



MAESTRO THE HUMAN BEING

THERE ARE MORE IMPORTANT THINGS IN LIFE THAN MUSIC

Hi everyone. Firstly I would just like to say thank you so much in giving up your time in reading this.

As you would know music has always been a part of me but there is another part of my life that I am genuinely concerned with, and that is caring for other human beings. Whether I am playing the piano, singing or dancing in front of others, I definitely understand and know what it means to be human. Learning to play the piano is one thing but performing in front of large crowds can be a scary experience.

Through the above experiences, I have seen that this has helped many other people (maybe inspiring), tackling their own fears and becoming a better version of themselves (and many of these people are not musicians). I could not be any happier that this has happened. You are having a better life!

“Art and life are not 2 different things.”-
Felix Mendelssohn.

As a leader (and yes I am still young but appearances can be deceiving), I have tried to help society in many other ways with the following

- 1) Organised a charity fun run for Beyond Blue.
- 2) Sharing my health and fitness/weight loss story as I became absolutely shredded and diced by giving huge amounts of information on 2 separate Facebook pages called Adam Simpson Shares Weight Loss and Recreational Muscle. It has actually made people get off their couch and exercise. Details can be viewed here.
- www.facebook.com/AdamSimpsonSharesWeightLoss
- www.facebook.com/RecreationalMuscle
- 3) Uploaded a whole cooking video (30 minutes long) in hoping to help and motivate people to cook (in relation to point 2). “Seeing it in believing it.”
- <http://www.youtube.com/watch?v=ZGenyyuv83w&list=PLAd1eyLUHd-v6Y-OxafY0LX3falPHgsJg&index=3&t=0s>
- 4) Helping university students with efficient time management and planning skills.
- 5) Supported women in domestic human violence.



6) Performed 31 consistent days of a push-ups challenge, a fad on social media to hopefully raise awareness for PTSD (Post Traumatic Stress Disorder), anxiety and depression that drive people to commit suicide. I was hoping too that my fun character can try to make people snap out of it.

To conclude (and this will continue to expand), I just would like to say thank you so much in giving up your time in reading this and perhaps you may have got something out of it.

Adam Simpson – 16/6/2020

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