity. In this conversation, Sam unpacks how transformational advocacy fits alongside other forms of activism like protests, litigation, and voter mobilization.

and why it can succeed even when Washington seems paralyzed by shutdowns and partisan conflict. Sam shares some concrete examples from global health and environmental advocacy, offers insight into how citizens are working to reverse damage and protect the most vulnerable, and perhaps most importantly, explain how anyone can be effective.

even with just five to 15 minutes a day. If you've ever wondered whether your voice can really matter, this conversation offers both clarity and hope. And Sam offers to be a guide to help connect you to the issues that matter most for you. We love talking with Sam because he shares how to be effective and counter the effects of fear, cynicism, and loneliness. We know you'll love this conversation.

you

Sam Daley-Harris (02:13)

you

Wynne Leon (02:26)

Sam?

Sam Daley-Harris (02:28)

Hi there.

Wynne Leon (02:29)

Vicki and I are so excited to talk with you again, because we talked with you in July and had a fabulous conversation about your book, Reclaiming Our Democracy, and we're back again. It's so much fun. the reason, you you recently sent out an email to Vicki and I and I'm sure to others, but it had shocking news and it really, it really was shocking to me to read this.

And you said in the email, what few Americans know is that number one, Congress rejected President Trump's drastic cuts to global health and two, ordinary citizens played a key role. And you quote some numbers about the total spend on global health. In fiscal year 25, it was 10.03 billion. Trump

requested in fiscal year 26, 3.79 billion. But what was enacted for fiscal year 26 was 9.4 billion. I mean, that's amazing that, you know, that it's less than 25, but not what the administration asked for. And what's interesting about this, and you say they didn't do it by protesting, though protest matters, nor by funding lawsuits.

Sam Daley-Harris (03:34)  
Thanks

Wynne Leon (03:52)  
The lawsuits matter or even through elections work, though elections matter, they did it through transformational advocacy, building relationships with elected officials who make decisions in their name. So can you say more about this news? I'm sure you track this. Tell us how you follow the news. Tell us more.

Sam Daley-Harris (04:15)  
Okay, right. So without getting in the weeds too much, I want to let people know that the fiscal year starts October 1. But here we are in March of 2026, months and months after what should have been the start of the fiscal year. But as I think most people know, government shutdowns and incomplete work. Many of the bills weren't finalized till the end of January or the beginning of February.

2026 for the year 2026, which began in October. Sorry for the weeds in October of 2025. So the point that we're talking in March of 2026 is because we've hit a completion point, a decision point. Bills have been passed and signed into law, in this case by the president, quite

against what he proposed originally. So that's the little background that when we're talking now, we're talking when things have been finalized. Got it. And so let me give you one example. ~ The Global Fund to Fight AIDS, Tuberculosis and Malaria was launched in 2002 and AIDS was raging around the world, but especially in Africa. And

For this year, 2026, President Trump proposed a 55 % cut from 1.65 billion to 800 million for the Global Fund to Fight AIDS, Tuberculosis, and Malaria. Well, the final number was not Trump's 800 million, but 1.25 billion. And I want to put a little bit of human face on it. ~

This time, the Global Fund to Fight AIDS, TB and Malaria and its partners have saved 70 million lives since 2002. And so it really matters. I'm going to actually sneak in your question before we started. You were saying before we even started and you want to flesh it out a bit more. But we have budget deficits.

Is this something we should be thinking about? And is that fair? I don't know if you want to add anything.

Wynne Leon (06:48)

Yeah, no, I think that's that was exactly my question. mean, I, yeah, obviously, we know, especially with global health, and we saw with COVID global health matters to all of us. But still, you know, we're it's so hard to reconcile and using a budget word, even though I fancy me the how these things get budgeted and spent and the overall deficit and

what our values are. so if any any wisdom you could add to all that.

Sam Daley-Harris (07:20)

Yes,

and you said a key word, what our values are. And I'm going to use a quote from the late Republican U.S. Senator Mark Hadfield of Oregon, who in 19, I think it was 1984 or 83. This is what he said. I mean, it's mind blowing for me. said. And it's particularly poignant at the moment. He said, We stand by as children starved by the millions.

