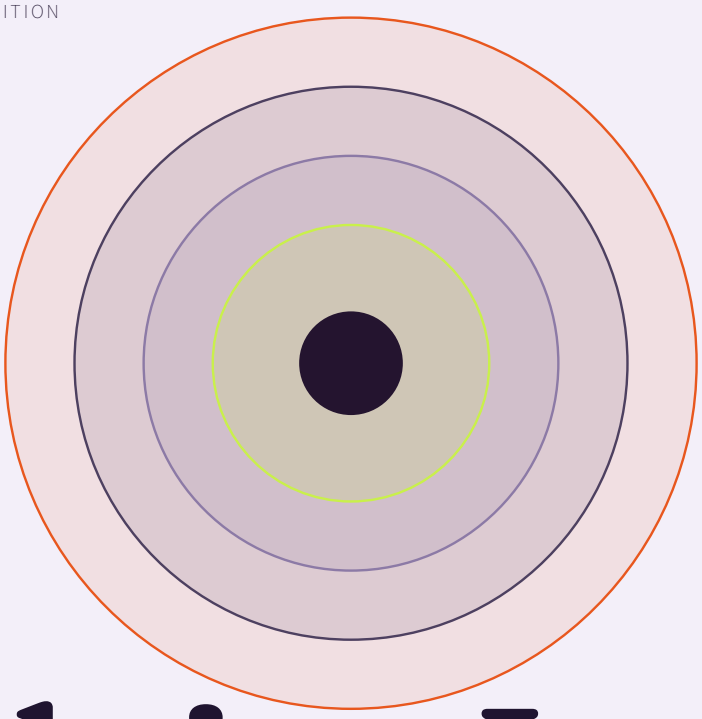


Earthrise: A Canadian Astronaut's Journey Into Deep Space

A reading of the book by John Larsen (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Earthrise: A Canadian Astronaut's Journey Into Deep Space, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

John Larsen is an Alberta writer, a former navy diver and military public affairs officer, who spent three years in conversation with astronaut Jeremy Hansen to write this book. Earthrise follows Hansen from a childhood in a farming community near London, Ontario, where he dreamed of the Moon, through his years of training with the Canadian Space Agency, to his seat on NASA's Artemis II, the first crewed Artemis flight around the Moon. Much of it is told from Hansen's side of the experience: the long preparation, the crew of four, and the family waiting on the ground. Larsen presents the mission as a story about teamwork and about people staying human under pressure, and he wrote it for general readers rather than space specialists. The title points back to the Earthrise photograph taken on Apollo 8, and the book opens with a foreword by Chris Hadfield.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

A childhood dream is worth keeping if you are willing to feed it with years of work.

Larsen starts with a boy in a farming community near London, Ontario, who wanted to go to the Moon. The book follows how that wish became a career, one step of study, flying and training at a time. The dream mattered less than the work that kept it alive.

2 HOURLIFE TAKEAWAY

Being ready is mostly invisible work, done long before anyone is watching.

Hansen was picked as a Canadian Space Agency astronaut in 2009, and Artemis II was his first flight to space. The book gives real weight to the years of training in between. Those quiet years are what made the flight possible.

3 HOURLIFE TAKEAWAY

You may wait far longer than you planned, so build a life that keeps you ready while you wait.

Hansen was selected in 2009 and named to the Artemis II crew in 2023. That gap was full of work, not idleness. HourLife reads it as a lesson in staying prepared without knowing when, or whether, your turn will come.

4 HOURLIFE TAKEAWAY

No one goes to the Moon alone: the crew is the unit that succeeds or fails.

Artemis II flew four people, three NASA astronauts and Hansen from the Canadian Space Agency. Larsen tells the mission as a story of teamwork, and Hansen's crewmates sit at the centre of his experience, not in the background.

5 HOURLIFE TAKEAWAY

Say the important things before the big day, not after it.

Larsen has described a call with Hansen on the evening before launch, when Hansen talked about saying goodbye to his family. A real risk made those conversations unavoidable. Most of us can have them without a rocket forcing the issue.

6 HOURLIFE TAKEAWAY

Courage and vulnerability travel together.

Larsen has said the part of the story that reached people most was how openly the crew showed love for their families and for each other. The book does not treat fear or tenderness as flaws in a trained astronaut. They sit beside the discipline, not against it.

7 HOURLIFE TAKEAWAY

Distance changes what looks important.

The title points back to Earthrise, the photograph of Earth over the lunar horizon taken on Apollo 8 in 1968. Seeing the whole planet at once changed how many people thought about home. Step far enough back and many of the week's quarrels look small.

8 HOURLIFE TAKEAWAY

Going first means carrying other people with you.

Hansen was the one Canadian on a NASA crew, chosen to be the first non-American to travel beyond low Earth orbit. The subtitle frames him as a Canadian astronaut, with a country following from the ground. When you are the first from your group to do something, you stand for more than yourself.

9 HOURLIFE TAKEAWAY

A true story is built from patient listening.

Larsen wrote to the Canadian Space Agency with the idea in 2023, then spent about three years and some 300 hours in texts, calls and visits with Hansen. The result stays close to one person's experience. Long, unglamorous listening is how a writer earns that closeness.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Name your Moon
- [ ] Map the training years
- [ ] Pick a crew of three
- [ ] Have the before-launch talk
- [ ] Put the Earthrise view in sight

KEEP UP DAILY

- ◯ Train once a week, even when launch feels far
- ◯ Send your crew a monthly update
- ◯ Zoom out on Sundays

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Name your Moon

Write one goal you have wanted for a long time in a single sentence.

Put it where you will see it each morning.

MY VERSION

DONE ON

- [ ] SETUP 2

Map the training years

List the skills the goal needs and a rough number of years to build them.

Split the first year into four quarters with one focus each.

MY VERSION

DONE ON

- [ ] SETUP 3

Pick a crew of three

Choose one person who keeps you honest, one who knows more than you, and one who looks after home.

Tell each of them what you are attempting.

MY VERSION

DONE ON

- [ ] SETUP 4

Have the before-launch talk

Before your next big step, such as a move, a new job or a hard exam, sit down with the people who will feel it most.

Tell them what you are doing, why, and what you need from them.

MY VERSION

DONE ON

- [ ] SETUP 5

Put the Earthrise view in sight

Set NASA's Earthrise photograph from Apollo 8 as your phone or desktop background.

Let it remind you to zoom out once a day.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Train once a week, even when launch feels far

Book one session a week for the skill your goal needs most.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Send your crew a monthly update

Once a month, send each of your three people a short note: what you did, what is stuck, and what is next.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Zoom out on Sundays

Each Sunday, write down the week's biggest worry, then ask how it will look a year from now.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

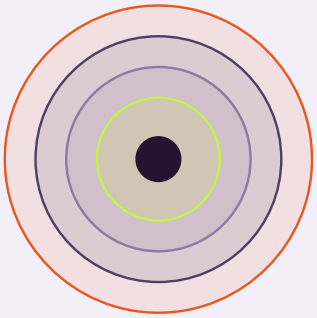
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The long wait and the short flight are one story, and the people at home are in it too.

HOURLIFE NOTE AFTER JOHN LARSEN