

## WHAT OTHERS ARE SAYING ABOUT ARIC H. MORRISON AND THIS BOOK

I am a recent cancer survivor and a lifetime battler with many forms of adversity. I nursed my husband for years before his passing from a chronic illness, and subsequently raised a family as a single mother. Having been no stranger to many forms of adversity throughout my life, Adversity Rockstar is a book that Aric H. Morrison has absolutely nailed writing for people like me!

My most recent battle with Aggressive Large B Cell Lymphoma of the Mediastinal nodes, was an extremely long and difficult one. Aric allowed me an opportunity to use his *Change Navigation Model (CNM)* from this book to help me get through the entire diagnosis, treatment, and remission phases. I used each step exactly as he told me to.

“Thank You, Aric” from the bottom of my heart. Your life story and ability to share it in a way to help others should be used for others to take notice. I loved this book!!! I am Massachusetts’ newest *Adversity Rockstar*!

*Kim Bilotta  
Pittsfield, Ma  
Cancer Survivor*

The *Change Navigation Model (CNM)* is absolutely brilliant and effective! When I read this book, I thought about when my wife passed away, and how effective this approach may have been for me to have. Adversity Rockstar is a fun and easy read, but the content is super helpful. When facing difficult aspects of life, what a great resource to have in your

back pocket. I appreciate the way Aric H. Morrison presents this material. He seems so approachable and relatable in his writing style and delivery. Kudos to Adversity Rockstar and bless you for writing this book.

*Peter A.  
Binghamton, NY  
Family Loss*

Aric has been my Adversity Coach for a number of years. Together, we have discussed a wide range of topics. When he told me about his book project, Adversity Rockstar, I knew instantly it would be amazingly helpful. Just speak with him; and you will feel his emotion as it pertains to helping people deal with complicated life issues. I find myself often very stressed out, and was personally thrilled to read this book and apply his *Change Navigation Model (CNM)* to our recent discussions and my life. Thanks for crafting this masterpiece Aric. I highly recommend this read.

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**Adversity Rockstar**  
**A Systematic Approach to Facing Life's**  
**Hardships Head On**

**ARIC H. MORRISON**



www.AdversityRockstar.com

## **Adversity Rockstar**

A Systematic Approach to Facing Life's Hardships Head On

Aric H. Morrison

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Published by:

Transform Publishing

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

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(603) 998-6225

ISBN: 978-0-578-60241-7

Library of Congress: 2019953859

Printed in the United States of America

First Edition



*"It's less about sharing  
what you have accomplished  
in life and so much more  
about how you can give  
back in the one you are  
blessed to have."*

*Aric H. Morrison*

**Adversity**

*A state or instance of serious or continued difficulty or misfortune.*

– Merriam Webster

**Rockstar**

*A star or celebrity in any field or profession, anyone who is highly admired.*

– Dictionary.com

**Adversity Rockstar**

*“Someone who is highly admired while facing serious difficulty or misfortune.”*

– Aric H. Morrison

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## PREFACE

My father passed away when I was a young man, and it was truly one of the most difficult events to process in my young life. I had no idea how to cope with loss and the vast array of emotions that came with it. For quite some time, I struggled to find my way and emotionally get over it. It was my first time dealing with such a powerful hardship. Prior to his passing, adversity had been a foreign concept to me.

Back then, I had made many attempts to overcome my pain and challenges. Some of my methods provided great experiences for me to use later in life, while others proved to be nothing more than lessons about what not to do. From then on, every time I faced adversity, I continued to learn even more.

Most often, nobody ever purposefully plans on living a life filled with critical situations. However, as my life has played out over the years, I have faced more adversities than anyone I have ever met. Two key observations I was able to make several years ago were adversity does affect everyone in one way or another, and each person has a unique approach to overcoming it. Some are successful in getting through it, while others compound their situation by dealing with it terribly.