Again, this is 40 something years ago. He said, stand by as children starved by the millions because we lack the will to eliminate hunger. Yet we have found the will to develop missiles capable of flying over the polar cap and landing within a few hundred feet of their target. This is not innovation. It is a profound distortion of humanity's purpose on Earth. End of quote.

So I think if we could use the question of what is humanity's purpose on earth and what is a distortion of that and et cetera, et cetera, there were calls to raise the defense budget for the next fiscal year, which would be 2027 by 50 % to something like \$1.5 trillion. Well, even today,

The US defense budget is 10 times, it's larger than the next 10 countries combined. If you take the next 10 most spending countries in defense, our budget is larger than all of those. So it's a great question. And at the same time, it's a question as you said, that begs a question of values. And as Hatfield said,

humanity's purpose on earth. What is it? And does this forward it? Does this forward humanity? Does this forward it? That's a question we have to grapple with.

Wynne Leon (09:28)

Yeah.

Vicki Atkinson (09:28)

Yeah,

I think it also speaks to the importance of where we put our time and attention and coalescing around people who, know, like when's question about your good news, but you know, find the people that will reflect the values and ferret out the good news, even when it it'll get submarine or, you know, never aired by mainstream media, you know, or people who are who

who are attached to the darkness because it becomes fruitful for them. I mean, could say a lot more about that, but you both know what I'm saying. There's a lucrative ideology out there for people who want to bring the dark.

Sam Daley-Harris (10:13)

Yes, yes. And I want to make the distinction between people who find the good news and the people who propel it or help to make it happen. And I'm going to give one example. And maybe we could even put a link to I had a piece published ~ last week in The Renovator, which is a substack of Danielle Allen, who's a Harvard professor.

And the point is the links to what I'm talking about is in that that sub stack. 160 members of the House of Representatives signed a letter, one letter signed by 160 to the two top appropriators calling for robust funding for the Global Fund to Fight AIDS, Tuberculosis and Malaria. Well, if

I'm one of those volunteers in Seattle or Atlanta or Santa Fe, New Mexico or anywhere in the country who's part of an organization that's giving you this news and saying, call your member of Congress, urge them to sign this letter. And it's going to the chair and ranking, that's the Republican and the lead Democrat on a subcommittee with 11 members. So it's a small subcommittee.

of the Appropriations Committee. Well, when they get a letter signed by 160 of their members, they might pay attention. the Congress is counting on the 11 of us to make wise decisions in the subcommittee and then the full committee. And then it goes usually to the full house, et cetera. we're so but where I'm going with this is rather than finding the good news,

It's like causing the good news because I was on the phone. I was in that meeting. I was with the letter to the editor. I was educating my member of Congress and the community to some extent on an action that they can take. In fact, that's going to start happening in March and April and May of 2026. People will be working on getting their members of Congress

to sign letters like these, because they see it as their value. There shouldn't be people dying of AIDS, tuberculosis, and malaria in this case, in this world, in 2026. And so people will be working on that. And I think in the program notes, we'll have ways where people

could reach out to me for help in connecting with those kinds of organizations that, and I'll stop here, that feed power.

to their members.

Wynne Leon (13:10)

So, okay, so that I have a whole bunch of questions about that. I'm sure Vicki does too. But so like yesterday, I got an email from somebody who says, legislatures are going to cut your state park budgets. Please sign this letter. And, you know, I've got about three jobs, sometimes four. So, you know, I'm looking for efficient ways to be effective. And I don't know when I get something like that, that and it aligns with my values. Yes, I, I, I

love the state parks, I use the state parks, national parks. Does it matter if I take one minute, two minutes to sign that letter, read the letter silently? Is that an effective way to be a

Sam Daley-Harris (13:54)

Well, it's not the most effective. OK. And so let me say it a different way. I would urge the viewers and the listeners to consider engaging deeply on one issue, whether it's peace issues.

I work with a group, the Quaker Lobby Friends Committee on National Legislation, or whether it's on climate, I work with two groups that focus on that, Citizens' Climate Lobby and the United Church of Christ Climate Hope Affiliates, or whether it's on hunger and poverty results and the Catholic Relief Services work on that. And those groups offer a deeper dive for citizens. And what I'm getting at is, in my world,

If you were doing a deeper dive on X issue or with X group, then you could sign all those other petitions. I don't want to poo poo it, but there was a survey of congressional staff by the Congressional Management Foundation. And only 3 % of congressional staff

said an email form letter that's, you know, give me your name and your zip code and we'll send the letter for you. Only 3 % said it was highly effective. 94 % said an in-person issue visit from constituents was either highly or effective, highly effective or effective. And I don't want to discourage people. I want to encourage people.

