



3-Night Program

Netherlands & Jamaica



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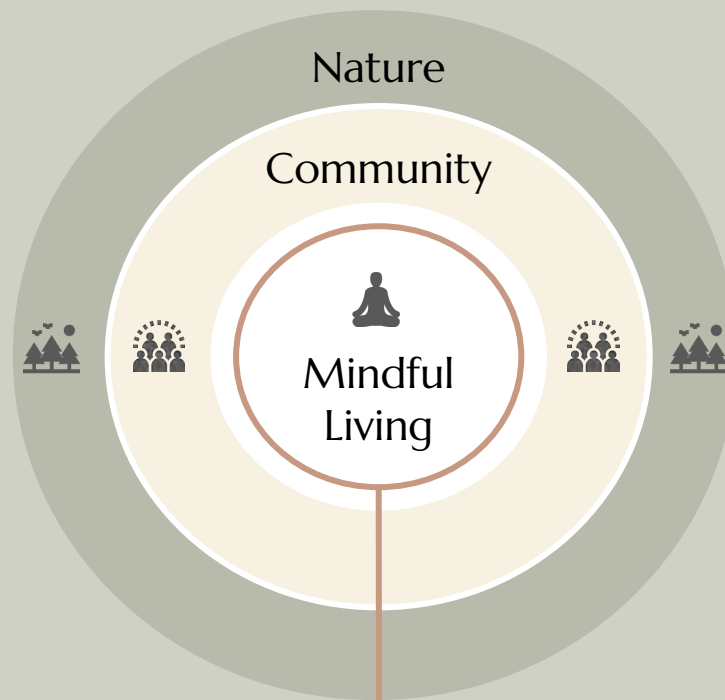
THE  TIMES

The
Standard

3-Night Program

An experience rooted in the power of psychedelics, mindfulness practices, and community

Our multidisciplinary model empowers participants to come together to develop the mindset, knowledge and skills to promote personal discovery & holistic wellbeing across mind, body, heart and spirit.



Mind



- Mindset
- Mindfulness
- Intellectual growth (knowledge-building)

Body



- Exercise & mindful movement
- Breathwork
- Healthy diet

Heart



- Self-reflection and journaling
- Relational skills
- Gratitude & compassion practice

Spirit



- Ceremonial psychedelics
- Prayer and/or ritual
- Arts & creative expression

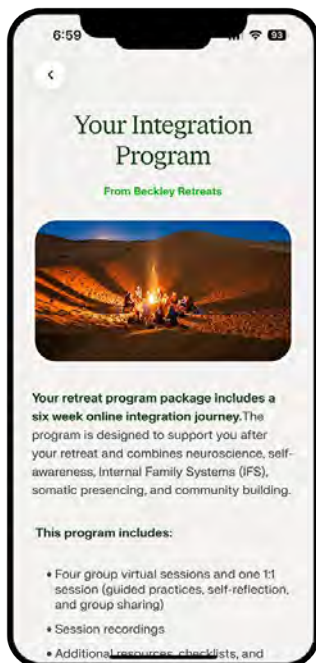
Meeting You Where You Are

A 3-night program with a macrodose of psilocybin in a welcoming community.

Program Highlights

- Personal discovery getaway to reboot, renew and discover a new way to see
- Comprehensive program (preparation, immersion and integration)
- 1 live cohort preparation session, 2 live cohort integration sessions (virtual, recommended but optional)
- 1 psilocybin ceremony, macrodose
- Daily meditation, yoga/mindful movement, breathwork, nature and more
- 2 in-retreat integration circles and a 1:1 check-in

A glimpse into our virtual preparation and integration program...



Program

Vibrant community and inner inquiry – drawing from modern science and ancient wisdom – to support self-care and personal discovery.

Prepare

Immerse

Integrate

Grow

Set the foundation and get ready

- 1 cohort preparation session
- Guided experience & skill-building in our app
- Optional 1:1 coaching

Go deep and build community

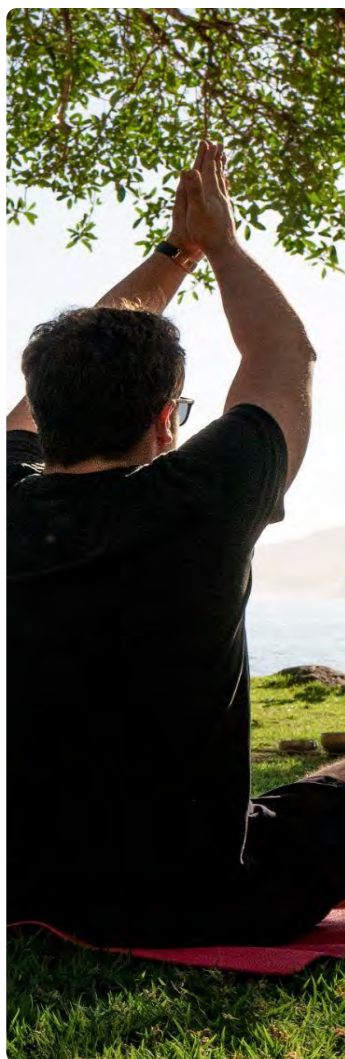
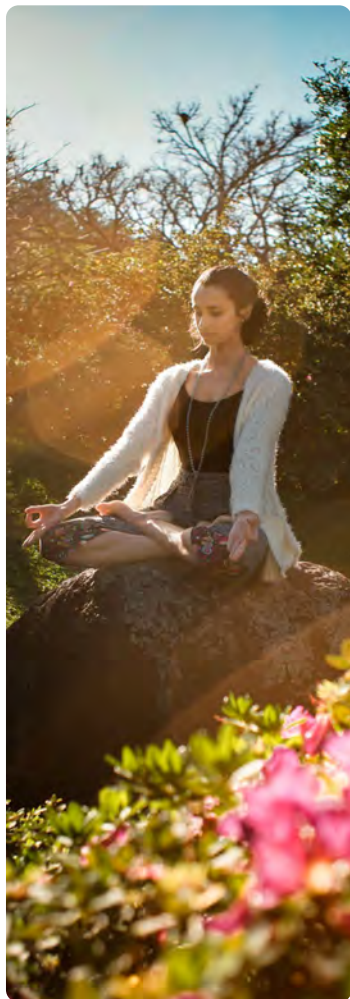
- 1 psilocybin ceremony
- Meditation & mindful movement/yoga
- Breathwork and/or voice activation
- Group integration circles
- Nature immersion & digital detox

