

## **Interview with Jay Hummer, Author of EVERY DAY IS A FIELD TRIP**

Q: EVERY DAY IS A FIELD TRIP. What does that mean?

A: More than anything, it is a mindset on how to live a more fulfilling life. The subtitle of the book really answers the question. How do you escape routine, find fun and live a more fulfilling life?

Q: Do you actually adhere to this mindset?

A: Affirmative! Without a shadow of a doubt. I had a book reviewer who made a comment that some of the field trip actions in the book were not so special. I think this person thought the intention of EVERY DAY IS A FIELD TRIP, is to get on a yellow school bus and go to the Statue of Liberty every day, like we did when we were on a school field trip. And in fact many days we do take field trips that are so significant. But other days it may start off by playing a game with your kids at the school bus stop, and taking a walk after the kids have gotten on the bus. That is a jump start to the field trip mindset and the day has just begun. The problem is so many people do not even have simple fun like this bus stop game. The kids race out to the bus stop all alone, while the Parents try frantically to get on their way to work.

Q: How is this possible to achieve with a career?

A: One reviewer who I spoke with at our soft launch, said when he read the book, it reminded him that he was not usually in "the moment", he was being pushed through life, he did not know how to stop and enjoy his one life. I was so happy to hear him say these words. It made me believe that he really got the message of the book. So many people just concede and let life lead them when they should be leading their life. Most people need to work, the need for income of course is very real, this book is not about career choices, but life choices, and finding the opportunities to find fun every day. They are out there, and every chapter of EVERY DAY IS A FIELD TRIP delivers on those opportunities.

Q: What is the message?

A: Get out and play, find fun, live a more balanced life. If you have children or grandchildren, play with them, if you do not have children find other activities everyday. The world is a vast resource of exploration opportunities.

Q: Why do you think every day is a field trip?

A: I have always been that person who wakes up ready to go. I used to literally jump out of bed ready to go. Now as I get older, I get out of bed a little slower, but I cannot wait to embrace the day. Do you remember how excited you were when you went on a school field trip. You were ready to go, and excited for your day. That is how I want to feel every day, and since I go on field trips every day it is my mindset on life. Plan--Go--Do.

Q: Who is your target audience?

A: Anyone who reads! When I wrote the book, I thought it was primed for middle aged adults. But the editing process saw young adults, middle aged adults and older adults connecting to the book. We had our soft launch just before graduation season, and we saw folks buying large quantities of the book for graduation gifts.

Q: What inspired you, or what was the inspiration for the book?

A: True story - I was a chaperone for a school field trip. When we came home, my lovely bride asked me "how was the field trip"? My response was simple "It was great, but every day is a field trip for me". So to prove my point, I logged my field trips every day for six months. With proof in hand, I felt everyone should feel that way, so I wrote the book.

Q: What was the biggest challenge in writing a book like this?

A: This book is about enjoying life. It is not a novel or a biography, it is not a book of essays, and it is not a travel guide. But it is a book of fun, relatable stories that will allow the reader to smile, laugh, and have hope that they can and will live every day of their one life to its fullest. That is not an easy mission.

Q: A book like no other?

A: Yes, and I do not recommend that readers treat it like other books. So many people have told me, they love the stories and can't wait to read the next one. But the mission is to enjoy life, and the field trip challenges at the end of each chapter (and there are 36 chapters), is where the rubber meets the road. There are literally hundreds of mini, small, large, and ginormous field trips for you to take. And I truly suggest, at the very least, scheduling some of these field trips at the conclusion of each chapter. Sometimes you can make the field trip happen at the moment, others you will want to make a commitment to carry out. The opportunities are limitless.

Q: What do you hope your readers will take away from EVERY DAY IS A FIELD TRIP?

A: The purpose of the book is to inspire people to live their best life, and for so many they have forgotten how to have fun. You can have fun in a myriad of ways. I was at Traders Joes the other day, as I was walking my empty cart back to the front of the store, I passed a woman who had just put her last bag in her car,, I said "I'll take your cart", she gladly passed the cart to me, two cars away was another woman who just put her last bag in her car, she looked at me with puppy dog eyes, you know, "will you take my cart also"? I said "I'll take your cart as well", so now I have three carts and I felt great. I walked back to my car and drove away with a big smile. I want people to smile, laugh and go to sleep at night knowing they had lived a great day.

Q: Is there a field trip that did not make it into the book that you could share with us?

A: Oh my, yes! There are so many. Every time I do something that is not in the book, I say I should have put that in the book. There are so many to list, that I will have to save it for the next book!

Q: Are you writing another book as we speak?

A: Yes, but it is not EDFT 2. It is a collaborative book about friendship, getting along with and respecting other viewpoints. All while pushing the boundaries of comfort. It's pretty cool.

Q: What advice would you give to aspiring first-time authors?

A: First I say, "Do it". Many friends who have read the book have told me, they hear my voice when they are reading the book. Share what you have, it will be a gift for others to embrace your creativity.