



ASTRONAUT

SUSAN HELMS

Susan Helms



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STS-54, STS-64, STS-78,
STS-101, STS-102, STS-105,
EXP-2

BEST ADVICE GIVEN

Before embarking on a long duration space flight, know what makes you happy, and then make sure you have it.

Do what you love, and be really really good at it.

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