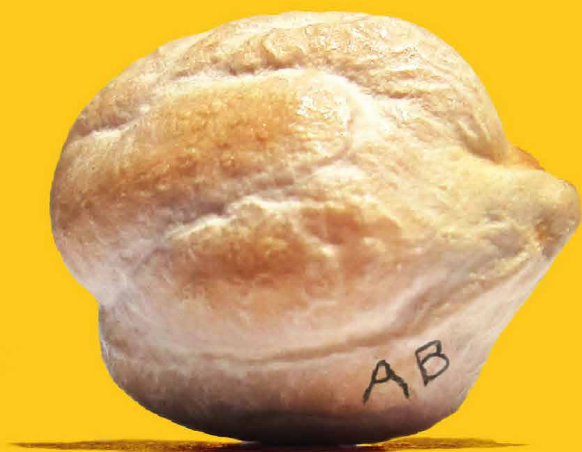


**“Finding Your Hummus is a WONDERFUL  
recipe book for life. Read it and learn to enjoy  
the experience of living!”**

**MARSHALL GOLDSMITH**

**The Thinkers 50 #1 Leadership Thinker in the World  
& International best-selling author.**

# FINDING YOUR



# HUMMUS

**Discover your personal  
and organizational purpose**

**MICHAEL KOULY**

## **Praise for *Finding your Hummus* by Michael Kouly**

**“Finding Your Hummus is a WONDERFUL recipe book for life  
Read it and learn to enjoy the experience of living!”**

**Marshall Goldsmith – The Thinkers 50 #1 Leadership Thinker in  
the World and author of the #1 New York Times bestseller – Triggers**

**“Michael Kouly has written a marvelous text on how to live  
a life with purpose. Captured in this fascinating parable are  
gems of wisdom that come from a writer who has deep insight  
into human nature and what is required to grow, contribute  
and find an abiding sense of fulfillment.”**

**Dean Williams, Director, The Global Change  
Agent program, Harvard Kennedy School**

**“Finding your hummus is a lovely book of spiritual awakening  
that I am reading to my baby son. I will continue to read it to  
him as he grows older in order to instill in him optimism and  
moral courage. The stories are simple and full of meaning and  
they inspire hope over adversity. The relationship between  
the three struggling siblings Sara, Adam and Tom reflects  
a family committed to love and the struggle to overcome  
disappointments and to loving toil, essentially Freud’s life-  
goals. The language is beautiful and the drawings superb.”**

**Trevor Mostyn, Author and Educator, Oxford University**

## **Shift Happens!**

I leave it to you to decide whether or not this story actually happened, or could happen!

This story is meant to be enjoyed by people of various ages and backgrounds and, no offense to you beautiful reader, especially by my soon-to-be teenage daughter Maria and later by my six-year-young son Paul-Anthony when he is able to read it.

This story can be read as a metaphorical perspective on personal, familial and business matters of life. This story is my story. This story is your story. It is up to your imagination to take it as far and as deep as you seek.

**Shift Happens Even to the Bests!**



Once upon a time, there was a family living in a faraway land called SOMELAND. It was a small tight-knit community where everybody knew your name and nobody forgot your missteps so people were careful to make few. Secrets couldn't be kept for long and privacy was an unusual concept. Children wanted to play outside and their parents let them. Technological gadgets and cars were not often used in SOMELAND. The land was filled with farms and coal-mines. Horses and donkeys were the choices of transport, and if you had something to say to your neighbor the best form of communication was a good old-fashioned visit. Although the people had their differences, in the end, they treated one another like family.

The Bests were a typical family of SOMELAND. Father worked long hours in the coal-mines, but never so long that he didn't have the time, energy, or love to enjoy his three wonderful children. He told long stories about beautiful princesses, terrifying dragons, and brave knights by the fire at night that lasted for hours, sometimes they lasted for days, but everyone wished they lasted forever.

Mother farmed the lands. She raised chickpeas and children, neither of which grew too fast. She was silly and laughed the way happy people laugh, deep from her soul.

Tom, the eldest child, was the only one to finish his education and began building houses. He made a name for himself in the community and was known for his signature home designs. He even found the love of his life in SOMELAND. She was everything one could hope for in a wife in SOMELAND; beautiful, kind, and content.

Adam was the middle child; he was quiet, shy and preferred to keep to himself, which was a shame because there was a certain magic brewing deep within him.

Sara was the youngest of three, daddy's little girl, and one with nature. She always wanted to be like the princesses in her daddy's stories so it was never surprising when she brought home a frog to kiss or a few mice to help her sew a dress. She loved learning and exploring, whether it was sitting at a desk, swinging from a tree, or laying at Father's feet to absorb his words. Just like her daddy was to her, his tall tales seemed larger than life.

But sometimes in SOMELAND things do not go as planned...

Father fell ill to latiposis, a rare and serious disease.

