



# **I Dare Me: How I Rebooted and Recharged My Life by Doing Something New Every Day**

*Lu Ann Cahn*

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Feeling stuck?

Veteran journalist and cancer survivor Lu Ann Cahn was feeling angry and frustrated. The economy was tanking. Her job was changing. In a word, she felt “stuck.”

Something had to change. Her daughter helped convince her to start a “Year of Firsts.” For the next 365 days, Cahn made a point of doing something she had never done before, every day. Before she knew it, her whole perspective on life had changed. In this inspiring book, Lu Ann recounts how a new “first” everyday brought excitement and wonder back into her world. And more than that, she helps readers see how they can do it too.

- Participate in a Polar Bear Plunge
- Speak to a complete stranger on the street
- Zip-line across a crocodile-infested Mexican lake
- Spend a day in a wheelchair
- Learn to Hula Hoop

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