Continue self-inquiry & build new habits

- 2 cohort sessions
- Guided experience & skill-building in our app
- Optional 1:1 coaching

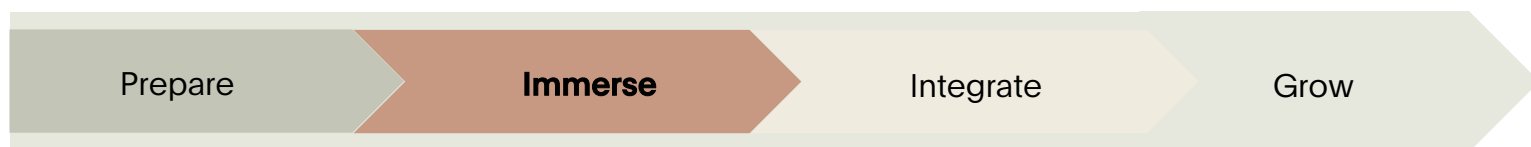
Find community and stay committed

- Weekly mini-meditations
- Alumni gatherings
- Virtual offerings



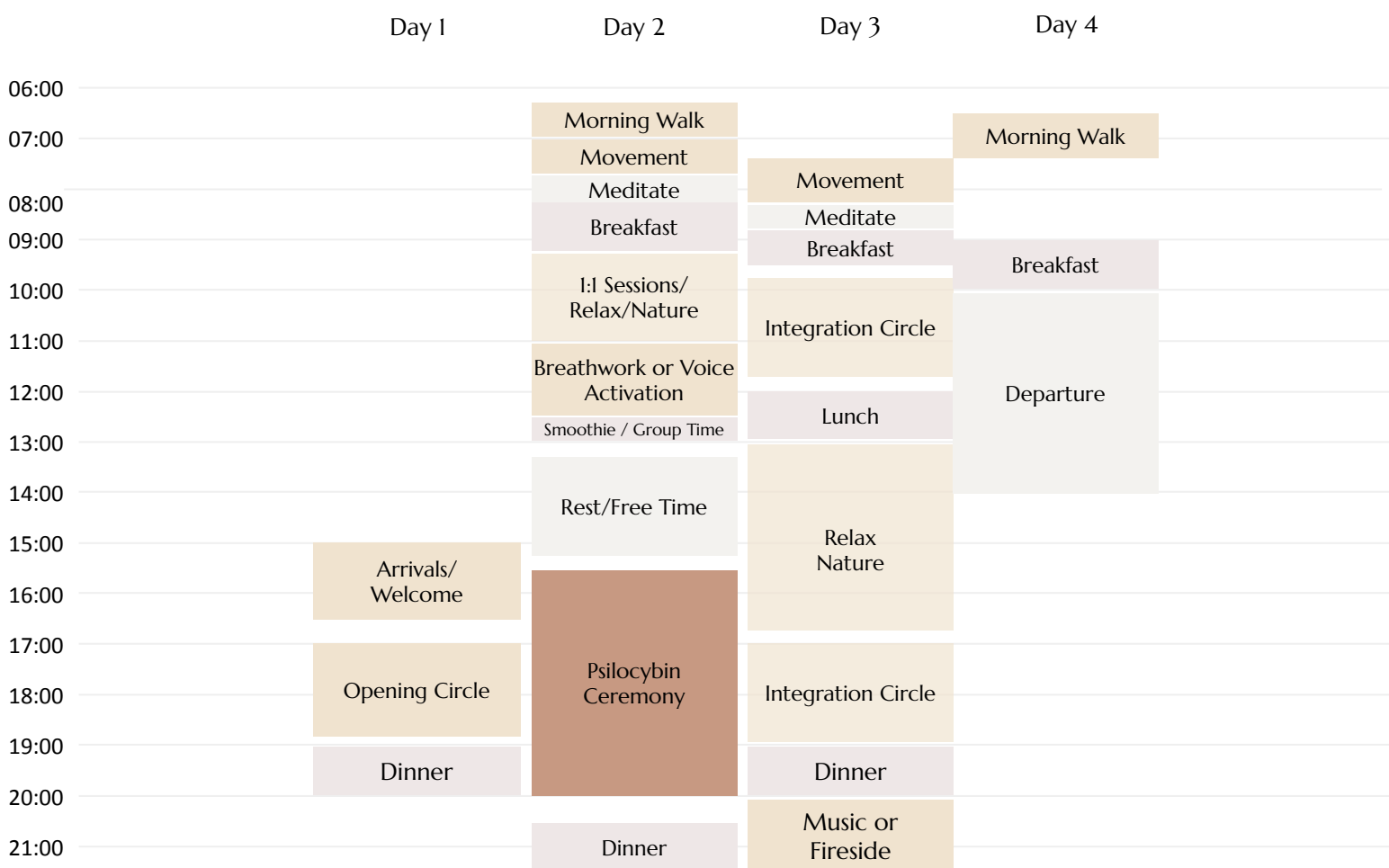
Retreat Schedule

Safe, beautiful locations. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, with nature, and one another.