And again, I don't urge people to go deep on this and go deep on that and go, no, one, the one that moves you the most and that you're going to have some effort to build a relationship with your member of Congress, with the media, et cetera. Anyway, I don't know if that's helpful.

Wynne Leon (15:44)

Yeah.

Vicki Atkinson (16:00)

Yeah. one of the things that I love Wynne's question, because I think everyone wants to be responsive, but everyone is sort of stretched and pulled in so many directions. And one of the things that I found recently in filing kind of an action notice when something within the state of Illinois is vulnerable, I found I get a better response from whoever the legislator or the elected official is from their office, of course. If I cite and align

myself with a group that I'm connected with that's similarly active. So I think that maybe that's kind of what you're saying. Be the individual, do what you're doing on your own. But if you can also allude to or reference a group that has mobilized, at least for me, I've seen that I've actually gotten responses and phone calls back. But it is, you want to be everywhere.

Yeah.

Sam Daley-Harris (16:59)

And where I want to go with it is the issue of relationship. Can you do what you did with this or with that or with the other? And is there any one issue and any one group you would work with that would help you build a relationship with the staff, a relationship with the member of Congress? Maybe you're not the one in the group, but a relationship with the media, maybe an editorial writer, et cetera. ~

So ~ transformational advocacy, maybe we'll talk about it a little bit more in what is that in a moment, but it's all based on relationship. so yes, the little tweaks and kind of twists that you recommended are good. And then I'm also recommending that we find a way to also go the relationship route.

Wynne Leon (17:56)

When we talked about transformational advocacy in our last conversation, and we really pointed out that it's good for us. It's good for the world, but it's also good for us, right? I mean, is that the point that you're making with in relationship is not just relationship with the legislatures, but it's within our own relationship.

Sam Daley-Harris (18:17)

Right. And if I could just say, know, transactional advocacy is sign the petition. Done transaction. And transformational advocacy is when you're trained, encouraged and succeed at doing things as an advocate you never thought you could do. And when you do those things, you see yourself differently ~ from, you know, as I described on a previous interview, you know, going from I was suffering from climate trauma.

to experiencing sacred and profound. Same person but engaged more deeply and came out that other side or the person who said, I was clueless about advocacy, especially

political advocacy. And then after engaging, I was euphoric. From I was clueless to I was euphoric. That is that journey and that is the aspect of transformational advocacy.

where the transformation is in me, basically.

Wynne Leon (19:19)

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But part of the thing, and I think I said this probably last time, that part of the problem is that it's hard to believe that we're going to be effective. mean, we watch the news with like the Congress, the government shutdowns because, you know, they can't come to a resolution about the Affordable Care Act. And that's an issue that affects me directly. I'll tell you that. But they can't they can't come. They can't effectively do it. So and they're elected to office.

So how is it that I'm going to have an effect as a person?

Sam Daley-Harris (19:54)

Right, well again, ~ it all goes back to relationship. In other words, you can look at the mess, the shutdown, the indecision, the lack of spine, the whatever, the mess.

Wynne Leon (20:08)

Mm-hmm.

Chaos. Yeah.

Sam Daley-Harris (20:11)

Yeah, and you can actually be, hmm, that's kind of messy over there. I don't want to happen. Or it's kind of messy over there, but I'm with an organization that's feeding me power. And even during the shutdown, people were working ~ to get the best possible result. Let me give you another example that wasn't in the email that I sent many weeks ago. The housing choice vouchers.

domestic US housing choice vouchers helped 5 million people in 3.2 million families with their rent. It helped people stay afloat and off the street, basically. And ~ it was funded at \$32 billion US housing ~ last year. And President Trump wanted to take it

and some other housing programs and put them into a block grant and then cut it by 43%.

