

## IT'S NOT WHAT HAPPENS TO YOU, IT'S WHAT YOU DO ABOUT IT Taking Responsibility for Change

Author: W MITCHELL



### BOOK DESCRIPTION:

**W Mitchell** not only inspires and motivates, he touches lives in a way few can. The motivational section of most bookstores is loaded with stories of triumph over adversity, but an evening curled up in your living room with Mitchell will ignite a spark you probably never knew existed. In "It's Not What Happens to You, It's What You Do About It", Mitchell recounts his survival and rehabilitation from not one, but two horrific accidents. The first left him burned over 65% of his body, including his face, arms, and hands. A plane crash four years later left him paralyzed from the waist down, sentencing him permanently to a wheelchair. Surprisingly, though, his story is not one of healing and moving on, but the story of taking action--of embracing responsibility for not only one's own life, but for the world itself.

Mitchell's book reads easily and comfortably. If you are fortunate enough to kick back in your favorite easy chair for a quiet evening of reading, you'll feel more like you're having a good friend over for a conversation than a deep philosophical literary session. Mitchell's humor, wisdom, and unique outlook on the challenges of life are absorbed into his story in a way which can't help but leave an indelible mark on the reader. But be warned: although reading Mitchell's book may sound like an opportunity for quiet escape, it is not for the "righteous" among us who feel comfortable enough with their lives. You will not be able to close the book without recommitting your own life to expending even more energy on positive action.

Physical disabilities aside, Mitchell is a man who challenges mediocrity and its excuses so effectively that one dares not ever settle again. His continual message and the title of his book, "It's Not What Happens To You, It's What You Do About It", is directed at anyone who has ever claimed defeat before trying, not just those who face physical challenges.

As if to defy inaction and to challenge your comfort level, Mitchell states: "The key for all of us who want to make a difference is to act. To do something. Anything. That's the key that will unlock the door to a future unimagined by so many people. Sometimes...we feel powerless, unable to do anything. Just one act, anything you can think of, can restart your engine."

"Just because you're out of work doesn't mean you can't begin a physical fitness program. Just because you're out of love doesn't mean you can't improve your job skills. By getting better in one area, you'll help your self-esteem, which may unlock the door to new relationships, and perhaps point yourself in a new direction. Is it easy? Perhaps not. But as someone has said, 'Easy doesn't do it.'"



It is after his recovery from these two life-threatening events that Mitchell's triumph begins. Success in business, politics and life formed the base for a career in motivational speaking, and Mitchell now travels the world igniting sparks wherever he goes. The National Speakers Association has awarded Mitchell the Council of Peers Award for Excellence. It is the highest recognition in professional speaking, and yet this award can't express his impact on those he speaks to as well as his audiences themselves. Regardless of the venue, Mitchell leaves few eyes dry, no heart untouched, and few souls willing to go home the same as when they arrived.

**International Keynote Speaker • Author • National and Business Leader • Triumphant Victor**

"It's Not What Happens To You, It's What You Do About It"; forward by Anthony Robbins; ISBN #0-9637901-0-2: \$19.95 (US) is available by phone order or online. Audio and video tapes also available. [www.wmitchell.com](http://www.wmitchell.com), 800-421-4840