

Author: Wilko van de Kamp
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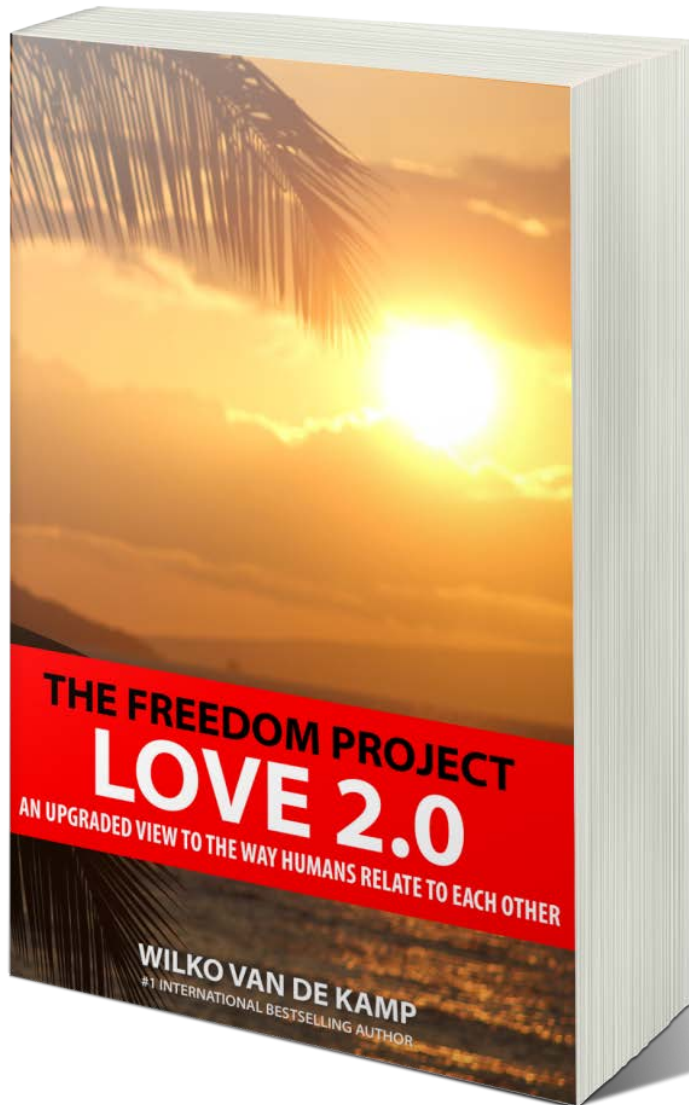
Author Bio

WILKO VAN DE KAMP is a bestselling author, award-winning photographic artist, and professional world traveler. He has spent his life traveling the world to capture awe-inspiring images for those who wouldn't see them otherwise – and to inspire others to embark on their journey of a lifetime. Through his art, writing and appearances as a keynote speaker he enjoys sharing his colorful experiences with the world. Wilko was born in the Netherlands, and currently lives in Calgary, Canada. His inspiration comes from traveling all over the world: he calls the Rocky Mountains his “home”, and rest of the world his “office”. Visit him online at www.wilko.ca.



Wilko van de Kamp

Book Bio



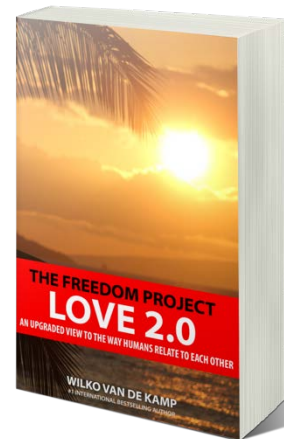
The Freedom Project philosophy is to live free through travel, work, and love. Ultimate freedom means designing a lifestyle of wealth, health and abundance, without having to make concessions. This book is for those who don't want a regular life, but dare to choose excitement, joy and abundance. Love is about creating new ways to take your relationships in all areas of life to the next level. Love, the ultimate journey through life, will help you discover all that - and more.

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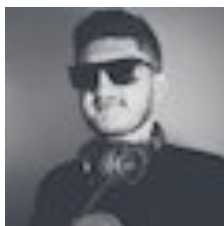
TESTIMONIALS



Fabulous! You inspire others to embark on the most magnificent journey of their lifetime. Thank you for your insightful contribution. **Dr. John Demartini** *international bestselling author of The Values Factor*

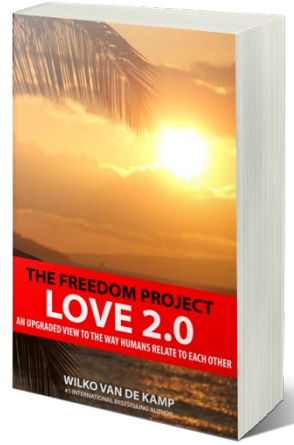


Yes! A refreshing book that belongs in the collection of every self respecting human being. Who can't use more love and freedom? **Dr. Joe Vitale** *author Zero Limits and The Miracle*



A must-read for anyone who wants to bring love and freedom in their relationships, at home and at work. If everyone would apply the principles in this book, the world would be a better place! **Fre3 Fly** *Music Producer of the Album "Fre3dom"*