There is no magic pill to take, no speech to listen to, and certainly no self-help book to digest, that can guarantee success when facing life's hardships. However, you can use my approach to allow it to be your light the next time it feels as though the walls are closing in around you.

## Preface

The diagnosis of Cancer in my two-year-old, introduced me to a new realm of adversity. It was on a visceral level; unlike anything I had ever experienced. The problem was, there was no effective guide or blueprint to help me overcome it. Each day was a completely new learning experience. More often than not, I thought I had been making progress, only to quickly get knocked back even further. It was truly terrible.

Over the years of being a parent of a critically ill, disabled little boy, I have amassed a vast wealth of knowledge on the subject of adversity. Over time, it only made sense to apply the principles that worked, and disregard the mistakes. Therein became the genesis for this book; and through it, I am able to give back and help others through their challenges.

In this book, you will discover the *Change Navigation Model (CNM)* that I created. It is comprised of twenty steps to enable you to better face adversity, from start to finish. I understand it can be difficult every time, but it doesn't have to cripple you. My approach can act as your invisible friend who guides you through your trauma.

From a man who lives each day with the mortality of his young child, I absolutely practice the *Change Navigation Model (CNM)* regularly. At some point in time, you will face adversity, of some form. Why not have a resource at your disposal to help you cope? It is why I wrote this book. You never have to face life's hardships alone, again!

## FOREWORD

Adversity Rockstar, written by Aric H. Morrison, is truly an inspiration and heartfelt delve into dealing with adversity and how to navigate processing, accepting, and conquering hardships in a positive and productive manner. It is genuine, relatable, logical, methodical, and incredibly engaging for all readers, with humor and hardships woven into the narrative. Even more, encouragement abounds at each step in traversing any difficult journey.

As a physician, mom, sister, colleague, friend, daughter, etc., I found myself immersed in each step, thinking about my own challenges, both past and present; some simple and some more challenging. As I thought through the four phases for myself, they all related to different conflicts in my life. The *Change Navigation Model (CNM)*, found in this book, is exceptionally helpful, sensible, and intuitive. Aric teaches beautifully how we all face adversity and how we characterize it individually, as our perspective is how we see the depth and severity of the adversity.

As I was reviewing this book, I had an event in my academic life, post an overnight shift that was devastating to me. (Likely, lack of sleep and my emotional state played a role.) While not the worst scenario I have dealt with, nevertheless, it hit hard for me on many personal levels, bringing up tragedy from my past. I found myself thinking through each step of the *Change Navigation Model (CNM)*, realizing I was too emotional, but needed to accept my feelings, gain clarity, collect more data, and prepare an *Adversity Attack Plan (AAP)* to obtain an outcome that would make me better and

## Foreword

stronger. I was struck by how each step in Aric's model made sense, was critical, and flowed simply. At the conclusion of the book, I felt empowered, stronger, energized, and excited to take some time to figure out a way to have my moment on the stage as an *Adversity Rockstar*.

Working in an inner city ER, I see all walks of life and problems. I work in an academic setting at a city hospital and mentor medical students, residents, and fellows. Adversity abounds all over in different shapes and sizes, and some truly unimaginable. I find myself realizing, this book is a great read, inspirational, motivating, and will certainly help everyone who takes the time to work through these steps. His *Case for Compassion* section in this book is poignant and demonstrates multiple amazing analogies. He makes it real for all of us!

What I can say after this read is that we can all be an *Adversity Rockstar*. You must believe in yourself, as Aric did; and use these steps to conquer!

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## NOTE FROM THE PUBLISHER

As a Publisher, I regularly receive hundreds of manuscripts; therefore, I cannot possibly accommodate them all. When I saw this book, Adversity Rockstar laying amidst the pile, the title captivated my attention. My first question was: *What is an Adversity Rockstar?* The more I read, the more my eyes were opened, not only to what it meant, but also to the overall profound and invigorating content.