Money became tight and Adam was forced to leave high school to help at home, but every cloud has a silver lining. Through his time on the farm and in the kitchen, Adam realized his love for cooking and came up with the most creative concoctions. He always carried around a small notebook to write down little recipes but found that through cooking he often learned more about life. Just like the recipes he hopes would be passed down through his family, he wrote those lessons down too.

Sara stayed in school because she was still too young to help around the house. Nights were the hardest for her because her haven that was once filled with her father's stories was now filled only with silence. She remembered the stories vividly and could picture them in her head. She painted these pictures from her imagination. She loved to draw and paint.

Tom worked enthusiastically day and night to help with the finances. He was proud of his remarkable success and happy to contribute when the family needed him most. Not everyone gets to leave their mark on the world, but to the ones they hold dear, their efforts will never be forgotten.

The situation, however, kept getting worse. Then one day, Mother received a tip from a neighbor that over in a place called ANYLAND, her husband could be cured of this disease. Mother spent days thinking it over, till, finally she felt that the family had no other choice but to leave. The children didn't take the news too well, especially Tom who was settled and happy in SOMELAND. He had met the perfect future wife for SOMELAND, but not for ANYLAND. She did not wish to leave for she was content and found changing life partners to be easier than changing life plans. At first, Tom considered staying, but as he was the eldest and the only one with work experience, he felt he needed to help out his family. He was driven by his sense of responsibility.

They only had a few days to say their goodbyes.

On the last day, all the neighbors gathered to bid their farewells and offered some money to help with the long journey ahead. The family decided to pass their land over to their quirky neighbor, Hank, who was a mentor to Adam. Hank used to help them with the farm and he taught Adam his love for fresh food from the earth. As Adam was saying his farewell, Hank slipped a small pouch in his hand, and whispered, "Always stay true to yourself."





# **Recipe Book**

**Be prepared, life is always  
changing and sometimes  
hard...!**

**Shift happens**



Because the Bests had little money, they traveled slow, and the long journey to ANYLAND took almost a month. During that time, all of the money that they received from the neighbors was used up. The only thing left was Tom's savings.

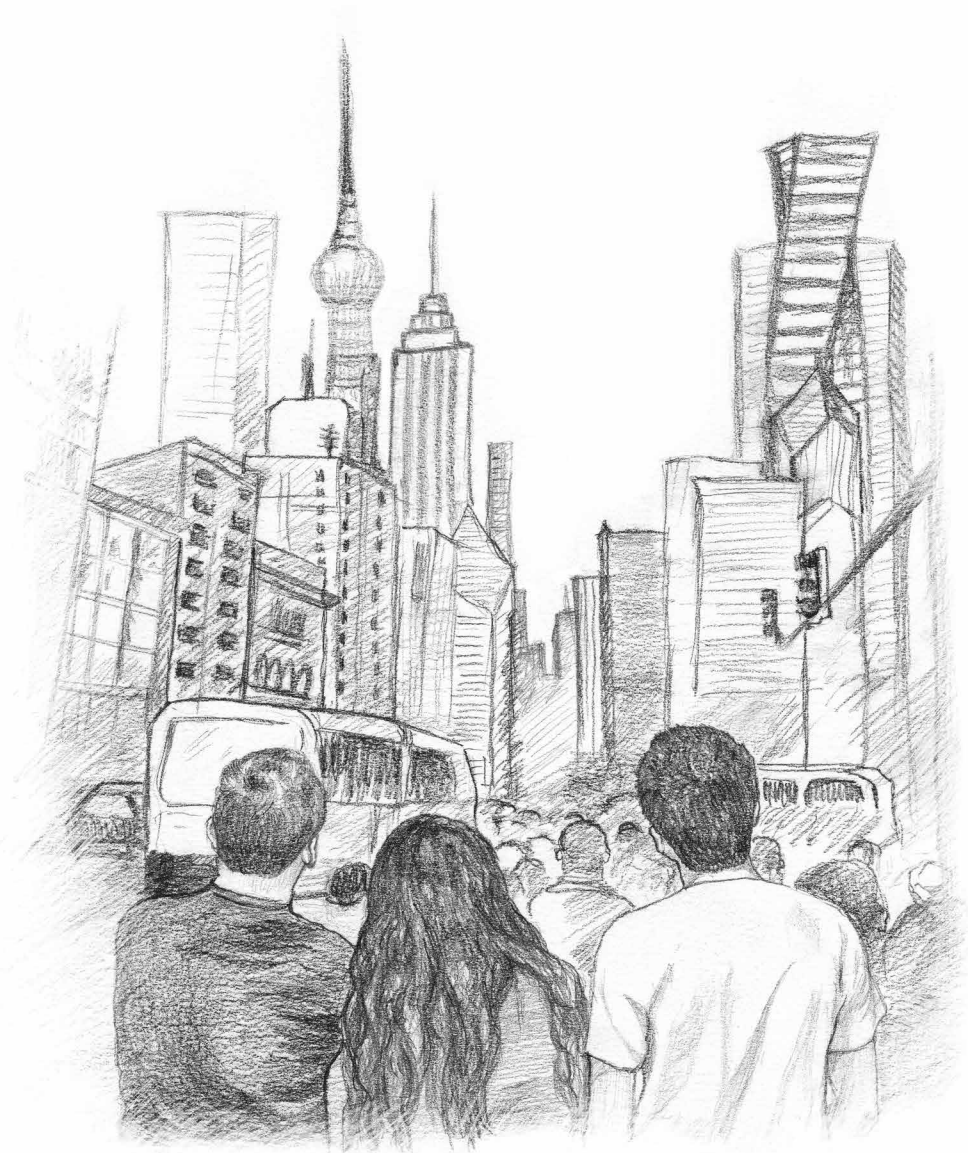
Upon arriving in ANYLAND the family was astonished... For everything they saw was like nothing they had seen before. The streets were bustling with people and modern cars. Huge electronic billboards lit commercial squares. Shops were crowded and the country seemed to offer opportunities for everyone who worked hard. There was a certain hunger in the air. The children saw their first homeless man on the ground, begging for food. Life was fast-paced and it seemed time was the most precious resource of all. People dare not waste it socializing.

