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## LIFESTYLE

# The Journey of Man – Ross Victory Delivers a Symposium of Wellness in his New Memoir, Views From The Cockpit

Sigmund Freud said, “I cannot think of any need in childhood as strong as the need for a father’s protection.” To be loved and cared for by one’s parents seems like a simple and quite natural supposition for any child to grow up having, though we find in our modern world as well as throughout history that often times there is a great divide between at least one of our parents and ourselves. Ross Victory’s latest memoir *Views from the Cockpit: The Journey of a Son* set to hit stands June 9th explores the important dynamics in his own relationship with his father, full of thoughtful prose and deep existential wisdom aimed at exploring his own psyche in comparison with his environment and personal relationships.



Victory’s relationship with his missionary father is one that brings comfort to the reader. Stern yet forgiving, a true teacher and lover, Victory’s father spent many hours in his childhood spending the one-on-one time that cultivates the true essence of what we seek from our parents – wisdom in the otherwise mundane, love between the lines,

and a general sense of fearless guidance. With many moments spent together watching the planes take off and arrive in Los Angeles International Airport, Ross Victory makes a comparative analysis between the journey of a young man through his formative years and the journeys experienced while traveling in an airplane. “How are you navigating the storms? How are you leaning into the wind drafts and things that get you through?” Victory asks us.

The flight is important to Ross Victory. An avid traveler, he is often pontificating on the various differences between daily life journeys and those which take us to the far and beautiful destinations that soothe our minds and create lasting impressions. “The funny thing is,” Victory says, “is that we are often as adults already equipped for the journey, but looking in the wrong places for the answers.” Ross Victory uses his platform not only to describe his own experiences but to serve as a sounding board for other men on their own journeys of mental wellness as well as for those in need of a voice who cannot necessarily find their own. “If we are going to talk about helping our communities we need to focus on the entire community which very much includes the homeless population of Los Angeles. I’m from L.A. and I have seen this issue growing throughout my life. We need to go back to a place where we care about the individual, each individual, and attempt to make a positive impact in the lives of all whose path we cross.”



Ross Victory is philosophically inclined both in person and on the page. “I cover a lifetime (in *Views from the Cockpit*.) I cover divorce, resentment, and infidelity. I cover my own struggles with anxiety and depression but also the other side of coming through those times, and how that makes me who I am. I cover death, as my father did pass away from cancer. I cover fraud as he was a victim of elderly abuse in his last days and I cover what I went through to resolve that .... and throughout every moment I’m

covering my interactions with my father and how he was able to use every experience to instill values and teach me something of importance.”

Ross Victory’s relationship with his father has come full circle with the publishing of *Views from the Cockpit*. Victory’s father was also a published author and avid writer who would often gift handwritten poetry to those he loved. “It is interesting to see the parallels as we grow,” says Victory, “It is curious when we reflect on inheritance and the connectedness of things, the circular nature of life. I have inherited a lot of great qualities from my dad, but find myself wondering if I will repeat the foolishness or mirror a path that I would rather not. Becoming an *intentional* man is the understanding that it is up to me to get in front of those problematic traits or to reframe/redefine them within the context of my life.”



Ross Victory’s insight is informative, introspective and helpful for anyone on a journey of reflection. *Views From the Cockpit* is available now for pre-order on Amazon, Barnes & Noble, or at local Los Angeles bookstores such as Vroman’s in Pasadena. The journey between father and son is arguably one of, if not the most, important relationship that can be experienced on earth, and Victory delivers all facets and depth of that relationship in *Views From the Cockpit* out just in time for Father’s Day.

For more information log on to: [www.rossvictory.com](http://www.rossvictory.com)

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