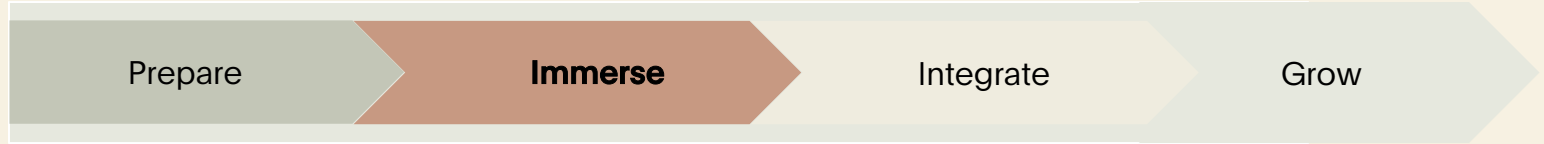
Practice and experience in community.

Far away from the day-to-day, a Beckley Retreat is a time to become fully present for deep self-inquiry, personal agency-building, inner-resourcing, and restorative practices. The power of community is emphasized and the space is artfully held by our experienced professional facilitators.



What is Psilocybin Ceremony?

A safe, guided ceremonial psilocybin experience rooted in practices from global wisdom traditions.



Harness the power of a group psychedelic experience.

[Research shows](#) that psychedelic journeys in group settings may promote a feeling of “communitas” – greater sense of connection, shared humanity, and a dissolution of hierarchies and social roles. The benefits of a collective setting are one of many predictors of long-term outcomes in well-being after a psychedelic experience.

About Ceremony

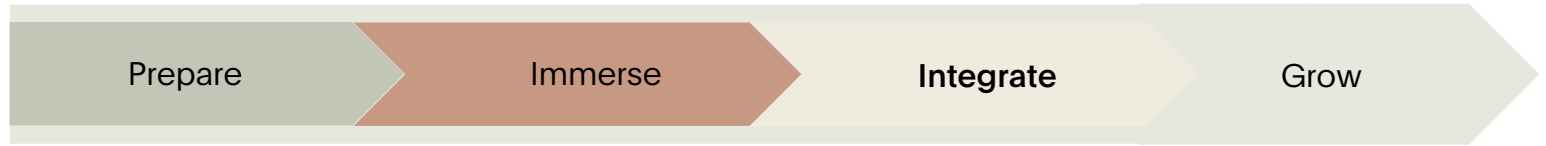
- Preparation content to assist in personal preparation
- Custom individualized mushroom preparations
- 1:1 dosing check-ins on site pre-ceremony with retreat facilitators
- Dried mushroom (JAM) or truffles (the NL) tea
- Ceremony lasts approximately 6 hours
- Beautiful, natural, remote setting
- Live, multi-instrumental music and nature soundscape
- Participants relax on comfortable mats with (optional but encouraged) eyes masks, pillows, blankets for an inward journey
- 3:1 participant to facilitator ratio, max
- Therapist or medical doctor on site* + nurse on call with dedicated operations staff to support

**not acting in a formal therapeutic/medical capacity*



Program - Integrate

A meticulously designed experience for receiving deep personal support and maintaining momentum towards positive change.



Continue self-inquiry and build new habits. **Go at your own pace.**

In the weeks following a psychedelic experience, the brain is in a state of neural plasticity and high suggestibility. This is an optimum window for anchoring in a positive mindset, productive self-reflection, and supportive integration practices. **Participate as much or as little as time permits.**

Guided Experience

Content and resources in our app.

Online Platform / App

Re-Entry

Soft landing checklist and anchoring beneficial experiences

Shifting Vision, Values, and Needs

Visioning the emerging self; values and needs inventories; setting priorities

Forming New Habits and Ways

Tools for change; exploring and practicing new ways of relating

Deepening with Emotions

Guided practices and tools for working with emotions

Additional 1:1 Support

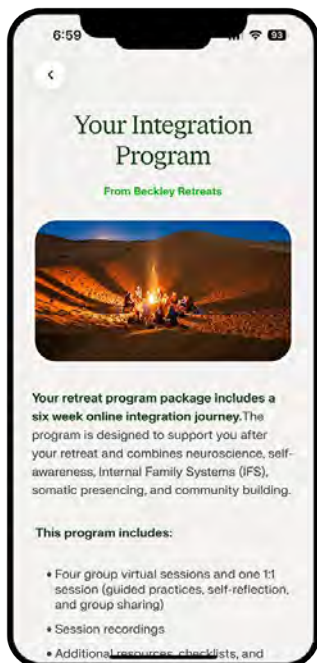
Private coaching available for integration.

