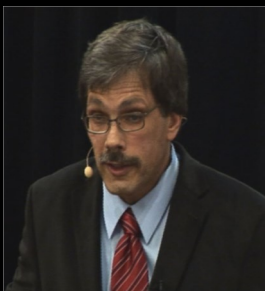


## 18 YEARS OF EXPERIENCE IN MAKING PEOPLE LAUGH, CRY AND THINK!

Al Foxx is an Author, Inspirational Humorist and Keynote Speaker. Starting his speaking career at Seattle's Comedy Underground in 1995, Al focused on learning the craft of stand-up comedy and now brings his humor and inspiration with the light of hope, filled with possibilities for his audiences and readers.



Al struggled for years with catastrophic changes in his life. Al now shares refreshingly authentic and humorous stories of the pursuit of his dreams and aspirations following the devastating motorcycle crash in 1980, that ripped apart his 18-year old idyllic life.

We are all born with a book of blank pages. We don't get to choose if our book is leather bound, gold embossed hard back or a cheaply glued paper back, but what the pages say is up to us. The unforgettable lessons in this book include:

- Accept the book you've been given, Believe you can write a happy ending and Care about others.
- Goal Setting: Life is what you make it—always has been, always will be.
- Self-Esteem Bucket: What you say about others affects your own self esteem bucket. If you say negative things, it pokes a hole in your bucket and the bucket of person you are talking to or about.
- Focus on the blessings you have, not what you don't have.
- Lighten Up: Don't take yourself so seriously. This will help you to care about others by knowing it's not all about YOU!
- Mentoring: By helping others through their hard times, you can learn solution-based techniques, plus you begin to see your own challenges in a new light.! It's all about perspective.

### PRAISE FOR *Achieving NO LIMITS—Embracing Change*

*"Powerful, courageous and honest author Al Foxx takes you through an incredible and inspiring journey of self-discovery that leaves you with a feeling of gratitude and self awareness. 'Achieving NO LIMITS—Embracing Change' is insightful, educational and a must read!"*

—SHIRIN SHERKAT, PSY.D. (PARENT STRATEGIST) FOUNDER OF CREATE HAPPY KIDS, [CreateHappyKids.com](http://CreateHappyKids.com).

*"Al Foxx helped me understand the challenges that people with disabilities have; individuals who have lost all that they previously held dear and are now challenged to reinvent themselves. Now I understand the courage it takes to not let what others say or think of you, affect how you see yourself. 'Achieving NO LIMITS—Embracing Change' shows the reader that with the right attitude and fortitude, Winners Don't Quit."*

—EARL BELL, AUTHOR OF 'WINNING AT BASEBALL AND BUSINESS'

*"Al Foxx is one of the most inspiring and moving speakers of our day. He has made me realize that to be happy in life, we need to focus on the things that we have instead of dwelling on the things that we don't have."*

—PATRICK SNOW, INTERNATIONAL BEST SELLING AUTHOR OF 'CREATING YOUR OWN DESTINY'

Achieving NO LIMITS—Embracing Change

AL FOXX

# Achieving NO LIMITS

## EMBRACING CHANGE



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Founder—Winners Don't Quit Association  
International Inspirational Humorist & Keynote Speaker

[www.WinnersDontQuitAssociation.com](http://www.WinnersDontQuitAssociation.com)