Well, what was signed into law was an increase from 32 billion to 35 billion. I'm rounding off the numbers here, which was about an eight and a half percent increase instead of a 43 % cut. values, know, purpose on earth. helping people stay off the street and in their apartment.

Wynne Leon (21:41)

But.

Sam Daley-Harris (21:46)

low income, seniors, disabled, part of it's also known as Section 8. And so that's people work on that rather than bemoan the mess and the chaos. yeah, yeah, yeah. You can bemoan it for a moment and then to work in a way.

Wynne Leon (22:05)

Let's do something.

Because we all feel better when we're taking action instead of.

Sam Daley-Harris (22:11)

And so, you know, just to say to you that the housing choice voucher program wasn't cut by 43%. It was increased by eight and a half percent. Well, yeah, it's a mess, but this is something that, you know, has, will have a positive effect right here in our own country.

Vicki Atkinson (22:33)

Yeah. But it speaks to the importance of where you get your news, the company you keep, the communities that you engage in so that those glimmers of good news, even if it comes across as just slightly stabilizing and all that Section 8 stuff, that resonates with me. That was a good news story and I know about it, but I think there's so much fear and then fear-mongering about everything else for

you know, marginalized and disadvantaged people that, you know, I think those that are the champions, they take the win, but then they are carrying so much that feels at risk that maybe the celebrations don't occur. Is that true? I don't know, but you're right. That's a win, a big win.

Sam Daley-Harris (23:18)

There's a lot of noise, of course, out there. And if there's a celebration, the noise of the rest of it is probably louder than that. But that's why I do what I do. In 2024 and 2025, I did 124 in-person and Zoom talks with a sign up sheet to help more people get into that action and that hopefully celebration.

whether it's on Global Fund to Fight AIDS, TB and Malaria or the Housing Choice Voucher. I think we're going to talk about some environmental stuff a little later. Yeah, it's so I'm constantly on Zoom or on in person ~ talking to groups. I'm in South Florida. I could say this. Last month, I spoke to the League of Women Voters in ~

Martin County, Stuart, Florida. The next day I got a call from the Democratic Club of Martin County and ended up speaking there a couple of days ago. You know, and just constantly

looking for ways to put the word out. So if people are listening or watching and you have a book group or a club or a place of worship or a class and you would like to have this kind of conversation, you can let me know.

Wynne Leon (24:42)

Well, and it's interesting because you don't focus on one particular issue. You have all sorts of issues that you and you advocate advocacy, right? I because I'm going to say that I had a great guest on Sharon Eubank, who was lovely. And she met you through your work with Muhammad Yunus. That's right. Right. Right. It's just which is so fun when we have those crossovers. But so you work on all sorts of issues.

Sam Daley-Harris (25:10)

I

do. And if I could just add this, I have a practice group from the groups that I mentioned on climate and peace and poverty. And there folks on this every other week call and they're in the US and Canada and Britain. And one of them said, who's been around a while, I said, you know, it's so much harder now to get people together after COVID. You know, there's just less and less willingness to get together. And I said, yeah.

there's less willingness, but then there's more loneliness and there's more depression and anxiety. Maybe we need to get together more. And then he said, well, I guess, know, it was hard 20 years ago. Of course it's hard now too, but I just, it's just, so one more thing, if I can, this is from my practice group. I say to them,

One of the reasons many organizations don't do what I talk about, transformational advocacy, is the fear of making big asks of volunteers. But there's also a fear of volunteers saying yes to a big ask. And so, I mean, you need to, in my lingo, you have to get good at collecting no's. Yeah. You find your yes. Yeah. Yeah.

Vicki Atkinson (26:35)

So that's very true.

Wynne Leon (26:36)

Yeah.

Sam Daley-Harris (26:37)

I

guess I didn't smile about collecting those as much. But after a while, it's like, yeah, that's the way it goes.

Wynne Leon (26:40)

48 to go.

You learn something with each one, don't you? You really do. I've gotten a lot of nos in just podcasting and all the other things, but you learn something every time. So you're working on a new book. And in it, I have a little clip that you shared with us. On day 15 of Trump's second term, Elon Musk...

President's largest campaign donor and the world's richest person announced on X, we spent the weekend feeding USAID into the woodchipper USAID was the nation's largest humanitarian aid agency. Its programs helped drive a 66 % decline in global child deaths over the last 40 years, saving some 10 million young lives a year.