In this book, Aric H. Morrison uses a Rockstar analogy that is easy to understand and implement; and exciting to imagine. Even more, Aric is spot-on when he claims that every person has been through, and will continue to face, adversity. Adversity truly has no boundaries. It strikes every living, breathing person. This is only one simple reason why I knew this book offers such great value. Aric's knowledge and wisdom, his *Change Navigation Model (CNM)*, and his *Adversity Attack Plan (AAP)*, that are shared in this book, are much needed by everyone.

As more people are stepping up to become Authors, the more self-help books flood the market. Many self-help books include, or lead to, some sort of model to follow. I must say, we see models (all the time) that are not effective. Many are out of sequence; meaning, you truly should complete later steps first, and first steps later. We also witness models that simply lack steps that must be taken to make the entire model effective. So, when Aric's model showed up on my desk, it was a breath of fresh air. Finally, someone with enough knowledge and wisdom to not *fake it, until he makes it*. Finally, someone who spent the time needed (fifteen years, in

## Note From The Publisher

fact) to record step-by-step what he did, and what works. Finally, someone who not only lives his model, but tested it time and again on others to prove it is life changing. As I read through his book, I could not help but live out each step in the *Change Navigation Model (CNM)*. That's right, me, the Publisher, has already applied Aric's teachings. Let me warn you, it works!

Throughout this book, Aric uses great examples and visuals to drive his points home. I especially love the dartboard analogy, where he guides his readers through creating various groups of people who will support them through their darkest days. Even more, I love his *Case for Compassion* section at the end of each chapter. This is where Aric becomes transparent, allowing his readers to truly connect with him through the relation of circumstances. He truly is raw, real, and relatable to all who take time to learn from him.

Aside from the philosophical content and the innovative adversity self-help model, I admire the way Aric poured his heart and soul into this book. Anyone who reads Adversity Rockstar will immediately notice that this book was strategically written over an extended period. It is not just another thrown together book, in hopes to become an entrepreneur with a new title; and that, I appreciate!

In life, not only do we all face adversity, we also face moments when dreams (whether small or large) transform into reality. As I read and applied the knowledge in this book, I realized I could also apply everything to one of my dreams that is in the midst of coming true. When Aric speaks about not being clear-minded, due to overwhelm, that is exactly how I have been feeling with all the excitement around me.

## Note From The Publisher

So, if it is a challenge you are facing or a dream come true knocking at your door, the *Change Navigation Model (CNM)* is your #1 guide currently on the market.

In this book, Aric also encourages his readers to contact him via email to share their adversity stories with him. Aric shares a story where he contacted a musician in a famous band, to tell him about his story and how the music has helped him get through his hardships. Unbelievably, this musician responded, and the two began exchanging experiences and having a heartfelt conversation. So, you can see why Aric now offers you to do the same. Sharing your story with a famous Author and having them respond, is remarkable.

Lastly, I want to personally say “Thank You” to Aric H. Morrison, the author of this book, for being vulnerable and trusting in opening his heart to his readers. He has shared personal details, that most would be uncomfortable doing. It takes a lot of courage to do what he has done; and in the name of love, he has proven that he truly cares about others. He has created a masterpiece for all who read and apply his knowledge and wisdom found in Adversity Rockstar. Here at Transform Publishing, we look forward to assisting Aric with his upcoming book, Stealing Home.



## INTRODUCTION

When alone and lying next to my dying child in the hospital late at night, true feelings were the only thing I had to embrace. If you ever find yourself in that situation, you will understand. Then, if you decide to leave your loved one's bedside for the evening to sleep in a nearby hotel, you will lie awake for hours questioning if it was appropriate for you to leave the hospital. No matter your adversity, when your situation is dire, your mind can become your worst enemy.