Sacred Spaces

Bringing ceremony into everyday life; working with the sacred

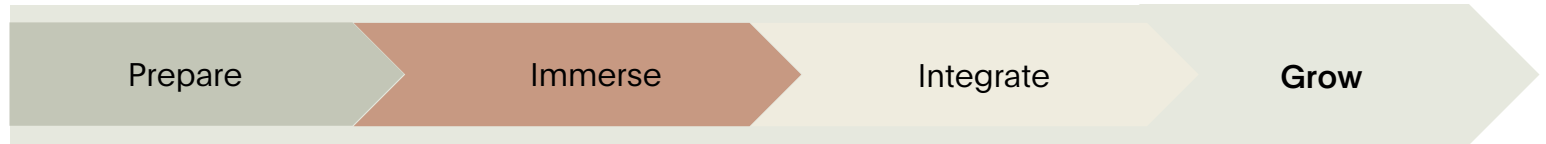
Somatic Practices

The body as a source of wisdom; somatic integration



Program - Grow

Join our vibrant community, continue your journey of transformation and wellbeing & get involved.



Stay Connected and Stay Committed: **The Beckley Retreats Alumni Community.**


Many alumni want to stay connected beyond integration, go deeper with their personal development, continue improving their wellbeing and support Beckley Retreats. Our community platform and alumni initiatives make it easy to do that.

- Attend weekly mini-meditations
- Receive exclusive offers
- Participate in alumni retreats
- Self-organize an alumni gathering online or in-person
- Educate others by sharing your insights
- Increase access for those in need by raising financial aid donations
- Earn by referring friends, family and community

}} Calendar {Beckley Community} ▾

Upcoming Past

Next event



Weekly Mini-Meditations (Optional - Must Pre-Register)
Thursday, May 23, 8:00 – 8:20 AM CST

Please register: <https://zoom.us/meeting/register/tJYtcuuvjqwHdMLGmlDpfyP6-mg1V9J5CGF#/registration>

...

Starts in 6 days Virtual event

Alumni Events

Alumni from the Jamaica March 18-23, 2024 retreat met up on Nantucket Island for the Daffodil Day Festival on April 27! We are always thrilled to see our community members taking the initiative to stay connected and support each other.



*Alumni get-together on Nantucket Island. Left to right: Ann Watson, Russ Teubner, Christa King, Heather Mack

Additionally, we invite all our alumni to participate in our Alumni Program in Jamaica on October 7-12. This program offers past participants an opportunity to deepen their journey of self-exploration. For more information and to join the Alumni Program, click the link below!



Oct 7-12, 2024
Alumni Program

Learn More

3-Night Program Pricing

Locations (discover here)	What's Included	Investment*
Jamaica - Good Hope	<ul style="list-style-type: none"> • Group workshops (pre, post) • Guided preparation and integration experience and resources in our app • 1 psilocybin ceremony • Meditation • Mindful movement • Breathwork • Group circles • Nature immersion • Accomodation (shared or private) • Delicious, locally sourced food and beverages • Two-way airport shuttle • Complimentary access to our community platform 	\$2,850 - \$7,100
Netherlands - De Hoorneboeg		\$3,550 - \$7,100
		<p><i>*Price range per room (triple, double, private; standard or deluxe) depending on location</i></p>

Many participants say our programs have profoundly improved their lives. Through safe psychedelic use, community support, and holistic wellbeing practices, we foster deep personal transformation. To ensure access for all, we offer financial aid. Learn more about our scholarship program [here](#). We prioritize applicants: a) who have demonstrated financial need, and/or, b) who have been historically underserved, underrepresented, or oppressed.