Target Audience



WHO SHOULD READ

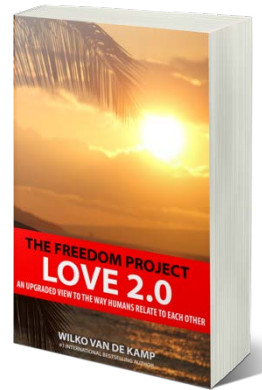
- singles
- couples
- business leaders
- business owners & entrepreneurs
- travelers

BOOK BENEFITS

- create freedom
- enjoy new experiences in life
- open up to the people in your environment
- redefine your closest support systems
- fight for the people who matter most
- stay true to yourself in designing the life of your dreams



Book Excerpt



Dream stealers and overcoming fear

What's the most inappropriate four-letter F word you know? Here is mine: fear. Fear prevents people from taking action. The definition of fear is much simpler than most people make it sound. Fear is nothing more but anticipation of pain. It's the nemesis of love. Anticipation is part of the future, which is imagined. The future doesn't exist, so the only place fear exists, is in your mind.

Mark Twain said it well: "I've had thousands and thousands of problems in life, most of which have not happened." The key is to act, in spite of fear about perceived problems. Fear is not a stop sign, even if your mind tells you so. Your mind is programmed to keep you safely inside your comfort zone. Don't believe a word you say or a thought you think. Everything you say and think is built on a framework of made up stories filed in your brain. Your mind constructs this framework based on your own experiences and conditioning from the past. Your story is only real for you. You're the one that made it up. Unfortunately the stories that you've conjured up are usually not supportive of your success. The secret to true freedom is allowing those non-supportive stories to fade into the background, and not believing the thoughts you made up. You can change your story, but only if you choose to.

Once you start changing your story and developing a mindset of success, you have embarked on a life-changing journey to allow yourself to dream bigger. It's your moral imperative to dream big, and love with no regrets. Take a minute to think about the goals you've set for your experience in life. Do they make you feel uncomfortable, a little nervous maybe? If your goals don't scare you a little bit they're not big enough, and instead of propelling you to where you want to be they'll keep you exactly where you are today. You have to believe you will achieve the goals you have set for yourself. In my Happiness book I share everything I've learned about setting goals and seeing them manifest. Having big dreams and goals that scare you a little is a crucial ingredient in accomplishing what you set out to do.

Dreams are valuable. If you're not the keeper of your dreams and keep them safe, your dream stealers will come take them away from you. Your dream stealers usually hide somewhere in your environment, often mistaken for a "support" network, made up of your group of extended friends and family. They make it sound like they have the best of intentions in wanting to protect you from failure. The truth is, they don't allow themselves to dream as big as you do.

Interview Questions

1

In what ways have relationships changed?

2

Why link freedom with love?

3

Is ignorance truly bliss?

4

How can distance bring us closer?

5

How do you deal with death while abroad?

6

Would you do it all again?

7

Is family still important to you?

8

What are the stage gates of life?

9

Do relationships make “sense”?

10

Do you believe in marriage?

11

What is the biggest mistake you see in marriage today?

12

What’s the problem with long term relationships?

13

What’s the art of travel?

14

How can I make my own life story more impactful?

15

Why do we need to let go of some people?

16

What’s the meaning of living the Pura Vida?

17

How do you “rethink” fear?

18

Why would you enter voluntary solitary confinement?

19

What is experience value?

20

What’s the deal with travel hacking?

STORY IDEAS FOR REPORTERS:



1. Living the Pura Vida: Bringing Costa Rica's pure life in to your relationships.

2. Voluntary Solitary Confinement: Escaping from the greatest prison in life as a creative entrepreneur

3. Job Security 2.0: Rethinking vacation time and the traditional idea of holding down a job.

4. Anti-social media: is ignorance truly bliss?

5. Creating distance to get closer: redefining your support systems to find meaningful connections with the people who matter most

6. Dealing with death while abroad: how to prepare for and deal with the loss of a loved one while you're far away.

7. The contradiction of love and freedom: why most modern day marriages are doomed to fail – right from the altar.

8. The Art of Travel: Leveraging Experience Value for personal growth.

9. Rethinking fear: writing your own life story.

DOWNLOADABLE PHOTOS

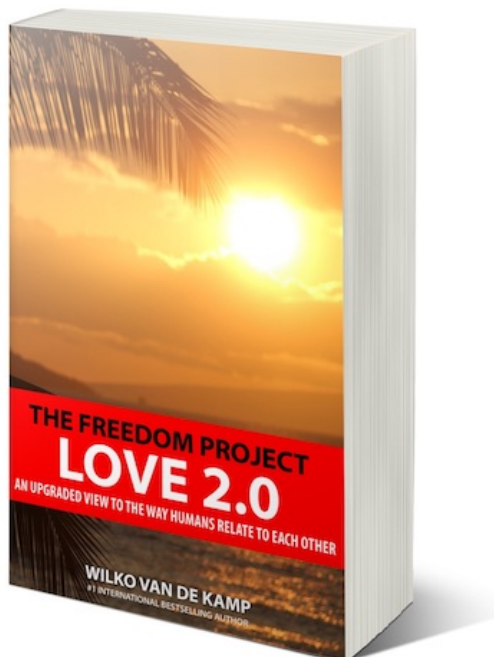
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-Thank you.



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