



*"I wasn't destined to be
an astronaut. I had to
turn myself into one."*

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CHRIS HADFIELD

*Astronaut, First Canadian Commander
of the International Space Station*

Canadian Astronaut Chris Hadfield talks with Joe about his journey to become an astronaut and how the lessons he learned in space influences how he lives life on earth. In this episode, Joe and Chris discuss the importance of perspective, preparing for the worst-case scenario, and managing the tension between family and professional careers. Chris also talks about his international best seller, [An Astronaut's Guide to life on Earth](#) and his new thriller novel, [The Apollo Murders](#).

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About Chris ([@Cmdr_Hadfield](#))

A heavily decorated astronaut, engineer, and pilot, Colonel Hadfield's many awards include the Order of Canada, the Meritorious Service Cross and the NASA Exceptional Service Medal. He was named the Top Test Pilot in both the US Air Force and the US Navy and was inducted into Canada's Aviation Hall of Fame. He has flown three space missions, building two space stations, performing two spacewalks (EVAs), crewing the Shuttle and Soyuz and commanding the International Space Station.

Colonel Hadfield is the author of three international bestsellers: *An Astronaut's Guide to Life on Earth*, *You Are Here*, and *The Darkest Dark*, plus a new thriller novel, *The Apollo Murders*. He released a music album, *Space Sessions: Songs from a Tin Can*, and his version of David Bowie's *Space Oddity* has been seen by 100s of millions. His TED talk on fear has been watched 11 million times.

Colonel Hadfield is the co-creator/host of the internationally acclaimed BBC series *Astronauts*, and helped create/host, with actor Will Smith, the National Geographic series *One Strange Rock*.

Colonel Hadfield is the producer of the celebrated *Rare Earth* series on YouTube and the creator of the on-stage celebration *Generator*, which combines science, comedy, and music for sold-out audiences.

Additionally, Colonel Hadfield is an adjunct professor at the University of Waterloo, an advisor to SpaceX and Virgin Galactic, and Board Chair of the Open Lunar Foundation. (Bio courtesy of [Chrishadfield.ca](#))

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