Have you ever been through an extremely difficult emotional journey, only to find out later that you could have overcome it in a more positive and productive manner? Listen, you don't have to feel hopelessly lost when you're dealing with a difficult life situation. In fact, wouldn't it be great to have a resource that provides you with some direction? Wouldn't it be even more amazing to have someone give you a sympathetic voice during your time of need?

Think back to one of your lowest points in life and recall how you managed to get through it. Do you remember if you learned any valuable life lessons? When you face new challenges, are you consistent with a structured approach to overcome them?

Trust me when I tell you, I know exactly how you feel. When it comes to facing adversity, your confusion, frustrations, and overwhelm are familiar to me. Those feelings are very powerful; unforgettable, in fact. They can certainly force you to question every move you make, as you wonder if you are making correct decisions.

## Introduction

When you are simply trying to make it through the next hour; the next day; the next week, the last thing you want is to be in a constant state of confusion and overwhelm. However, all too often, it happens. I understand! Nothing else matters in your world more than trying to persevere and be strong amidst the chaos. The mental toll adversity has on you can be draining. I have been there so many times; your pain, anguish, and fright are all too familiar.

It is important for you to understand, when facing adversity, your behaviors will tend to be held captive by your mind. Therefore, laying the proper foundation to overcome it, is absolutely paramount. If you are not able to think in a comprehensive constructive manner, and instead allow emotions to rule your day, you will continue to find it extremely difficult to overcome your adversities.

This book takes you through the steps needed to get your *head in the game*, before you even consider taking any action. It systematically shows you a five-step approach on how to get mentally clear. When your mind is clear, your decisions become more strategic and rational. Next, I lay the foundation for you to methodically begin formulating a plan to battle your challenge, and win.

Armed with a winning plan, I then show you how to execute it to help you overcome your battle. Understanding there are always key lessons to be learned when you face life's hardships, the final phase presented in the *Change Navigation Model (CNM)* allows insights and closure for yourself, and those around you.

Adversity can wear many disguises. It can also trap you in

## Introduction

complacency, only to leave you with your guard down and unprepared. Each time this happened to me, I learned from my experiences and thoroughly considered them. Over time, I repeatedly applied the positive lessons acquired. My mistakes were also carefully documented, so I would not fall into the same [mind] trap.

Being a man who has spent almost fifteen consecutive years in and out of hospitals, seeking constant treatment for my child, I have gained a lot of knowledge and wisdom. So it all does not go to waste, I bring it here to you, in this book. The *Change Navigation Model (CNM)* is what I have learned, put together in an easy to understand and implement approach.

Typically, at the very instant adversity strikes you, your mind races, you begin to panic, and everything else in your world becomes a blur. It is extremely easy to allow yourself to fall into the trap of merely, *holding your head down while trying to move forward*. I used to do the exact same thing; just jump right on in and take each day as it comes, without any plan at all. Imagine, following a step-by-step proven systematic process the next time something bad rocks your world. The *Change Navigation Model (CNM)* has the power to take you from chaos to correction and from overwhelm to overcome. You can get through your difficult situations in life more smoothly. All you need is a resource at your disposal, written by someone who has been right where you are... many, many times.

Throughout the past decade, I have spent hours upon hours helping people get through the hardest times in their life. It has become my life's work to use my experiences to aid in the plight of others... others, just like you. I have seen the

## Introduction

best of what life has to offer, and the worst. Even more, I have been exposed to almost everything in between. Whether coaching families through adversity or businesses through chaos; or speaking at seminars on change navigation; or writing books to share my story or teach concepts, it is my ultimate goal to help as many people as I possibly can. I believe strongly in what I do, and in my message, as I personally share in the pain and celebrate the successes of every person I have been fortunate to work with. Life is tough; sometimes we all need a strong role model to learn from.

Aren't you tired of blindly facing tough stuff? Wouldn't it be nice to be able to shift from instant panic to a proven coping process? Hardships are inevitable. No matter how clean of a life you focus on living, adversity will find you; it always does. Let's get you prepared! Let's work together to get you through it with an *Adversity Attack Plan (AAP)*. Who knows, you might actually smile along the way.