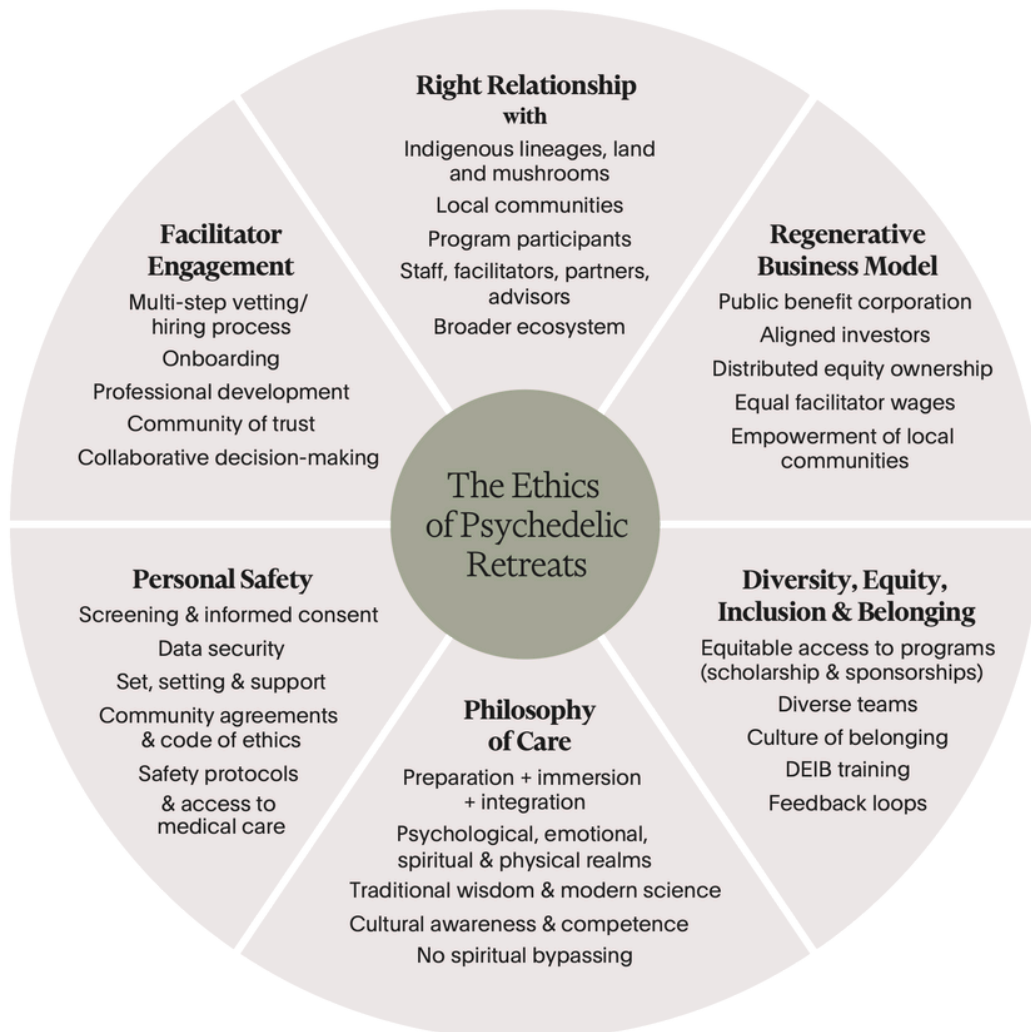
Additional Offers

Offer	What's Included	Investment
Private Coaching for retreat participants	Visit this page to learn more	1 Session \$230 3 Sessions \$630 6 Sessions \$930
Massage at retreat	Relaxing 60-minute full body massage	\$120 in Jamaica €90 in Netherlands

The Ethics of Psychedelic Retreats

Doing psychedelic retreats the right way

The modern-day, above-ground psychedelic retreat industry is nascent. There are no gold standards for integrating traditional models of psychedelic use from global wisdom traditions with emerging science to offer transformational psychedelic experiences legally, safely, and ethically in a retreat setting. As a Public Benefit Corporation, Beckley Retreats is committed to laying a foundation for how psychedelic retreat providers can operate with ethics at the heart of their missions. Below, we've laid out six facets of psychedelic retreat ethics, as we see them. At the core is a mindset of humility, a willingness to listen and learn, and nimble approaches that allow for an evolving paradigm to unfold.



Why Our Participants Join

And how our program helps

Self-Understanding & Habit Change

Most of our participants want to develop greater self-awareness and explore the subconscious realms to reveal a deeper sense of purpose, form stronger relationships, and make changes in their lives. Our program offers opportunities for profound personal inquiry, skill-building, and new habit formation.

Spiritual Inquiry in Community

Many of our participants seek a spiritual journey or mystical experience. Our program draws from Indigenous ceremonial traditions and other spiritual disciplines appropriate for participants of all backgrounds and belief systems. In safe community, participants cultivate unity, interconnectedness, and belonging while exploring evolving spirituality.

Break Through Limitations

Some participants want to transcend limiting beliefs after attempting other potential solutions. They hope to expand their horizons, work on self-worth, overcome barriers, and unlock creativity. Our program provides dedicated space, transformational practices, and professional support for increased confidence and capacity for breakthroughs.

Emotional Growth & Holistic Wellbeing

Almost all of our participants are looking for ways to resolve old wounds and embrace emotional growth. And some hope to come to terms with or process physical health issues. Through our supportive program, participants practice self-monitoring and self-regulation techniques; develop resilience; and even experience emotional catharsis.

98% of our 400+ participants said they would recommend our program to family and friends*

"It doesn't start with a manual, it doesn't start with a playbook... If you want to reinvent yourself and be a better human being as part of humanity, do the work... The mushroom doesn't always give you what you want, but it will give you what you need."

– Jim MacPhee, Former COO of Walt Disney World

"Don't do this work just for you - do it for everyone you interact with in your life."

– Beckley Facilitator

"I try to imagine what I would tell my pre-retreat self to encourage her to attend as soon as possible. I would tell her, 'You can't imagine what it will be like... but it is better than you ever thought possible.'"

– 2023 guest

"One of the, if not THE, most healing and spiritual experiences of my life! ... The setting. The people. A truly beautiful experience I wish I could relive every day!"

– Jon Macaskill - 20 year SEAL Commander

*98% of guests when asked "how likely are you to recommend us to a friend or family" scored above a 6 (1-10 scale). Our NPS score is 75, which is considered "excellent." See how NPS is calculated [here](#).

Location

The Netherlands



The Netherlands is known for a feeling of 'gezelligheid,' a mix of coziness, conviviality, comfort, and relaxation. The Dutch have liberal policies around substances; truffles are legal in the Netherlands, making it a wonderful place to offer safe experiences with truffles containing Psilocybin.

De Hoorneboeg

The De Hoorneboeg retreat center is just 25 miles from Amsterdam, and easy to access by train, taxi, or even bicycle. The property is quiet and lush, strewn with buildings renovated with the utmost aesthetic care.

The ethos of the community is built around a peaceful connection with nature and with other people. De Hoorneboeg provides a perfect environment for the depth, care, and beauty of our retreat experience.



Location

Jamaica

Jamaica is a paradisiacal island located in the Caribbean Sea. Known for its beautiful landscape, reggae and the warmth of its people, it is the perfect place to relax and connect with nature.

