



Lessons - A diary for my daughter and a message to my son

Lessons are defined by experience and the willingness to accept you can't change your past. Some of the most impressionable experiences are lessons in disguise, and who better to learn from than those that have been there! Since his young adult life, Jason has maintained friendships with some of the most talked and read about people. Ranging from villains, football hooligans and the heroes of the working class. The lessons and influence from the same circle of trusted friends, has allowed Jason to interpret life's lessons and the effort required to simply stay ahead.