

# My Life Resume

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## Current Goals and Aspirations

**Concerned Earthling** with a strong desire to help create a more beautiful world through the application of my inherent gifts to love, be compassionate, facilitate constructive conversations, create beautiful stories, and foster relationships that recognize these inherent desires in all beings and aid them in their development and application.

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## Life History

**Major Life Event:**  
**Born: July 4, 1977**

Born in San Francisco, although living in Sacramento, my father drove my mother 90 miles while in labor so that I could be born in San Francisco, because he loves the city so much.

Father: **Art Agnos** (1938 – present)

Mother: **Sherry Agnos** (1945 – present)

- Son of Greek immigrants in Springfield, MA
- Eldest of three siblings
- Father died at age 15
- Flunked out of college, joined the army, returned to Dean's list
- Started career as social worker, led to CA State Assemblyman, Mayor of SF
- Survived being shot twice point blank by random target of Zebra Killings (1973)
- Asks "Who is not represented here and how would they feel about this policy?"
- Daughter of TV repairman and schoolteacher
- Grew up in Canton, OH and Miami, FL
- 3<sup>rd</sup> of six siblings
- Left Miami at age 18 to California with \$100 in her pocket not knowing anyone
- Policy analyst in the CA State Legislature
- Loathed her job selling pharmacy benefit management programs to employers
- Donates time every week to help elderly navigate the Medicare system

**Early Childhood Years (1977 - 1987)**

Lived in a middle class suburb in a quiet, safe, family neighborhood in downtown Sacramento. Raised in a stable, middle-class, non-abusive household surrounded by friends and family. Had a very happy but sheltered childhood insulated from crises and negativity.

### Meaningful Experiences

- Mother told "Story of Lucifer," resulting in required nightly poem of protection ("[No fear shall come near](#)")
- Lived along 4<sup>th</sup> of July parade route, thought that parade was just for me
- Brother born in 1981, told story that I came to first to scout good situation, [then signaled for him to join me](#)
- Rode bicycle a mile to school at 9 years old by myself, had freedom to play all day outside without supervision
- Learned early on in school that being right was good and being wrong was bad.

### Major Influences

- [Mother](#) and [Father](#)
- Yia Yia (paternal grandmother)
- [Steve](#) (brother)
- [Barry Loncke](#) (my best adult friend and chess tutor)
- [Hannah](#), [Devin](#), Robert (childhood friends)

**Major Life Event:**  
**Father becomes Mayor of San Francisco (1987) – 10 years old**

In 1987, my father, then Assemblyman in the California State Assembly, was elected mayor of San Francisco. With three months to go in the 4<sup>th</sup> grade, I left my safe, friendly, and anonymous world to finish the school year in San Francisco in the midst of a mayoral election, not knowing anyone but everyone knowing who my father was. Some teased me. Some were curious. Some thought I was rich. Everyone believed something. Father was very busy. I spent a lot of time alone trying my hardest to be normal.

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## Teenage Years (1987 - 1995)

This was the roughest period of my life. Trying to discover who you are when your peers and teachers already have an opinion about who you are is very difficult. I was in a unique social group of one – “the mayor’s kid.” Adding to the culture shock was the shift from public middle school education to a private Jesuit high school, where I was first exposed to religious concepts (mass, uniforms, conservative social cliques opposed to father’s policies). Overall, I lived my life like most people, trying to understand and meet the expectations of my parents, teachers, peers, and society.

### Meaningful Experiences

- Spent time trying to avoid conflicts that might arise from false perceptions of being the “mayor’s son.”
- Met friend-for-life – Chris - on the first day of 6<sup>th</sup> grade, never out of touch for longer than a month
- Exposed to dinner table discussions about social / political issues and was encouraged to offer my opinion
- Collected, traded and eventually bought and sold sports trading cards as a hobby / pseudo-business
- Father would warn me by showing stories of “famous kids” in the newspaper that got into trouble
- Threw a fit at the concept of negative and imaginary numbers, but eventually absorbed the abstract knowledge as a logical truth.
- Worked at Blockbuster where I reunited with public school working class folks and developed social life