Cheers,

*Alic H. Morrison*

Always  
Remember



## **SECTION I**

## A Small Slice

### *Chapter 1*

## **A SMALL SLICE**

Thinking as far back as I possibly can, there has always been a strong sense of survival mode within me. I have been super competitive, without ever indulging in the emotions associated with losing. Though I cannot really say why that is, or where that sense of competitive spirit actually came from, it certainly was (and still is) present.

Back in grade school, there was a presidential physical fitness program that many had participated in. It was comprised of a series of fitness tests that were grouped into various classifications, depending on how well one performed. For the fortunate students who were able to achieve the highest level on every test, the reward was a personally signed letter from the President of The United States; along with a patch to be worn to display the accomplishment.

I was the only student in the entire school to win the award. Of course, it wasn't enough for me to win it once; I had to win it a consecutive year. In middle school I had participated in band. Though there were students who comprised our percussion section, my skills had to be a bit more refined and succinct in comparison to my peers. We had a concert performance for the public where we each took turns playing our part on the snare drum for various songs. In our minds,

## A Small Slice

it was an opportunity to showcase our abilities. Back then our abilities were somewhat basic, make no mistake there. While each of my fellow drummers did their thing on their songs, this cat, named *Aric with an A*, decided to have another student hold a ride symbol as I played. In doing so, I had upped the ante by playing with both hands on, not one, but two instruments.

Being creative and going above and beyond was just the way I was; and still am. I was never arrogant, nor did I aim to bring attention to myself; in fact, I was rather shy in school. I just possessed this incredible drive to do things in ways that were satisfying to myself and my goals. I had a learning disability that frustrated me; although, it had never been diagnosed at that time. Perhaps, my own personal compensating mechanism was to excel in other ways.

When I benchmarked my future educational goals, I did so according to my dad's level of education—an associate's degree. Upon completing my first year of college, I decided to work on my bachelor's degree simultaneously. Figuring if one was acceptable, two must really give me an advantage over the other job-seeking candidates. So, true to form, when the day came that I completed my bachelor's degree, I thought: *Why settle for two degrees? With a couple more years of work I can get my master's degree; and then, I will really have a leg up on my competition!*

After graduating, I relocated several states away from home to begin my new career. One week after being in my new position, my boss sat down with me to review my career aspirations. It didn't take him long to realize, I would never be a *lifer*. I would never spend an obscene amount of time in



## A Small Slice

any given role. I simply would not allow myself to become complacent, nor lose my independent spirit—the spirit that pushes me from within to be a driving force in this world.

I'm not certain what created this drive within me; maybe it was a low self-esteem. All I really knew back then was that I needed to consistently strive for just a bit more. I knew that with a bit more fight, a bit more effort, and to never take *no* for an answer, the world could be my oyster; and, most importantly, I could be completely proud of who I am. Through it all, I remained happy; and, let's face it, that is really all we want in life...is to be happy.

As I sit here today reflecting back on my life, I am extremely thankful, that perhaps, I had been insecure back then. All-in-all, the saying, *experiences help shape you to become the person you are today*, rings very true to me; my story. Had I cowered in the face of adversity, my life would not have turned out as it is today.

About twenty years ago, my life took an unexpected turn. A turn that completely reshaped my future, and how I approach life. Both of my children were born prematurely, causing them to begin life with serious medical complications; and thrusting me into a life of learning to deal with physical and mental disabilities, Autism, Cancer, and various organ transplants...just to get started. With all of that, we had a recipe for some truly tough days—some really, really tough, and dark days.

It is important to have a handle on perspective. Given I have faced more hardships than many, instead of sucking my thumb in the fetal position, I choose to use my story to inspire others

## A Small Slice

to have genuine compassion and decency for one another. Take a moment to look in the mirror. As you look deep within your eyes, look with confidence at the person you see. Know that you can accomplish incredible goals during your really tough times.

