

JON  
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# PRESS KIT

Happiness, Gratitude and...  
...Spirituality Expert

Author  
of



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SPIRITUAL HOLLYWOOD

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# ★ *Spiritual Hollywood*

Over the past fifty years Hollywood has been producing films with religious and spiritual messages. The classics like the Ten Commandments with Charlton Heston, to Mel Gibson's "The Passion of the Christ" and now the new "Son of God" by Mark Burnette and Roma Downey.

There is a good reason for this. Audiences are looking for films like these because of the daily issues that they have to live with. Their job, the economy, and many of the horrible things you see in the news and online.

Every one needs some positive guidance and ambition in their lives. Believing in a higher source always helps. The best way is to be around others that can prove this to you also. This can be done through Films, TV shows and motivational books like "What's a little wind?"

Many top celebrities like Mathew McConaughey and Jared Leto who won Oscars in March 2014 said amazing positive speeches that prove this. Mathew talks about God and Jared about family. These topics are covered by me and my book.



**Mathew McConaughey**

There's a few things, about three things to my account that I need each day. One of them is something to look up to, another is something to look forward to, and another is someone to chase. Now, first off, I want to thank God. 'Cause that's who I look up to. He has graced my life with opportunities that I know are not of my hand or any other human hand. He has shown me that it's a scientific fact that gratitude reciprocates. In the words of the late Charlie Laughton, who said, "When you've got God, you got a friend. And that friend is you."

**Jared Leto**

Born in 1971, Bossier City, Louisiana, there was a teenage girl who was pregnant with her second child. She was a high school dropout and a single mom, but somehow she managed to make a better life for herself and her children. She encouraged her kids to be creative, to work hard and to do something special. That girl is my mother and she's here tonight.

And I just want to say, I love you, Mom. Thank you for teaching me to dream. To my brother, Shannon, the best big brother in the world, you're a true artist. Thank you so much for sharing this insane and amazing adventure that is 30 Seconds to Mars, and for being my best friend. I love you. Thank you.

These are just two of the twenty one stories and topics that are featured in my book which is actually about me. I am the expert on this because I lived through it.



**Richard Gere**

Gere was raised attending a Methodist church. His interest in Buddhism began when he was in his twenties. He first studied Zen Buddhism under Kyozan Joshu Sasaki. After having studied Zen for five or six years, in 1978 he traveled with the Brazilian painter, Sylvia Martins to Nepal, where he met many Tibetan monks and lamas. He then met the 14th Dalai Lama in India and became a practicing Tibetan Buddhist of the Gelugpa school of Tibetan Buddhism and an active supporter of the political figure of free Tibet movement Dalai Lama. I found [Christianity] to be incredibly compassionate. . . but when you ask difficult questions about the origin of the universe, about the nature of the self. . . there didn't seem to be a basis for discussion in Christianity.



**Madonna**

Religion can be such a controversial subject with even when some of the biggest celebrities in the world. Madonna is not an exception.

Madonna was raised Roman Catholic but made waves in the mid-1990s when she began studying the Kabbalah, a Jewish esoteric tradition that draws from the mystical and prophetic visions described throughout the Torah. Now she's causing uproar with the news that she's begun studying the Koran..the sacred text of Islam, joining celebs like Janet Jackson, Dave Chappelle, and Yasiin Bey (Mos Def), who reportedly also practice Islam. Madonna has talked about why she went from Catholic pop star to Jewish princess, saying: Fame and fortune just aren't enough.

"I was what you would call at the top of my world. I'd won a Golden Globe for Evita, I was pregnant, I had fame, I had fortune, everything that you would perceive a person would want in life. But I'm sure everyone's had that out-of-body experience where you say to yourself — and it might happen at 28 or 38 or 68 — why am I here? Why am I inside of this body? What am I doing? And I was hearing that question a lot."

**Oprah Winfrey**

Oprah's magnetism is no coincidence. Named after the Biblical figure Orpah (though she changed the spelling to make it easier to pronounce). Short of reciting Bible verses, Oprah's language is still distinctly spiritual and distinctly inspired. She has on several occasions declared her Christian Faith in one 'LifeClass' episode reportedly saying, "I am a Christian. That is my faith." In that same episode, Winfrey pointed her favorite Bible passage: "My favorite Bible verse—because I am Christian—is Acts 17:28. It says, 'In God I live and move and have my being.'"



**Steve Harvey**

Since I am a comedian and wrote about how all religions are great, it's nice to see another who believes in this also. Steve Harvey, 55-year-old comedian, headlined his very last stand-up comedy show a few yrs ago with tears while giving glory to God at the the MGM Grand in Las Vegas. Harvey closed out 27 years of stand-up comedy with a tearful message to his fans who received him with a standing ovation.