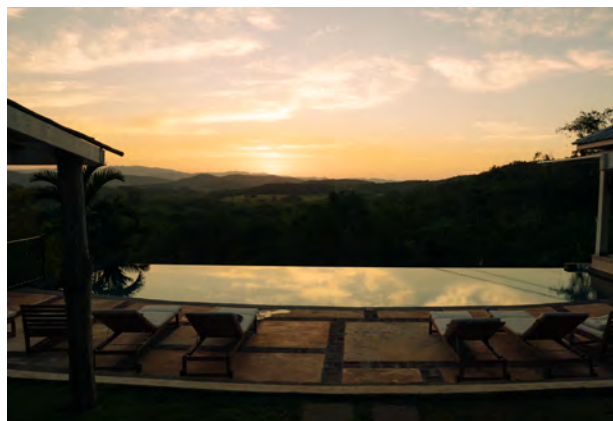
Jamaica is one of the few countries where the cultivation, gifting and consumption of psilocybin mushrooms is legal. This, together with its lush nature and scenery, makes it the ideal setting for our retreat.



Good Hope

The Good Hope property has two special villas, each centuries old, cut-stone homes. The entire property was recently renovated with care to retain the historic charm.

The villas have a total of 13 rooms, all with their own bathroom, premium bedding and linens and thoughtful decor. Enjoy two swimming pools, a private beach, and yoga room. The beautiful landscape is perfect to enjoy the sunrise and sunset across the open mountainous vistas. Please click [here](#) for important information about Good Hope's history.



Safety

Your psychological, emotional, and physical safety is our priority.

Safe Location

Our retreats are held in locations where psilocybin mushrooms/truffles are legal. Our retreat centers are spacious, remote, safe, and secure. In Jamaica, our group is the sole occupant of the property. In the Netherlands, our group is the sole occupant of the retreat side of the property.

Holistic Training

Our world-class team of facilitators brings together the wisdom of indigenous practices with modern scientific knowledge. Our staff has a century of combined experience in guided psychedelic experiences.

Dedicated Care

There will be a minimum of one facilitator for every 3-4 participants to focus on your wellbeing during the ceremonies.

Access to Medical Care

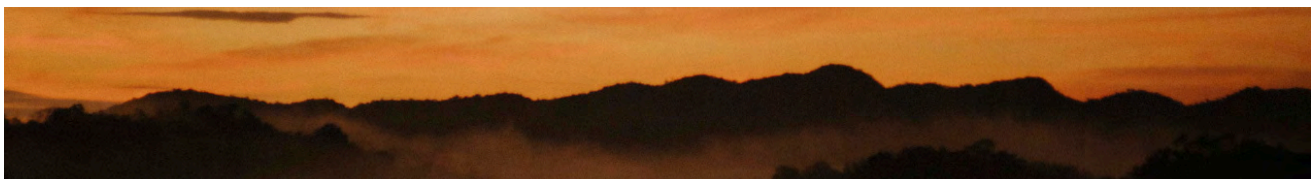
Our retreats are facilitated by qualified professionals, at least one of whom is also a professionally licensed physician, psychologist, or psychotherapist. Although our facilitators do not serve in a formal medical capacity in our programs, they bring a wealth of knowledge and expertise. In Jamaica, we have access to a locally-licensed, 24/7 on-call doctor as well as access to urgent care facilities and hospitals within a 30-60 minute drive. In the Netherlands, there is easy 24/7 access to emergency medical care and facilities within 45 minutes.

Suitability Screening

Our rigorous application process has been designed to assist participants in safely participating in program activities. Our screening reviewers carefully assess each applicant's personal, medical and psychiatric history (with consent). For some individuals, participating in program activities, particularly consuming psilocybin, may lead to undesirable drug interactions or other psychiatric or physical complications. In these cases, we are unable to approve applications.

Safety Protocols

We have devised a safety plan and risk management protocols to prevent/anticipate and respond/react to a variety of potential safety issues. This plan is frequently revisited, updated, and shared with our retreat site partners, operations staff, and facilitation team members.



Select Program Facilitators

Our world-class team of practitioners has centuries of combined experience holding safe, transformational spaces and working with psychedelics.



Dr. Dingle Spence

Dr. Dingle Spence is a Beckley Retreats Team Lead and co-facilitates ceremonies. She is a retired Jamaican physician with training in oncology and palliative medicine and heads the Hope Institute Hospital in Kingston. Her research and application of psychedelics has transformed her work in palliative care. Dingle is also trained in shamanic practices and psychedelic spaceholding.



Lucyne Pearson

Lucyne is a certified Integrative Psychotherapist. She was the Founder of The Deepening Process retreats in the UK and has run retreats in Brazil, Spain, and Costa Rica. She specializes in shamanism, breathwork, and ancestral healing. A Beckley Team Lead, she is a master of making connections between the wisdom of ancient practices and modern-day neuroscience.



Ben Sheinwald

Ben is a Biodynamic Therapist and group facilitator. He brings his knowledge of body psychotherapy, biodynamic massage, mindfulness, and other embodied practices into this work with Beckley Retreats. As a Team Lead, he leads the group processes during retreat integration circles. Ben trained at the Centre for Biodynamic Body Psychotherapy.



Eber Rodriguez

Eber Rodriguez is a skillful multi-instrumentalist, breathwork, and psychedelic facilitator specializing in ancient chanting techniques and sound therapy. He creates a vibrational field that supports states of grounding relaxation and calm. He has years of study and practice with traditional plant medicine and indigenous masters.



Micah Tafari

Micah Tafari is a Jamaican custodian of land, and he shares his love of nature through farming, entheogenic plants, and sacred circles. He is a firekeeper, and also trained in sustainable building techniques, renewable energy, yoga, and meditation. He has played an integral role in establishing villages and intentional communities in Jamaica. At Beckley Retreats, he facilitates ceremonies and holds space for the deep work on retreat.



