



# TOM HULSEY

**Making a Positive Impact on Humankind**

## Book Abstract

In February 2015, on his 61st birthday Tom heard these dreaded words from his doctor, “You have cancer.” The diagnosis sent him into a tailspin. Having lost a friend to prostate cancer the year before, he was ready to quit, to not even try to fight the disease. Why is that important? At that time, Tom had completed nine IRONMAN competitions. He is not a quitter, yet this bad news overwhelmed him.



What changed? Loved ones and friends gave Tom ways and reasons to live. The first step in his battle was to hold on to his winning mindset, to decide to live and inspire others no matter what their life challenges. After his cancer surgery, he completed two more IRONMAN competitions, including the World Championship in Kailua-Kona, Hawaii. He tells the story of seemingly race-stopping challenges and self-doubt during the competitions and how he pushed through.

*The Winning Mindset that Saved My Life* is a great story and inspirational book. Tom applies the skills and attitudes required to compete in an IRONMAN to life’s struggles. He tells a great story of going from an athlete absorbed with training and competition, and

almost arrogant about his health, to a man devoted to helping and inspiring others.

Why will this book make a difference in your life? Themes in the book are principles you can apply to your everyday life. These themes include:

- **Choose Your Mindset**
- **Persevere**
- **Be Intentional**
- **Overcome Your Fear**
- **Be Prepared**
- **Know Your Options**
- **Live Beyond Yourself**

Tom has turned his life's focus to education and advocacy. He is a Board Member of ZERO - The End of Prostate Cancer and a Reviewer for the Prostate Cancer Research Program (PCRP) of the Department of Defense's Congressionally Directed Medical Research Programs (CDMRP). Tom also leads exercise classes and provides emotional support for cancer survivors at the Baylor Scott & White Cancer Health & Wellness Center.

Whatever your situation, this book will make a difference in your life AND benefits cancer research.