

JAKE STEINFELD ADDRESSES JNET PALISADES CHAPTER

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Linda Freeman and Anthony Marguleas with Jake Steinfeld.

Pacific Palisades honorary mayor Jake Steinfeld brought his inspiration talk to the monthly meeting of JNET, the Jewish business networking group, on Wednesday Nov 19 .

The Palisades chapter of JNET meets at Kehillat Israel, in which Steinfeld said his family has been a member for 20 years. His talk to about 150 people covered his life story of how he came to California, pioneered the field of personal training and ultimately sold a television station and started Major League Lacrosse. Steinfeld's story was also told in the [March-April issue of Westside People](#).

"Life is about moments," he said. "Whatever it is you do, listen, because you never know when that moment will happen."

He said working out gave him confidence he never had before. And it can do the same for others.

"It's about confidence and self-esteem," he said. "When you look in that mirror and feel good about who you are, you can accomplish anything."

Steinfeld currently speaks around the country giving similar inspirational talks with the idea being that if a "fat kid with a stutter" could make it, so can anybody else.

"If you have this dream or this idea than, go for it," he said. "If you have a book, write it. If you have a product, make it. If you have a song, sing it. What's the worst that can happen? The worst that happens is it doesn't work out. That's not death."

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