### Major Influences

- [Chris Abad](#) (best friend)
- Jim Herman (father’s mentor and godfather)
- [Mother Teresa \(surprise visit\)](#)
- [Paul Hanley](#) (high school spirituality teacher)
- [Betty Peskin](#) (writing tutor)
- [Chandra Edelstein](#) (friend and life tutor)
- [Hulk Hogan](#) (I was a big WWF fan)
- [Troy Aikman](#) (becoming a Cowboy fan was a safe way to rebel)

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## College Years (1995 - 2001)

I graduated high school at 18 never having drunk alcohol, gone to party, or kissed a girl – a very sheltered life. I couldn’t wait to leave San Francisco for Cal Poly State University in San Luis Obispo where I could be anonymous and begin to discover who I was. I chose my major based on one of those high school aptitude tests – engineer it told me. So I majored in Industrial Engineering, even though I had little interest in building things. My true academic passion was Philosophy. Why were we here? What is the meaning of life? Philosophy was the only subject that entertained such thoughts.

### Meaningful Experiences

- Experimented immediately with alcohol, marijuana, and kissing girls - deep down, I just wanted to be accepted
- Developed many sets of friends around different activities (basketball, video games, partying)
- Had first relationship with Stephanie (4 years), experienced feelings of true connection, intimacy, jealousy, rage for first time
- Continued to develop a rational, intellectual, problem-solving mind through variety of engineering classes.
- Worked a variety of summer jobs to prepare for my entry into the corporate world (stock market runner, video game developer, valet, camp counselor)
- Developed mastery of intramural basketball refereeing, reputation as the fairest and sought-after referee
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### Major Influences

- Leonard (older guy who befriended me and treated me as a peer)
- [Stephanie](#) (first love and girlfriend)
- [Kevin](#) (best college friend and roommate)
- Professor Holgate (Philosophy professor)
- The 22 different roommates over 6 years
- The town of [San Luis Obispo](#) (a magical place)

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## Early Corporate Life (2001 - 2006)

After 16 of 21 years lived training for the “main event” (entry into corporate life), I was ready – ready to earn money, buy a new car, get my own apartment, and start leading a life of consumption and corporate advancement. I was hired by [Accenture](#) as an Oracle database consultant and moved back to San Francisco. At first, the corporate experience was new and exciting, providing challenges to my ego (which I was still completely unaware of). By 2005, something was off internally. My best friend Chris was having a child and the thought of settling down having this same experience for the rest of my life scared me, so I left for New York.

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## Meaningful Experiences

- Worked for many corporate and govt clients: AT&T, Ebay, Kaiser Permanente, EMC, New York City, TIAA
- Continued to live life according to society's expectations: do what I'm told, work long hours, drink frustrations away, buy lots of stuff, passionately watch professional sports, believe in goodness of America
- Started a 401k to "save for retirement" at 21 years old
- Moved to New York in 2005 and lived with two young, social women (think [Three's Company](#))
- Loved the energy of New York initially, embraced the self-gratifying culture, and upgraded my consumption habits (bottle service at nightclubs, \$300 pairs of jeans)
- Learned to start using people to serve my own needs
- 5 years into this life I began to question spending the majority of my waking time performing work that felt void of any kind of meaning

## Major Influences

- Christine Johnson (2<sup>nd</sup> long-term girlfriend)
- Todd McAllister (mentor and career counselor)
- Dan Gurolla, Haim Kichel (friends and Accenture co-workers)
- Many Accenture managers ([Kim](#), [Ben](#), Harry, [Hojoon](#))
- [Maria](#) (first NY roommate and friend)
- NY "Party" Friends ([Sal](#), Julie, [Kristin](#), [Anthony](#))

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### Major Life Event: My "Awakening" (2006) – 29 years old

One Thanksgiving holiday, my brother gave me a book to read entitled [Confessions of an Economic Hitman](#). I hadn't read a book cover to cover my entire life at that point but I finished this one on the five hour plane ride home to New York. Reading this book helped me realize that not only was my lifestyle not satisfying but it was forcing people to submit to slave wage labor, destroying cultures, and creating suffering all over the world. Something was rotten to the core of our society and I was just beginning to discover the truth.