"Thank y'all for making my dreams come true. you can't be famous without people," Harvey said between sniffles. "Really, I've been dreading this moment because I didn't know what to say. I just want to say thank you." "God has given me a life far beyond anything I ever dreamed about. God is, man, God



## ABOUT JON

Jon Pirincci has been an entertainer for the past thirty five years. It started in Rochester NY at nine years old impersonating people he knew in school. Then his parents and relatives, followed by well-known TV-Film-Cartoon characters.

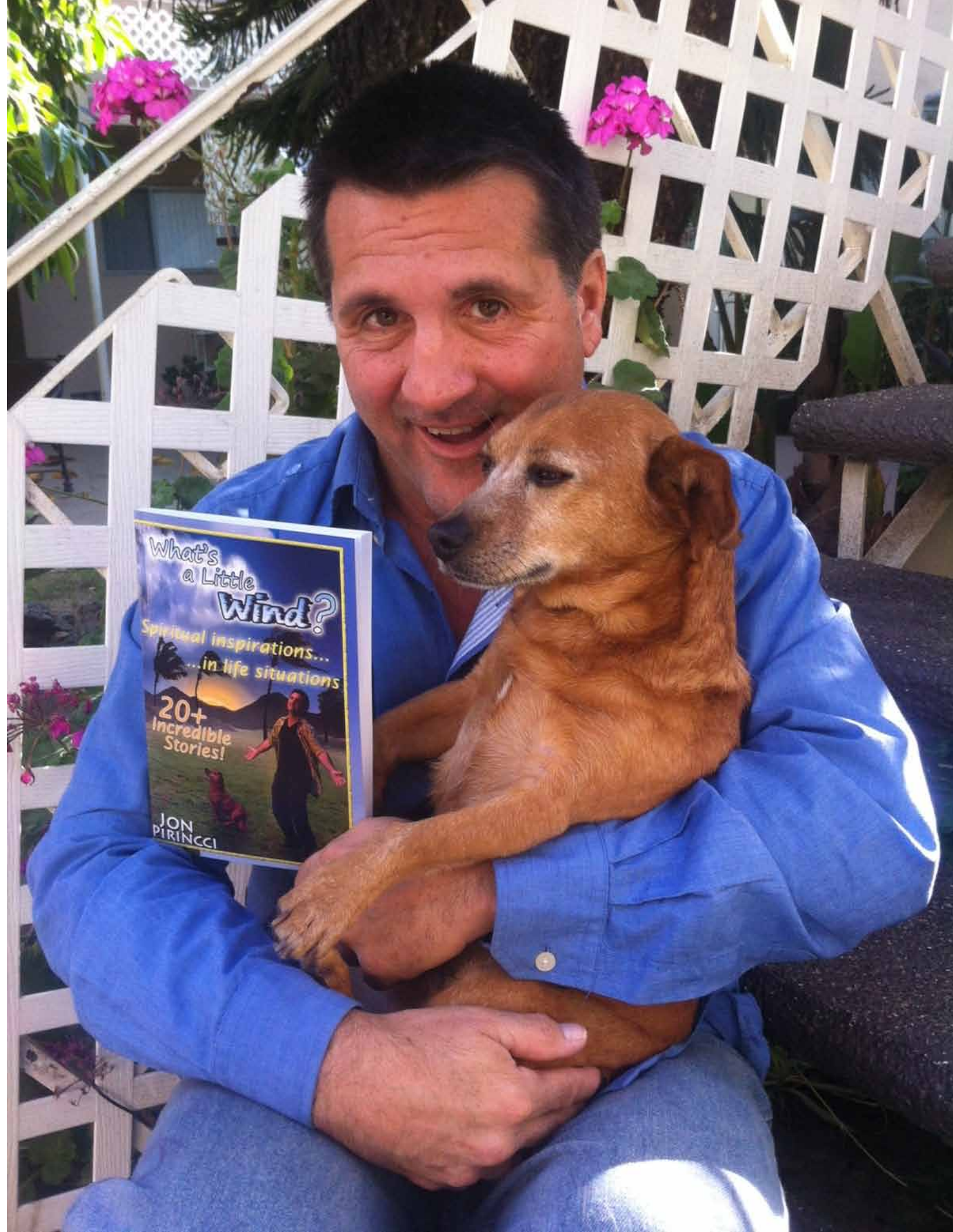
That started his Stand Up comedy career traveling from NY to Miami then LA. He performed his act with some of the top comedians in the country like Jay Leno(he was also on the Tonight show), Andrew Dice Clay and even Bill Gardell from "Molly and Me" with Melissa McCarthy. Jon also performed with many other comics from Letterman, Jimmy Kimmel, Craig Fergusson and many more. One of his highlights was working Ellen Degeneres on two commercials, "American Express" and "JC Penney".