## Keeping It Real

### *Chapter Two*

## **KEEPING IT REAL**

Anyone who really knows me or details of my journey, would humorously agree that my parents spelled my first name with the letter A, as a deliberate effort to make the first day of school miserable for me. I spent each year, for the traditional thirteen years of school, correcting teachers on spelling and pronunciation; just to continue correcting Professors throughout college. Even today, I routinely explain to people the word *airplane* begins with an *A*; therefore, *Aric* should also begin with an *A*! Can you imagine trying to pronounce airplane with an *E*? For years, I have made my case that the name *Eric* is spelled incorrectly with an *E*; but, so far, to no avail.

Truth be told, maybe the real reason my parents chose to begin my name with an *A* was because it aligned with the first letter in the word *adversity*. I believe we all have a sense of what we think our life will be like. Matter-of-factly, we all have expectations. Looking over my life's happenings, I certainly could not have mapped out such a life. There has been enough adversity in my life to go around. If you can dream up a tough example of adversity, there is a great chance that I have been through it; and subsequently, overcome it. Or, at the very least, fought it pretty damn hard

## Keeping It Real

trying to overcome it. Thankfully, I am still that same fighter from childhood.

When going through difficult times, I believe there are moments when we stop and ask, “Why God!?” There are also moments we breathe deeply as we wonder how much more we can take. However, for the most part, I believe we just keep on pushing forward—we fight more and think pitifully less.

I really understood this when I met up with an old friend whom I had not seen for many years. This friend, let’s call her Arin, *with an A, of course*. It was the moment in our conversation when she said, “I can’t believe you have dealt with all that you have gone through. I saw your interview on TV and my jaw dropped when I heard your story.” Until that day, I didn’t know my journey had impacted so many others; nor did I realize inspiration was a byproduct of my story.

The more we spoke, the more my eyes became opened. I admit, I did most of the talking that day; sharing story after story with her. The more I told my stories, the more *holy shit* moments I had. I had never taken the time to fully grasp all that I had been through; all that I had overcome. Until that day, I was just pushing forward without enjoying my victories. Somewhere between sips of wine, I realized I have an unwritten book—a book that would have the power to touch, inspire, and transform many lives.

As children, Arin and I were very close. We would go to the Saturday *Monster Movie Matinee* together, and many times had discussed how we thought our lives would turn out. There we were, forty years later, deeply talking and compar-

## Keeping It Real

ing adolescent daydreams to, our now, reality. If we had a time machine to take us back to being children who could see the future, surely, we would have both fallen back into the snow as we spilt our leftover theater candy out of our pockets.

The lessons here are, no one ever plans to have bad things happen; they simply just happen. Without a doubt, you will experience adversity. You will experience life in a way that causes others to look at you in disbelief; and like a superhero for being an overcomer. You are never too tired, too weak, nor too dense to prevail. In all adversity, you must be prepared.

As I left the wine meet-up with Arin, I really got lost in my self-reflective thoughts. The unsurmountable lists of my ordeals certainly became more real and purposeful to me than ever before. With each challenge I had faced, there was a common framework. There was a story, a moment of truth in character, possible solutions, and behaviors that allowed me to be an overcomer.

Over the past five years, I have continually taken more time to lay out my story; processing it aggregately. Interestingly, in doing so, it has allowed me to fully grasp how far out I had been swimming in cold seas of adversity; over, and over, and over again throughout the decades. However, each time I swam I made it safely back to shore, physically; but I had always left a portion of my emotions in the water. The emotion I had mostly left in the water was confidence. You see, my confidence was left there for me to go back to when needed. When I found myself, once again, treading deep water, there was enough confidence stored up to get me back to

## Keeping It Real

safe harbors.