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### Struggle For Meaning (2006 - 2011)

I stayed with Accenture three more years, questioning my increasingly dissatisfying lifestyle, talking with my career counselor during annual review process about not finding any meaning with my work, and struggling to find out what else I could do to help the world and still earn money. After all, the world I came from required credentials and experience to change careers. Eventually, I self-sabotaged my career, liberating me from the corporate lifestyle and mindset, allowing me to begin a new journey to discover meaning and purpose in life.

## Meaningful Experiences

- Turned down staffing assignment during recession that led to lay off from Accenture (w/ one year severance)
- Spent days wandering city searching for direction
- Moved to Tempe, AZ to take classes in Sustainability Master's program at ASU, but was not accepted
- Moved back to NY and earned a Master's degree in [Sustainability Management](#) at Columbia instead.
- Started [Sustainable Man Facebook page](#) to have something to put on my college application.
- At 33, I finally learned how our debt-based money system guaranteed poverty, the source of most crime
- Discovered that alternative economic theories exist and that they weren't allowed to be taught by economics departments, even in sustainability school.
- Traveled for two months by myself to ten cities in Europe to learn about other more sustainable cultures
- [Felt solidarity with people at Occupy Wall Street](#)
- Discovered that no one really knew what true sustainability was (including myself) and Sustainable Man would be used to launch that exploration.

## Major Influences

- [Lauren](#) (3<sup>rd</sup> long term girlfriend)
  - [Clyve](#) (personal trainer)
  - [Satyijat Bose](#) (Columbia economics professor)
  - Movies ([Zeitgeist: Moving Forward](#), [I Am](#), [Inside Job](#), [9/11 Truth Revealed](#), [Food Inc.](#), [Earthlings](#))
  - Books ([A New Earth](#), [Sacred Economics](#), [The Ascent of Humanity](#), [The Empathic Civilization](#), [Confessions of An Economic Hitman](#), [The Long Emergency](#))
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**Major Life Event:  
Meeting My  
Future Wife,  
Dawn (2011) – 34  
years old**

Dawn was one of the first thousand people to “like” and engage with Sustainable Man on Facebook. As I was ridding myself of previously-held dogma through my indoctrination into culture, Dawn entered my life and validated much of what I was learning about what it really means to be human. Dawn is an empath, a highly-sensitive person, someone who literally feels the emotions of all other living beings. Her example showed me how to get in touch with my own intuition and begin believing in my own integrity again, which I had lost through 34 years of immersion in a culture that uses relationships to personal advantage. The first time her hand touched my chest, I felt a flow of energy through her and into me that I couldn’t describe or understand. She helped me to become aware of ego and its attempts to sabotage relationships whenever there is the slightest chance of being hurt. Her love, forgiveness, transparency, and vulnerability transformed me and my life is blessed because she is in it. Dawn is living proof that love can heal the world. We explored and developed our relationship for 2 years before marrying in 2013 in a ceremony in nature consisting of just the two of us.

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**Working in the  
flow (2011 -  
present)**

Realizing that our debt-based pyramid money system was at the root of nearly all of our sustainability crises left me in despair. In 2011, I read a book called Sacred Economics that gave me hope again through the idea of a gift economy, which offered a new story from which to live our lives – a story that says that each species and each member of that species has a gift to give to the world and all desire to give their gift. Much of this time has been spent looking for and developing these gifts in myself and in others and developing the courage to give them freely to the world.

#### **Meaningful Experiences**

- Moved back to San Francisco and began working on Sustainable Man full time after I graduated from Columbia Master’s program (2011)
- Discovered what it means to operate from true integrity and transparency
- Re-introduced myself to Nature (through Dawn) and fell in love with simply being in it
- Created a non-profit crowdfunding site called [Digital Ocean](#), dedicated to funding ocean sustainability.
- Had a gallstone attack that led to my first undeniable [spiritual experience](#)
- Began to truly “live in the moment” as much as I can remember to do so
- Re-discovered my heart-based guidance system by realizing that the rational objective mind is not the only tool human beings have to understand the world

#### **Major Influences**

- [Dawn Agnos](#) (wife)
  - [Martin Adams](#), [Charles Eisenstein](#), [Ian MacKenzie](#), [Robert Bengston](#), [Marie Goodwin](#), Matt Sloane, Ryan Rigoli, [Emmanuel Vaughn-Lee](#) (friends dedicated to creating a more beautiful world)
  - [Guruji Sri Vast](#)
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