

Overcome Your Worst Pain To Transform Into Your Best Self "You're Worth Fighting For!"



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You never fully know when you are going to face devastating loss & pain. When it does, what do you do? I was faced with this tragedy when my marriage suddenly ended and I lost what I thought was a good relationship with my best friend and wife. My sense of self-worth, confidence, and identity hit an all-time low. Everything in my life changed and would never be the same again.

*Choosing to try to heal and rebuild, I hearkened back to principles acquired by an unconventional source: amateur boxing. That experience and the lessons learned gave me the foundation to pick myself up off the proverbial mat and get back into the fight for my life and my heart. My process of becoming a whole person is chronicled in my (upcoming new book) **Be Solid: How To Go Through Hell & Come Out Whole**. The Be Solid Speech details the tools, inspiration and resources to heal from heartbreak & loss.*

The healing process and the journey into living my best life was not done overnight, but the transformation has been all-encompassing. No longer struggling with fears & worthiness issues, I help people who share these struggles heal to become the best versions of themselves. Often people who have experienced immense heartbreak don't know where to turn or what to do. It impacts their personal and professional lives in a variety of ways.

I'm committed to helping people who have experienced deep personal loss (particularly loss from relationships) learn how to love again by loving themselves into wholeness.

Personal loss impacts millions of people all over the country and countless more around the world. Addictions, substance abuse, dysfunctional behavior, and victimization are all the effects of society not helping hurt people heal the best way. I appreciate every opportunity given to me to talk with people who are suffering and struggling to hold themselves together while their world is coming apart.

I look forward to the opportunity to serve your audience, group, or organization in providing a restorative and inspiring rebirth to their lives.