



## **The Cards you are Holding** **13 ways to turn adversity into opportunity** **Marc Herremans**

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- A self-help book that will teach you to turn "bad times" into positive experiences
- Written by a celebrated Triathlete, whose paralysis led him to discover a new approach to life

"Like everyone else, I have also had some bad times and more may lie in my future. Like everyone else I have failed at times, and probably will fail again. That is exactly what this book is about: about how life is like a card game with unavoidable ups and downs. The core of it is: how can you turn a dead card around and make the most of the hand you are dealt? How can you not only process setbacks but use them to become stronger?" – Marc Herremans

Too often we focus on the bad cards that we have been dealt and forget to look at the trump cards we're holding. Triathlete Marc Herremans takes his own life story as a guideline, teaching you to cope with misfortunes differently and even use them to grow as a person. He shows you how to handle unexpected changes in a positive way, helps you discover what is really important in life, and proves that you have the power to turn adversity into opportunity.

**Marc Herremans** is living proof that mental resilience can triumph over nearly anything. After becoming paralyzed during a triathlon training session in Lanzarote he won the handcycling division of the Ironman of Hawaii, built up the *To Walk Again* organisation and fathered two beautiful daughters. Nowadays he coaches various top athletes and gives inspiring lectures worldwide. He wrote this book with journalist **Frauke Joossen**.