



It's All About ...

Scott Brearley
MY PERFECT STORM



WHO IS SCOTT BREARLEY?

The very loud message that was reinforced to me was - Why Does The Universe Hate Me?

Your life may have been like mine - riddled with trauma, trauma and more trauma. We **ALL** have a story and with my wife, Lisa Brearley's support, I choose to publish mine!

While writing this book, I processed how those past experiences shaped who I am today. I hope my book, My Perfect Storm will inspire others to never give up on themselves.

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IT'S ALL ABOUT...

It's all about ... **choice**.

You probably already knew this and it's really hard to digest.

This understanding became very clear to me when I was diagnosed with diabetes.

It's usually when do or die situations happen when we really understand that it comes down to our choices.

With this medical understanding about making a choice to eat healthy and not rely on medication, I was able to translate that understanding to other parts of my life.

You are capable of this too. And yes, it can be **scary and exciting** all at the same time.

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IT'S ALL ABOUT...

taking care of ourselves.

That's why I have chosen to support others on their journey because I want a Win/Win for you and I.

You see, I learn when I connect with others and I'm excited to also share what I've learned along the way.

Through my coaching business, Forward Walking Choices, I am stepping up to support my clients in stepping up for themselves. You see a WIN - WIN !

I'm excited for your future and mine.

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having an understanding that my next book is in the works!

You see I have been a member of Alcoholics Anonymous Program for many, many years and now as I return to meetings I see myself at these meetings in a different light. I also see what is offered in the AA programs with a new perspective.

My next book will shed some more light on my discoveries and will guide you in understanding how the brain and our choices go hand in hand.

Stay tuned for my 2nd published book by 2025.

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connect

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