

LIVING LIFE OUT LOUD

MEDIA & APPEARANCES

AARON MYHRA

AUTHOR | SPEAKER

STORYTELLER | ENTREPRENEUR

THE CONVERSATION CONTINUES.

Aaron Myhra is a Central Oregon entrepreneur, storyteller and creator of Living Life Out Loud and Still Building. His work explores rebuilding after loss, purpose in the second half of life, brotherhood, relationships, entrepreneurship and the choices that make a life worth living.

AVAILABLE FOR

Podcast and radio interviews | Print and broadcast media | Book signings | Public speaking and live conversations

FEATURED BOOK

Still Building: Doctrine for the Man Building the Next Forty Years with Intention. Public release: November 16, 2026. In-person signing at the Central Oregon Toyz for Kidz event: November 14, 2026.

MEDIA BOOKINGS

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CONVERSATIONS WORTH HAVING

SUGGESTED INTERVIEW TOPICS & BACKGROUND

STILL BUILDING

Why the second half of life can be a beginning, not a winding down.

GRIEF AND REINVENTION

Navigating profound loss, rebuilding routines, and choosing to keep living.

BROTHERHOOD AND BELONGING

What decades in motorcycle culture taught him about loyalty, identity and community.

THE BUILDER MINDSET

From construction to radio, mortgages, healthcare, media and publishing.

LIVING INTENTIONALLY

Fitness, relationships, discipline, purpose and meaningful adventures after 40.

LEAN ENTREPRENEURSHIP

Building businesses with modest resources and leveraging new technology.

SELECTED BACKGROUND

- Construction career beginning as a teenager; commissioned to build a custom home in Akita, Japan in 1993.
- Radio personality and promotions professional; founder of businesses in mortgages, events and healthcare.
- Co-founder of Motorcyclists of Central Oregon (MOCO), supporting local children and families.
- Launched Living Life Out Loud in 2026; grew Facebook from roughly 3,000 to more than 22,000 followers over approximately six months, with over one million views in a separate 28-day period.

FOR INTERVIEWS, BOOK SIGNINGS AND SPEAKING REQUESTS

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