Tamara Slock

As a former nurse, Tamara realized that the compassion she had for her patients was a big part of the healing process. She started following the path of yoga, and became a breathworker, bodyworker, and Reiki practitioner, exploring different pathways for holistic wellbeing. At Beckley Retreats, Tamara uses music and various healing practices to lead ceremonies. She is known for her powerful singing voice and presence.



Rachael Oliver (Deva)

Deva is a Shamanic Guide and song carrier, a KRI-qualified Kundalini yoga and meditation teacher, and a social worker. She has spent many years working with trauma, offering counseling and support to children and families. During ceremony, she provides energetic support, sacred music, and a lot of love. Deva is known for her calm, grounded presence, and compassionate care.



Sergio Rodriguez-Castillo

Sergio is a team lead and co-facilitates Beckley's retreats and ceremonies and has always been interested in the place where psychology and spirituality come together, earning multiple degrees on the subject. Sergio has been actively involved in the entheogens field, facilitating, developing curricula, and mentoring guides for over 18 years. He is a MAPS MDMA-Assisted Therapy Practitioner and a licensed MFT in private practice, focusing on existential growth and consciousness expansion.

Psilocybin

Psilocybin has been used for millennia across many cultures and anecdotal evidence suggests it may improve wellbeing.



History

The use of psychoactive plants has been integral to the spiritual practices of Indigenous traditions from all over the world including Africa, the Americas, and Europe. In fact, some historians believe that entheogenic plants were used as far back as 9000 B.C. based on rock paintings.

Psilocybin is a psychoactive compound found in +200 species of fungi. Aztecs and Mazatec shamans use it for diagnostic, medicinal/curative, spiritual, and recreational purposes to enter the realms of divine wisdom and healing. (2)

The Ceremonial Use of Psilocybin

Our retreats include two 6-hour psilocybin ceremonies.

Sitting together in ceremony has been done for millennia and anecdotal evidence suggests it has often been perceived to improve wellbeing.



Psilocybin

Benefits of Psilocybin

Modern scientific research into psilocybin indicates that there may be many potential lasting therapeutic benefits:

- Potential relief from depression, addiction, anxiety, obsessive-compulsive disorder, and fear of death (3) (4) (5)
- Potential increased activity in the visual cortex and experience of “ego loss” (6) (7)
- Promotion of creativity and empathy, and enhances subjective well-being when taken in nature (8) (9)

Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity (1)



Brain connectivity on placebo*



Brain connectivity on Psilocybin*

*Photo credit: The Beckley Foundation and Imperial College London Centre for Psychedelic Research

Sources:

- 1) Shao LX, Liao C, Gregg I, Davoudian PA, Savalia NK, Delagarza K, Kwan AC. Psilocybin induces rapid and persistent growth of dendritic spines in frontal cortex in vivo. *Neuron*. 2021 Aug 18;109(16):2535-2544.e4. doi: 10.1016/j.neuron.2021.06.008. Epub 2021 Jul 5. PMID: 34228959; PMCID:PMC8376772.
- 2) Jamilah R. George, Timothy I. Michaels, Jae Sevelius, and Monnica T. Williams. “The psychedelic renaissance and the limitations of a White-dominant medical framework: A call for indigenous and ethnic minority inclusion.” Yale University, University of Connecticut, University of California, Ottawa University. March 1, 2020.
- 3) Psilocybin with psychological support for treatment-resistant depression: six-month follow-up. (2017) *Psychopharmacology (Berl)*, Carhart-Harris RL, ... Feilding A, Taylor D, Curran HV, Nutt DJ
- 4) Psilocybin with psychological support for treatment-resistant depression: an open label feasibility study (2016) *The Lancet Psychiatry*, Carhart-Harris RL, ... Feilding A, Nutt DJ.
- 5) Nathaniel Lee and Benji Jones. “How Magic Shrooms Affect Your Brain.” *BusinessInsider.com*. April 27, 2021.
- 6) Mason, N.L., Kuypers, K.P.C., Müller, F. et al. Me, myself, bye: regional alterations in glutamate and the experience of ego dissolution with psilocybin. *Neuropsychopharmacol*. 45, 2003–2011 (2020).
- 7) Carhart-Harris, R.L, Feilding, A., Lebedev, A.V., Lovden, M, Nutt, D.J., Rosenthal, G. (2015) Finding the self by losing the self: Neural correlates of ego-dissolution under psilocybin. *Human Brain Mapping*.
- 8) Natasha L. Mason, Elisabeth Mischler, Malin V. Uthaug & Kim P. C. Kuypers (2019) “Sub-Acute Effects of Psilocybin on Empathy, Creative Thinking, and Subjective Well-Being,” *Journal of Psychoactive Drugs*, 51:2, 123-134
- 9) Mason, N.L., Kuypers, K.P.C., Reckweg, J.T. et al. Spontaneous and deliberate creative cognition during and after psilocybin exposure. *Transl Psychiatry* 11, 209 (2021). <https://doi.org/10.1038/s41398-021-01335-5>

The Future We're Building

Our Mission

Set the standard for transformative experiences that can spark broader positive change.

Our Vision

Psychedelics have the power to unlock a new way of seeing, to perceive what we could not previously; this leads to new understandings that can shift both our stories and our lives.

Our experiences are designed to set the ideal conditions for this higher purpose:

To unlock a new way of seeing for those who are ready, and to inspire a more harmonious way of life.

