

## THAT SAVED MY LIFE

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Tom Hulsey

The Winning Mindset that Saved My Life



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Tom Hulsey has truly gone from the shock of learning he had cancer to the glory of beating it AND showing others how goal setting techniques, commitment and tenacity helped him defeat this dreaded disease. Themes in the publication are principles it is possible to apply to your each day. Net arises from the sales of the book will become donated to cancers research and education. He's a Board Person in ZERO – THE FINISH of Prostate Cancer and a Reviewer for the Prostate Tumor Research System (PCRP) of the Division of Defense's Congressionally Directed Medical Study Programs (CDMRP). Tom applies the abilities and attitudes necessary to compete within an IRONMAN to existence's struggles. He tells an excellent story of heading from an athlete absorbed with schooling and competition, and nearly arrogant about his wellness, to a man specialized in assisting and inspiring others. Why will this book change lives in your life? No matter where you are no matter what existence throws at you, this publication will make a notable difference. Tom has turned his lifestyle's focus to education and advocacy. These themes consist of: Choosing Your Mindset, Perseverance, Becoming Intentional, Overcoming Your Fears, Being Prepared, Knowing Your Options, and Living Beyond Yourself. The Winning Mindset that Saved My Life is a superb story and inspirational publication. Tom also leads exercise classes and emotional support for cancers survivors at the Baylor Scott & White Wellness & Wellness Center.



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This book has helped me realize that how we choose to respond to adversity in lifestyle is what makes or breaks you. Not just another "positive thinking" book. The Winning Mindset that Saved MY ENTIRE LIFE explores the personal trip of achieving and overcoming exceptional challenges that Tom chose and the ones that lifestyle threw at him. Mindset is Everything "In this book Tom takes you through his powerful trip from Ironman Tri-athlete to cancer surviyor. Courage ORIGINATES FROM Your Mindset Conquering cancer calls for courage. The journey speaks not only as one always on the winning side of existence. I liked the queries at end of chapters, I believe in adult learning and personalization. The Winning Mindset That Saved MY ENTIRE LIFE reaches beyond a private journey and challenges the reader to become personally involved by taking part in Reflective Questions. I believe anyone who buys the book can engage that mindset! but, provides support using medical facts and physiological changes the effect of a positive or adverse mindset. Believe me I understand ... Tom blazed the trail a few a few months before I did so. He inspired me, he encouraged me personally. And now, the whole world can understand the miracles of the earning mindset ... to save you from life's trials .. Tom acknowledges that not everything is in our power, but where we've the power of choice, he assists us hear the call to exercise it. whatever you may be facing. Mindset matters, even/especially for living with and through prostate cancer! Tom lives it, breathes it and shares it. As you convert the webpages your courage will develop and you'll be "greater than a conquerer" Who doesn't need an uptick within their heartbeat? Hope is not a strategy ... A vear ago my child died from serious schizophrenia following a miserable 8 calendar year dissent into oblivion. Pragmatic and meaningful I've experienced prostrate cancers and robotic surgery, hope is the result of reading Tom's hearfelt journey and gaining "The Winning Mindset" to save lots of your life too! Tom turns into vulnerable and reveals his knowledge with the depths of melancholy, anxiety and stress. The written material gave me reference and perspective, the answers to the queries are all mine to own. The winning mindset isn't just personal insight; He demonstrates the way the Ironman mindset that helped him train and execute most likely the globe's most difficult, nonstop event may be the same super human being mindset that he would bring to the battle for his life. This is a story of incredible achievement, perseverance and testimony to the depths of the human spirit. It is a great book to learn, very inspiring! Browse it now!" A guy on a objective to defeat prostate cancer. His longtime infectious enthusiasm and willingness to help others comes through in this reserve. I have benefited out of this advice myself. His publication is an inspirational and motivational manual forever. I would suggest this reserve to anyone who needs a boost with their morale.- also to fight and get a courageous battle against this cancer. This publication will inspire you, inspire you and motivate you to persevere through the adversity that we all encounter in this adventure called existence. Hulsey accomplished is definitely a miracle. Mindset is indeed critically essential in this journey. Many thanks for a real, down to earth attack plan for men going right through this extremely difficult time! The book is currently an inspiration for me personally! A reason to go on is critical. I simply bought 10 books. Mindset is everything which story will inspire you to apply the concepts to your everyday life. Hope those ten books can transform lives. Winning Mindset makes the difference! This from a guy whose perseverance and determination helped him surface finish multiple IronMan races - even after prostate surgery! Amazing and inspiring! Tom's story is one of perseverance and can be translatable across every area of existence. I am inspired by Tom's knowledge and am grateful to have got read his story. Inspiration As I look at myself, I believe that We am a positive person, who can do anything. Enter Tom Hulsey's book The Winning Mindset That Saved My Life. He just simply walks the walk in everything he does for his friends, family and colleagues. As a prostate cancer survivor, I could only claim that I wish I could have read this reserve when I first received my tumor diagnosis. I wish that I experienced concentrated on those brief and longterm goals that maintain you mentally and physically vial. We all need inspiration. I usually believed I possess a positive earning mindset, yet Mr. Hulsey takes it to another level! If Tom Hulsey can compete in the toughest Iron Man, after battling prostate malignancy within a year, then I can do anything! Inspiring! I plan on providing them with for Christmas. The questions that Tom has you think about at the end of every chapter are thought provoking! recommend this book! Great book that may encourage you to take pleasure from your life! This a great story written from the heart. Tom encourages you to enjoy life rather than to fear life's challenges. Great book of inspiration to share with anyone going right through a personal crisis This book will lift the spirts of anyone going through a personal crisis such as for example prostate cancer, cancer or illness of any type. Purchase, read and spread

OR purchase for another person. Inspiring story about a remarkable journey Tom has told a story straight from his center. A short while after seeing a good friend used by prostate tumor, he was diagnosed. He had the good fortune to be able to reclaim existence by making conscious, intentional choices. Anyone who has faced a health crisis, or any existential challenge, will find his tale about the power of attitude and action uplifting.. It's not about how hard you fall, it's about how exactly you get up! I have had the enjoyment of knowing Tom for years now. I'll always remember Tom's motivational terms to my son even though coaching him for hockey- "Hold your goals high and your stick low". Tom doesn't even "chat the talk" very much at all when you talk with him. Oh my, what Mr. He fights with style, grace, perseverance and honor. So when it came time for him to combat for himself he was even more equipped than a lot of people but nonetheless faced a challenge that not really everyone can overcome. Become familiar with Tom when you can and you'll see why the reserve reads the way it does. Many thanks Tom for your inspiration in all things.



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