He also recently finished shooting the Warner Bros Feature film "Jersey Boys" with Clint Eastwood directing and starring Christopher Walken.

Jon's merits are the LA comedy awards for best Stand-up comedian, The Toastmasters District 52 Tall Tales contest for best speaker, and his singing, comedy- impression talents were seen by the producers of "Americas Got Talent". He has also created a sitcom with talent that were associated with top network shows like "Seinfeld", "Third Rock from the sun" and "Yes Dear."

JP has also been involved and owned many profitable businesses including Real Estate, Mortgages, Financing, Home Improvement and raising money for organizations.

With all the life experiences and interesting people he met over the years, he wanted to share this with others through this book. It includes his humor, personal observations and advice supported through centuries of the most famous religious scriptures of the world. The Bible, Torah and Quran.



## GETTING GRATEFUL

Gratitude has a tremendous impact on our lives – affecting one's health...mentally and physically. Studies have shown that even the simplest gratitude practices can make a significant difference between depression and happiness.

I have so many friends and others I know that have gone through a lot, including myself. Life could be much worse. It is actually great.

When I get angry or depressed follow this mantra: Life opens one door and closes another.

1) Emmons and McCullough were surprised to find that happiness could be increased by a simple gratitude exercise. Participants took the time to write down 5 things they were grateful for each week, for 10 weeks. At the end of the study this group was 25% happier than a comparison group who simply listed five events from the week.

2) Lyubomirsky et al. compared practicing gratitude three times a week with once a week. They found that only those who carried out the exercise once a week were happier. This suggests overdoing the gratitude is not beneficial – perhaps because of habituation.

3), Steen, Park and Peterson had carried out a randomized, placebo-controlled study. They followed participants up 6 months after they had begun carrying out a simple gratitude exercise and found they were happier and less depressed than a control group. In this study, though, participants initially wrote about what they were grateful for every day for a week.

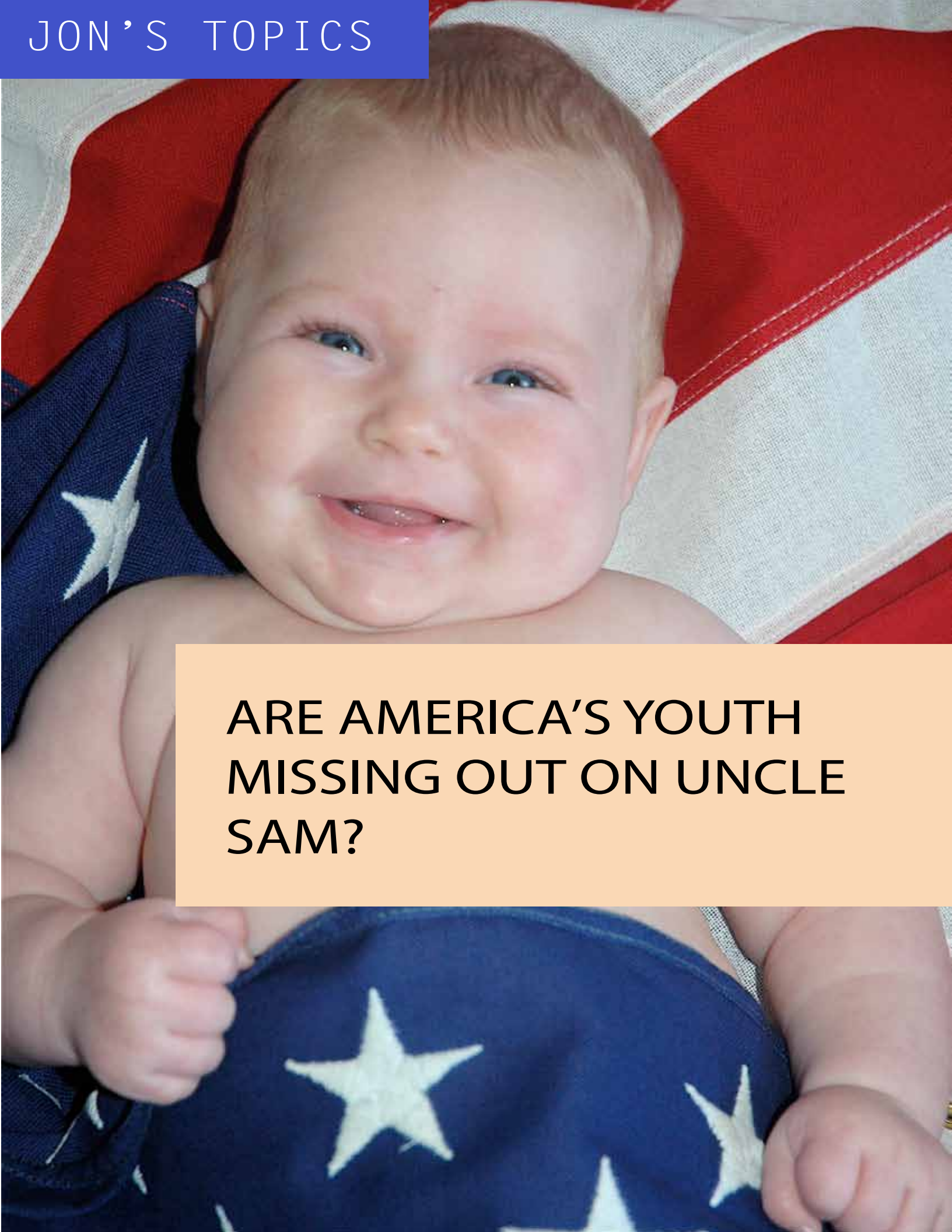
What you can do to get an attitude of gratitude:

