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# **INTRODUCTION**

By Troy Westwood, 17-year member of the Winnipeg  
Blue Bombers of the Canadian Football League

Most of us know someone who, when they walk into a room, reminds us that they indeed have a piece of the sun somehow in their soul. These are people who emanate a kind of positive energy that everyone can feel.

This is Glen Daman.

When Glen walks into a room you can sense there is something special about him. When you hear Glen Daman speak, whether it is to hundreds during a motivational speech, or if he is talking one on one with you about his family, there is an undeniable, tangible passion in every single word the man speaks.

Glen Daman has a gift. He calls his gift the 10<sup>th</sup> Degree. The 10<sup>th</sup> Degree is all about living and understanding life to its fullest. Of course, Glen does this in all facets of his own life.

I have known Glen for 15 years. I have watched him live his life as a husband, a father, a businessman, and as a friend. Glen's approach to life is contagious. I have been very lucky over the years to know that when I needed to speak to someone to ask for advice, or to gain a different perspective, I could call Glen and listen to his interpretations on a wide range of life's experiences. There wasn't a single time in all of the times I approached him that I didn't come away with a deeper understanding of the situation at hand. There wasn't a single time that I didn't come away inspired.

Live life to the fullest. We have all heard the phrase. We have all tried to apply it to our own lives. Many of us can live life to the fullest for short spurts, before we slip back into something else. Something that is short of our potential, something that is not living our lives to the fullest.

Imagine what we could accomplish if in all facets of our lives if we could maintain the pace of living life to the fullest, the pace of the 10<sup>th</sup> Degree?

This is the essence of the 10<sup>th</sup> Degree. The 10<sup>th</sup> Degree isn't a "sometimes thing." Once you come to a deep understanding of the teachings, the 10<sup>th</sup> Degree becomes a part of every breath you take, a part of every action you make. The possibilities of what you could achieve, if at every moment of every day you were living the 10<sup>th</sup> Degree, would be endless.

Here is the secret. You hold the key to the 10<sup>th</sup> Degree. Read this book. Devour this book. Commit yourself to the message in this book and the payoff will be far-reaching and life-altering.

We all have the power within us to make ourselves better through the decisions and choices we make. Allow yourself greatness. Take yourself to the 10<sup>th</sup> Degree.

## **THOUGHTS ON MY FRIEND, GLEN DAMAN**

**By Lee Goren, SC Bern (Switzerland) Hockey Club**

In November 2005, I was living in Vancouver, British Columbia, when I received a random telephone call. At the time I was in the fifth year of my professional hockey career, playing with the Vancouver Canucks of the National Hockey League. This random call came from a gentleman would end up becoming one of my closest and dearest friends.

Glen Daman's eldest son, Justin, had just made Canada's national Karate team. As a reward Glen had decided to take Justin to a Vancouver Canucks hockey game. Part of the reward, as it turned out, was having dinner with fellow Winnipegger Lee Goren (As the Lee Goren in our story, I'm not sure if that was part of the reward or not).

Glen and Justin chose to attend a game in January. Unfortunately for all of us, I was sent to the minors on New Year's Eve. However, on the upside, I was sent to the Canucks American Hockey League affiliate, the Manitoba Moose.

When Glen and Justin returned to Winnipeg we talked about the possibility of getting together for dinner and even spending a little more time together. Glen and his family, his wife Donna and sons Justin and Brandon invited me over for dinner and drinks. They have not been able to get rid of me since.

In the four short years that we have been friends I have seen a lot of qualities that Glen possesses that are truly admirable. His people skills are one of his greatest assets. He is so welcoming and easy to get along with, very giving and caring. He has a wonderful family that he cherishes and adores and it's a warmth that I have witnessed time and time again. He is not only enthusiastic but sincerely excited

about every aspect of his life, and that enthusiasm carries over into the lives of his friends and family. There is not a day that goes by that Glen Daman is not giving 100 per cent of himself in every phase of his life.

Glen was blessed with a son, Brandon, who has Autism. Brandon is 16 and is in high school and the way Glen interacts with that boy is nothing less than remarkable. Brandon is the apple of his eye. Glen is the president of the Autism Foundation of Manitoba and helps the organization raise money for programs designed to help children with Autism.

During the summer of 2009, I was given the opportunity to witness Glen's abilities first hand. He and I – OK, mostly him – organized a charitable golf tournament to raise funds for Autism Manitoba. It was our “first annual” and together – OK, once again, it was mostly Glen – we raised more than \$40,000 for Autism Manitoba. It was truly remarkable just watching Glen put his many talents into action and I marveled at the skills he can use in all aspects of his life.

Glen is a motivational speaker and life coach. He is not only one of my best friends, but he is the person I turn to with most of my questions and concerns about life. But I'm lucky. I get plenty of face time with Glen and I always look forward to those times. Whether it is putting together a golf tournament or just having dinner, I know that I am in for a good time with a great friend. And I just might learn something, too.

In the four years that I have had the privilege of getting to know Glen I have seen him run a multimillion dollar business, without losing sight of the importance of spending time with family and friends. I can tell you this from the bottom of my heart: The 10<sup>th</sup> Degree is for real!! Glen does more than just talk about living; he is

an example of how we should all live our lives. Every day. Striving with a smile and a helping hand to be the best we can possibly be.