Our Values

Nurture personal growth, honor heritage, stay curious, and spark change.



The Beckley Foundation

The Foundation collaborates with leading scientific and political institutions worldwide to initiate, design and develop ground-breaking research and global policy reform.

The Beckley Foundation's purpose is two-fold:



BECKLEY
FOUNDATION

- To scientifically investigate the effects of psychoactive substances on the brain and consciousness in order to harness their potential benefits and minimize their potential harms; learn more about consciousness and brain function; and discover and explore new avenues for the treatment of illnesses;
- To achieve evidence-based changes in global drug policies in order to reduce the harms brought about by the unintended negative consequences of current drug policies; and develop improved policies based on health, harm reduction, cost-effectiveness, and human rights.

About Amanda Feilding



Amanda Feilding has been called the 'hidden hand' behind the renaissance of psychedelic science, and her contribution to global drug policy reform has been widely acknowledged. Amanda was first introduced to LSD in the mid-1960s. Impressed by its capacity to initiate mystical states of consciousness, she quickly recognized its transformative and therapeutic power.

Featured in the Guardian's list of the Bravest Men and Women in the History of Science, Amanda has initiated much ground-breaking research and has co-authored over 80 scientific articles in peer-reviewed journals.

In 1998 she founded the Beckley Foundation, and then hosted a series of eleven international seminars at the House of Lords, discussing key policy issues and drawing attention to the ignored topics of cannabis and psychedelics. These seminars, and the reports arising from them, were highly influential in changing attitudes among leading thinkers and policy-makers worldwide.

Through the Beckley Foundation's Policy Programme, Amanda has commissioned and published over 40 books, reports, and policy papers that have analyzed the negative consequences of the criminalization of drug use.

While her first love is the science, Amanda continues to bridge the divide between science and drug policy: her pioneering psychedelic research is providing the scientific evidence to open the doors for new therapies and to fuel a fair debate on drug policy reform.



Beckley Retreats Leadership Team

Committed to serving others and continuing our own inner work.



Amanda Feilding
Co-Founder

Amanda Feilding has been called the 'hidden hand' behind the renaissance of psychedelic science, and her contribution to global drug policy reform has been widely acknowledged. Amanda was first introduced to LSD in the mid-1960s. Impressed by its capacity to initiate mystical states of consciousness, she quickly recognized its transformative and therapeutic power.



Neil Markey
Co-Founder, CEO

Neil is a former Army Ranger Captain, McKinsey consultant, Private Equity C-level burnout, and an entrepreneur. A mathematician through schooling and a seeker through trauma, Neil founded Maryland Mindfulness and received an MBSR (Mindfulness-Based Stress Reduction) teacher certification. Neil has taught meditation to professional athletes, special forces soldiers, and business executives. At Beckley Retreats, Neil is dedicated to building a business that operates with the utmost integrity, both internally and across the many communities the business touches.



Alexandra Pallas
Co-Founder, SVP
of Programs

Alexandra is an expert in transformational experience design and a spiritual development enthusiast. A former ed tech leader and management consultant at top global firms, she specializes in organizational learning strategy, leadership development, and program management. Alexandra has studied, practiced, and taught holistic wellbeing modalities and ancient wisdom traditions for 20 years. She graduated from the UCLA School of Film & TV, trained extensively at the American University of Complementary Medicine and other wisdom schools, and is finishing an M.A. in Mindful Leadership.



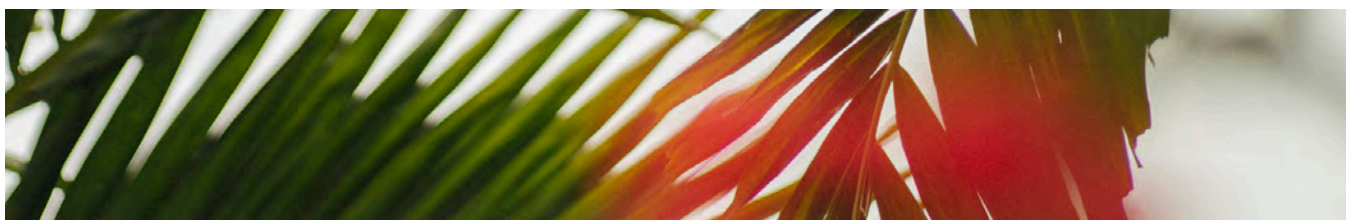
Vian Morales
SVP of Operations

Vian discovered the importance of physical health at a young age. As the 33rd black female graduate of The Citadel, an officer in the U.S. Army, and nearly two decades of managing people and processes in the corporate sector, Vian quickly recognized the burnout and mental health issues engulfing these spaces. She found it challenging to access science-based, safe, holistic options. Through tragedy and deep work, she re-grounded herself through yoga, meditation, and becoming a breathwork facilitator. Vian has dedicated herself to bringing holistic practices, understanding and accessibility of ancient wisdom to others.



Val-Pierre Genton
SVP of Growth

Val is dedicated to making science-backed psychedelics and holistic well-being accessible to all. He pioneered the world's first virtual events company, building one of the internet's earliest communities and growing it to 29M users, ultimately selling BrightTALK for \$150M in 2020. His entrepreneurial journey, including a near-death experience from overwork and related addictions, led him to yoga, meditation, sound medicine and psychedelics-based trauma work. He is a present father of three and envisions a world where preventative well-being transforms individual, societal and planetary health.





The Dalai Lama, when asked what surprised him most about humanity, answered “Man! Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

APPLY NOW