If there were justice in the world, Michelle Goldberg wrote in the New York Times, Musk would never be able to repair his reputation, at least not without devoting the bulk of his fortune to easing the misery he's engendered. So can you give us an example for how your work is?

Sam Daley-Harris (27:55)

Yeah, I mean, it's all part of this same package. We were talking about global health, maternal and child health program was a main driver from the US side in this decline in global child deaths. And it was funded last year at nine hundred fifteen million dollars. And President Trump called for a 91 percent cut from nine hundred fifteen to eighty five million dollars for this year. F.Y. 26.

He signed into law on February 3rd, a bill that included the full \$915 million for maternal and child health. Again, it's another example of not bemoaning the news, making, well, I don't want to say making the news because it wasn't exactly in the news, but making good things happen rather than bemoaning all the bad that's happening. And so as a similar thing, and I'll finish here,

On this issue, there was another letter signed by 128 members of the House sent to the two, again, the chair and ranking minority, the Republican chair and the top Democrat on this subcommittee with 11 members on the subcommittee urging robust funding for maternal and child health. ~ Well.

When you chair a committee with 11 members and you hear from 128 of your colleagues in Congress, how did they get on that letter? In many cases, it was citizens who met with them, educated them, brought them on board. Maybe it was 10 years ago and now they just regularly get on it. But, you know, it's easy to miss these things.

thousands of bills and of course many, many dear colleague letters and the like. So it takes citizens to know about, be trained, pick up the phone or get the meeting and in this case get 128. And so that's an example of kind of repairing some of the damage that Elon Musk had brought about.

last year, this time last year.

Vicki Atkinson (30:19)

And people are hungry for the stories about those wins. think that there are people that are, just in what I do for a living, people that are living in fractured family units where they can't, they've lost a sense of community. Relationships have been damaged and I think people are hungry for a toehold.

about good news, you know, to the point that you and Wynne made about transformational advocacy to see yourself, to claim that identity. People need to see that there is some momentum out there that they can attach to because you mentioned the sense of being isolated and alone. You know, Sam, I think that that's still a driver for people keeping folks in the shadows when they really want to give voice and become more active. think people are just

fearful because they've suffered damage, know, in their relationships, long standing ones within their families. And you know, and I like to say, so it's time for new family, you know, time to make new friends, you know, and people will show you who they are. But I think it speaks to the importance of this conversation and how much gratitude I feel for sitting with you and when to just take it all in because it is uplifting.

Sam Daley-Harris (31:39)

Great, and adding to what you just said about people can feel so alone, when I tell people what to look for to see if that organization or that one is actually working to deliver transformational advocacy, the first thing is recruitment, not to build an e-blast list, but to form people into local chapters so they're not working alone. That's my step one ~ is the...  
~

Vicki Atkinson (32:06)

and

their relationship. Yeah, yeah. So good.

Wynne Leon (32:12)

Well, tell us about some groups that you know that are doing transformational advocacy with focusing on the environment.

Sam Daley-Harris (32:19)

Okay, great,

yeah, and there are a couple of them. As I mentioned, Citizens Climate Lobby, but the one that I've been coaching in 2025 and now 2026 is the United Church of Christ Climate Hope Affiliates. I know they just started a chapter two weeks ago in Glen Ellyn, Illinois. Okay, great, yeah. I mean, again, there were 18 in the room and I think something near

Wynne Leon (32:40)

It's near me!

Sam Daley-Harris (32:48)

you know, 10 raise their hand to get involved in the like. But where I want to go with it was they learned last year that the president called for a 55 % cut to the Environmental Protection Agency. So now, again, I started coaching in the last year on March, early March of 2025, they had zero chapters. Later in March, they started their first, second, third chapter. So

By the end of last year, 2025, had 11. Now they have 12 with Glen Ellanders starting in March of 2026. Well, they started lobbying. had 36 letters to the editor published last year, most of them alerting the community that the president called for a 55 % cut to the EPA, the House a 23 % cut.

and the Senate a 5 % cut. And they would put in their letter often the congressional switchboard number and urge people to call Washington because they were so small they needed to write people reading the local paper and get more people to take this kind of action. Well, at the end of January, the president signed into law a bill for the rest of 2026 that was a 3.5 % cut to the Environmental Protection Agency

16 times smaller than his original 55 % cut. And so, you know, that's example of another kind of group I could connect people with when they go to the sign up sheet. I'll just say on reclaiming our democracy dot com, it says, learn, sign up to learn more. That's where the sign up sheet is. And that's where you could tell me you want to be connected to this group or that group. And I'm urging people to pick one.