- 1) Keep a daily journal of three things you are thankful for. This works well first thing in the morning, or just before you go to bed.
- 2) Make it a practice to tell a spouse, partner or friend something you appreciate about them every day.
- 3) Look in the mirror when you are brushing your teeth, and think about something you have done well recently or something you like about yourself.
- 4) Health is everything also. One simple thought to keep your gratitude is how healthy and good you look. Moms know that very well.

"The seeds of depression will never take root in a grateful heart!"

~Andy Andrews





## ARE AMERICA'S YOUTH MISSING OUT ON UNCLE SAM?



Just 32% of Millennials believe the U.S. is the greatest country in the world. That number progressively increases among the Gen X (48%), Boomer (50%) and Silent generations (64%). Millennials were also the most likely generation to say America is not the greatest country in the world (11%). I would like to see our country's youth

- 48% of Americans believe the United States is the greatest country in the world. 42% believe the US is one of the greatest countries in the world. Millennials had a different view.
- Millennials also are less likely than their elders to express patriotism. A majority of Millennials (70%) agreed with the statement "I am very patriotic." But even larger percentages of Gen Xers (86%), Boomers (91%) and Silents (90%) said the same. This generational gap is consistent and has been identified in surveys dating back to 2003.
- Compared to Boomers and Silents, a slightly greater percentage of Millennials (55%) and Gen Xers (55%) think the country's best days are ahead. In total, half of Americans (51%) say that's the case.
- You really must appreciate the soldiers in WW 2 and even now in Iraq or Afghanistan. They are the real Uncle Sams we must love and support. And we should listen to their stories!
- When I heard these stories a growing up and even now...I would get so emotional and proud to hear them. It just shows character of these guys. The "Good ones" as they called them.



TRUE LOVE...KISMET

Old fashioned values are what's missing these days. Like back in the 50's and 60's.

I hear people talking about that the past few years. If we bring that back, I know we can be happier.

When you start a relationship and marry that person...the ones that last for 60 years (like my parents) it should be because of the inside and soul of that person...not just the physical looks or their bank account.

- My mom married my father even though he was dirt poor. It was never about the money...it was about the person inside.
- Love is the only and main reason people get married. 88% said it was more important to get married then a life-long commitment(81%) and companionship(76%). Parents and grandparents said getting married to a rich person was as easy to marry a poor person. Only 28% said financial stability was important.
- The share of Americans who are married today is at its lowest point since at least 1920. 50 % of Americans were married in 2012 compared with 72% in 1960.
- Over 70% surveyed said they were in a committed relationship.59% said they either are married or living with someone. 11 % are not living with someone but in a relationship
- My dad and mom were married for the main reason that people marry.. True Love.





JAY LENO AND JON IN 1987.



JAY AND JON 2014

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“I always had this connection with Jay. Especially the way I looked, with my chin. For years people would come and say I look like Jay except my chin is smaller. It’s like a baby Leno jaw. I mean how many times can I hear this? I of course looked in the mirror and saw the resemblance. I would also talk like Jay to see if I can pull it off. I can. I just talk like I have helium in my voice, add a lisp and move my hands around like a puppet while nodding my head.”

- JonPirincci