Thinking even more, it occurred to me, each time I ventured into deep waters, I was swept away a bit further than the time before. The ebb and flow of uncertainty, learning curves, and perseverance always allowed me to gain strength and be ready for the next fight.

The truth is, generally speaking, my story accurately portrays my life consisting of more valleys than peaks. I'm okay with that; because it was while I was in the valleys that my short stories built momentum to create my whole life story. My life story can now provide hope, support, and inspiration to others through adversity coaching and mentoring; all because it displays relatable challenges, experiences, and victories. When I meet someone whose world has been turned upside down, or at the very least, tilted on its axis, I like to know I can be there to help, and that my victories can provide an empathetic connection. For that, I am grateful to know what I now know.

Through turning my story into my testimony, I have become an authority figure when speaking about facing adversarial situations. As more, and more people have come to me for advice and guidance over the years, my new professional purpose has carefully and thoughtfully evolved with each and every conversation. Gladly I can say, people are being helped daily through my experienced wisdom.

In my novel, Stealing Home, I tell you about every adversity I had endured; and I compare and contrast how I dealt with each. It was while writing that book, I was forced to relive every experience and truly see all I have been victorious over.

## Keeping It Real

It's important for you to know, I still face and battle adversity. Being the proud parent of a critically ill, disabled child who battles each day to make it to the next, there are good days and not so good days. I practice regularity what I preach in the pages of this book; you can be assured of that.

You are encouraged to send me an email at [Aric@AdversityRockstar.com](mailto:Aric@AdversityRockstar.com) to share your stories with me. We are all in this thing called *life* together; and I would be honored to hear from you.

## ABOUT THE AUTHOR



Aric is a successful business professional having held executive level positions for several Fortune 500 companies, ranging from Manager, Director, and Vice President to Chief Retail Officer. His foundation for business concepts, financial interpretation, leadership, team building, marketing, and presentation skills are en-  
viable. He also possesses three degrees in business, including his MBA.

Aric is the also the Founding CEO of Deep Water Mentor Coaching, LLC, a specialized business where he uses his life experiences, coupled with coaching and mentoring, to help families navigate the changes associated with critical illness or loss of a loved one. He is also the Founding CEO of Adversity Rockstar, LLC, which is his branded platform to tie all of his services together when referencing all things having to do with adversity, both personally and professionally.

He is a nationally certified Life Coach and Adversity Mentor from *Coach Training Alliance*. He has been granted a master level certificate from *Expert Rating* on both Public Speaking and Life Coaching. Aric was personally trained and certified by Dave Krueger MD., Executive Mentor Coach and Founder of MentorPath. He has also written several publications and is widely regarded as an expert in his field.

Aric also coaches employees for organizations, civic



## About The Author

organizations, families, group coaching, and charities. His broad range of expertise ranges from helping people find internal solutions when dealing with the changes associated with transition, student transition, relationships, financial, critical illness, loss, relocation, family guidance, work issues, and a broad range of others as they relate to adversity.

Aric is the proud father of two boys; one of who is disabled, has special needs, and critically ill. Over the years his perspective to share his life story and give back through a constant series of interviews, stage speaking, authoring books, blogging, and generally sharing time helping others cope with life has been his true, life mission for the last dozen years.

Aric enjoys writing, he is the author of three books, and contributes business articles to an international publication quarterly. All of his speeches, appearances, workshop materials, blogs, and other content are each personally written by him, every time.

He is recognized locally and nationally by some of the following organizations for awareness and fundraising:

- Boston Children's Hospital
- Dana-Farber Cancer Institute Boston
- The Jimmy Fund
- March of Dimes
- St Jude Children's Research Hospital Memphis
- Susan G Komen Breast Cancer Foundation
- Doug Flutie Jr. Foundation for Autism
- CF & MS Fund Foundation
- Best Buddies

## About The Author

- Creative Recovery
- The Santa Fund
- Toys for Tots
- Make A Wish
- Give Kids The World, Inc.
- ... and many more!