And I could help connect you to that one of those groups, whether it's on hunger and poverty, climate, peace, et cetera.

Wynne Leon (34:57)

Wow.

Sam Daley-Harris (35:01)

The action of these volunteers. It's like they inspire me by what they're doing. I'm coaching oftentimes the staff that are coaching them. You know, I said this group, which a year ago today had zero letters to the editor, zero chapters, zero members, and they'd written zero members of Congress. I said they had three dozen letters to the editor published last year.

They had four op-eds published, the longer than a letter to the editor. I love, I mean, I remember when Citizen Climate Lobby had zero chapters and zero media. I remember it because I was coaching when they didn't exist. you know, and the year before COVID, had 4,300 letters to the editor, op-eds and editorials published. So I see.

that transformation from they never did it to wow, gangbusters. it's just, that's what keeps me lit up. Yeah. Yeah.

Wynne Leon (36:10)

Do these

groups ever lobby businesses as well as the government? And do they impact, you know,

Sam Daley-Harris (36:17)

Well,

they would lobby the businesses as it would, typically, as it would help impact this bill or this proposal or this policy. That would be in the community leaders. Like, you know, who's the largest employer, the second or the third largest employer in this congressional district? Wouldn't the member of Congress listen?

to the largest or second or third largest employer. That's one strategy of getting the attention. Meeting with them is one strategy. Letters to the editor, mention their name in the newspaper is a strategy. And then other community leaders coming on board. So it's not just those six people over there.

But they're talking to the community and the media and they're bringing endorsers with them to the meetings and that kind of thing.

Vicki Atkinson (37:18)

And the people that are working with all of those elected officials have so many people that are fielding what comes at them. And I'm not saying this in a disparaging way, but they're kind of picking and choosing who looks like they may have influence. So I'm learning that lesson a little bit. I'm reluctant sometimes to use my doctorate credential, but I realized, ~ my own little sample set of one that I get

a better response when I talk about affiliations and I throw my credentials around, which seems really like it's, it feels tawdry to me, but you know, yeah, it seems silly, but.

Wynne Leon (38:00)

Yeah. Well, and you're pointing out ways that we can be effective without having, you know, billions of dollars to donate like Elon Musk, right? Yeah. We don't have to. It seems like there's so much money in politics these days, but it's pointing out the ways that we can use our relationships and group affiliations to make a difference. ~

Sam Daley-Harris (38:22)

Woof.

Vicki Atkinson (38:24)

I'm feeling so empowered.

Wynne Leon (38:25)

Me too, me too. When's your book gonna be out?

Sam Daley-Harris (38:28)

Probably early 2027, really, but yeah.

Wynne Leon (38:32)

Good. Well, and you've let us know how you, how people can sign up and go to, you know, help connect them. Anything else that our listeners should know?

Sam Daley-Harris (38:43)

Well, just if I can say this so that those who don't make it to the program notes, [reclaimingourdemocracy.com](http://reclaimingourdemocracy.com), sign up to learn more. That's where the sign up sheet is. And that way I can help guide you to one of these groups if you're interested. If not, that's fine. Or a speaking opportunity, which if that's interesting to you, or even just to be on my mailing list, that's another option. yeah.

Wynne Leon (39:13)

Well, I like being on your mailing list because you said that good news. you so much for coming on and helping us be educated about how to reclaim our democracy, how to participate, how to live our values. We really appreciate you sharing your knowledge.

Sam Daley-Harris (39:32)

Thank you.

Vicki Atkinson (39:32)

Thank you.

Wynne Leon (39:33)

Thank you. ~

Thank you for listening. Our music was written for us by the incredible duo of Jack Canfora and Rob Koenig. For show notes and more great inspiration see [avitiva.com](http://avitiva.com) ~

Sam Daley-Harris (39:58)

you