"Wow!" Adam said, "I've never seen such tall buildings!"

"ANYLAND is nothing like home," said a fearful and overwhelmed Tom as he looked around.

"Is this place going to be our new home?" mumbled Tom with a concerned voice.

Mother reassured them by saying, "Home isn't a place, it's a family, and our family must make this place a home."



When they first moved in, nobody came to welcome them to the building. The landlord was a stinky man who communicated through grunts and hand gestures symbolizing 'pay now.' The family only had a few months' worth of rent money and payment for the father's treatment so it was necessary that they find jobs quickly. But things seemed to keep getting worse. The mother stayed with her husband in the hospital to make sure that he was getting better; a wife's love can do that. Tom was angry all the time; he didn't want to be there and missed his fiancé and old life in SOMELAND. Sara was scared and lost, but she managed to make friends. Adam felt stressed and insecure. He needed to find a job quickly, but there were no crops to tend to.

ANYLAND was different, it took time to settle down, and it wasn't easy. The people, the language, the place; it was all new to them. Tom and Adam tried to search for work every day but without success. The competition was fierce and their hope was fading.

"I'm tired of looking for a job," said Tom.

"We're running out of our savings and very soon there will be no money left to pay the rent, to buy food and pay the hospital bills," replied Adam, "ANYLAND is booming. I'm sure there are many opportunities, we just need to keep looking."

# **Recipe Book**

**Easy is not an option in  
life.**

# **Recipe Book**

**Relationships are  
complicated and are loaded  
with obligations.**



“What opportunities?” asked Tom skeptically. “We’re strangers here and we don’t speak the language well. Besides, you’re a farmer, who is going to hire you in a city where there are no farming spaces?”

“We must do this for Father,” Adam said, ending all back and forth.

Adam didn’t want to give up. He needed to find a way to solve this. In desperation, he knocked on his neighbors’ door. Perhaps they knew of job opportunities, he thought. A little boy answered the door; he was not more than seven years old.

“Hi there,” said Adam.

“Hello,” replied the boy shyly.

“Are your parents home?” asked Adam as he bent down.

“No, they are at work, who are you?” asked the boy curiously.

“I’m your new neighbor, I was looking for a job and thought your parents might know of a place that is hiring,” rambled Adam.

The boy didn’t seem to be paying attention to what Adam was saying; instead, he just seemed to be happy with someone to talk to. “Can you fly?” asked the boy excitedly.

# **Recipe Book**

**Keep a child's fresh  
perspective on life. Remember  
when life was simple and you  
had beautiful dreams and you  
were curious and fearless.**





# **“MICHAEL KOULY HAS WRITTEN A MARVELOUS TEXT ON HOW TO LIVE WITH PURPOSE.”**

**DEAN WILLIAMS**

Professor of Leadership - Harvard University

**This book will provide you, your colleagues, family and friends with insights about life and business to unleash your personal and organizational power.**

- Shift happens in life and business, are you ready?
- What is the prime philosophy behind starting a business of growth and sustainable success?
- Do you, your people and business have a guiding purpose? This book is about finding your calling.
- Do you have a personal and organizational strategy to fulfill your purpose? This book is about self awareness, self motivation and self leadership that together can achieve self fulfillment.
- How do you deal with competition, conflict and confusion? This book is rich with empowering inspirational quotes that generate strength and lead to self actualization.
- What is the mindset to lead a life of resilience, abundance and significance? This book is about finding your passion and discovering your way of living a purpose driven life.



**MICHAEL KOULY** is a World Bank Fellow who studied and taught at Harvard and Princeton Universities. He is a three time CEO with 30 years of international corporate experience from working with world class organizations like Reuters and Orbit in more than 20 countries. Michael, an author and former war journalist, has taught leadership and strategy to thousands of top executives and officials worldwide. He chairs and sits on the board of directors of various organizations and is an advisor to state leaders.

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