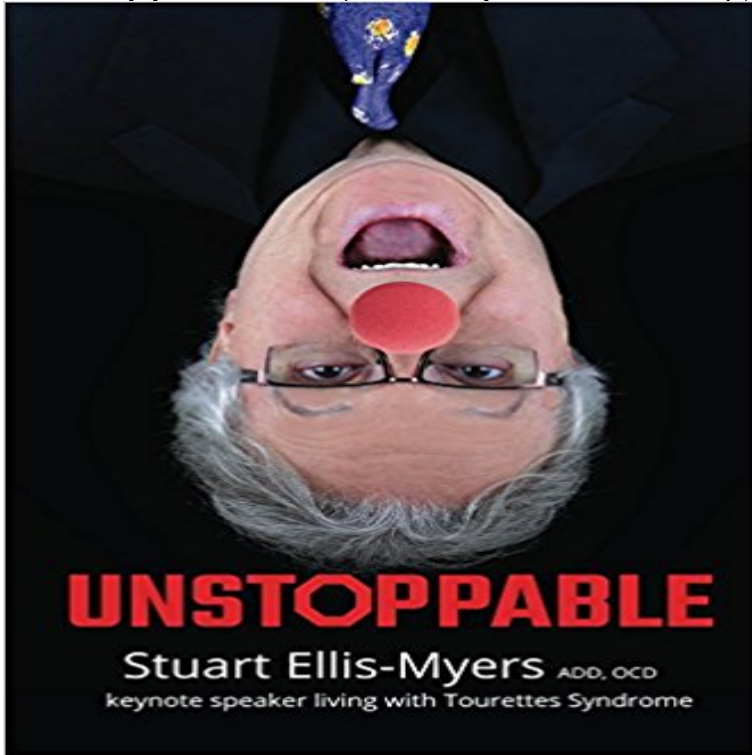


Unstoppable: Keynote Speaker Living with Tourettes Syndrome



What would you do if, out of the blue, your life turned upside down? What if you went from being a happy, healthy, normal, child, and suddenly became an anxious, depressed, twitchy mess of devastating proportion? This is exactly what happened to Stuart Ellis-Myers. At the age of eight, Stuart began to develop one of the most misunderstood mental illnesses of our time . . . Tourettes Syndrome. Faced with the prospect of a lifetime of frustration, isolation, and shame the typical reaction to this tragic condition Stuart instead chose to make his life into something remarkable.

One of the most gifted and inspiring public speakers on the corporate circuit today, Stuart has used the life lessons learned through years of battling this often emotionally crippling disorder to help countless others to overcome their own challenges and fears. His insight and humanity have enabled him to share his own, often painful, experiences in such a way as to offer a real, usable, methodology for overcoming the many pitfalls of modern life. The countless physical and psychological manifestations of the high stress lives we all lead are made clearer to understand and easier to bear through his simple and effective system of positive change. It has worked for him. It can work for you. By chronicling his journey in the pages of this book; with both his successes and failures fully exposed, Stuart takes you on a trip through the life of a man held captive by his mental condition and yet who found the strength and determination to break free and create both a growing business and a true and lasting love. From helping you to face the reality of your current situation; to offering guidance to help you seize the amazing opportunities that come your way each and every day; to providing easy to learn and easier to perform exercises to gain control over your fears and doubts; Stuart will take you by the hand and invite you to join him in

creating the foundation for your own UNSTOPPABLE LIFE. Told with total candor and charming wit, this is a story of inspiration and achievement with which virtually anyone can identify with. It takes you from a damaged, dysfunctional childhood in Britain, to a forced fantasy of a life in Vancouver; from the brutal bullying of his youth, to the betrayal and abandonment on the part of his first wife; from the day he finally learned that his problem had a name, to the night he stood on his balcony inches from stepping off into the seductive oblivion of suicide; Stuart holds nothing back. From the wife-swapping marital infidelity of his free spirited parents, to the sadistic mental and physical torture at the hands of his maternal Grandmother, to the cruelty of the playground bullies who made his young life a living hell, he faces the truth of his circumstances with an unflinching courage that is both admirable and inspiring. Stuart also shares the stories of his many triumphs and successes. This is an interesting, fun, often laugh out loud funny read, where along the way, you are guaranteed to find something that will touch your heart, intrigue your mind and warm your soul. It would be easy to categorize this as just another self-help book, but it is so much more. This is the story of a man who refused to accept other peoples truths. It is the story of a man who chose to, not only survive but become UNSTOPPABLE. So, if Stuart can overcome the ravages of Tourettes Syndrome, and all of the disabling mental conditions that so often accompany it, and become remarkably successful in both his keynote speaker career and his personal life . . . what is holding any of us back from achieving our dreams?

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