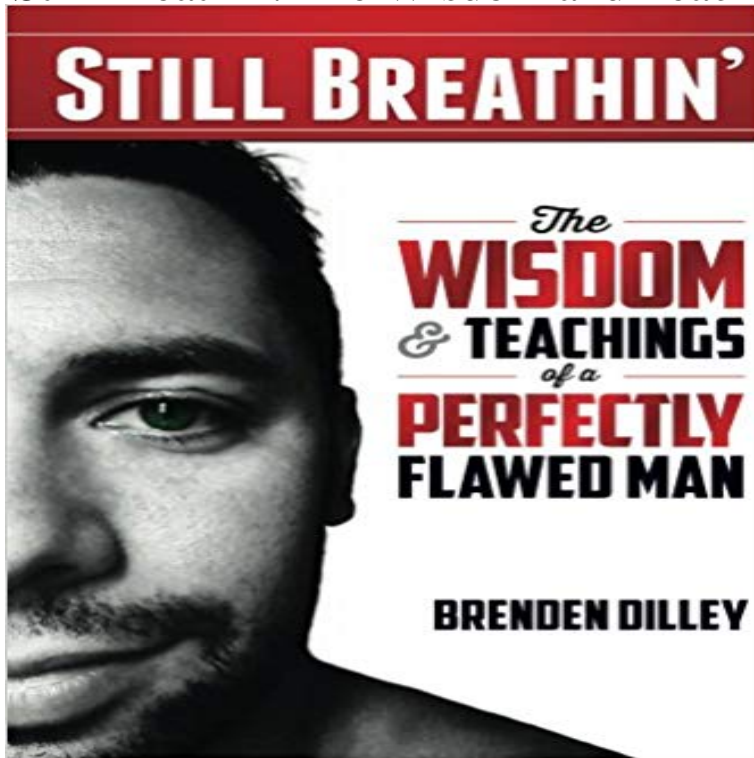


Still Breathin: The Wisdom and Teachings of a Perfectly Flawed Man



Your life doesn't have to suck. It's not the advice you want to hear; it's the advice you **DESERVE** to hear. If you're looking for a bunch of one-liners and warm fuzzies, you won't find them here. This is **NOT** your mom and dad's self-help book. Still Breathin is relevant, it's practical, and above all, thought provoking. Brenden Dilley's message does not come sugar-coated or wrapped in a pretty bow. He takes an aggressive, unfiltered approach to self-help and doesn't pull any punches. Through his humor and unwavering authenticity, he allows you to confront your fears and insecurities. Still Breathin contains the practical advice necessary to forgive those who've hurt you and more importantly, forgive yourself for your past mistakes and imperfections. The lessons within these pages will assist you in living a more passionate, purposeful existence. Brenden aims to help you stop inviting toxic people into your life, stop sabotaging yourself, stop settling, stop wasting your time... and start taking back your power and creating the life you envision for yourself. You will find yourself referring back to this book throughout your life as you evolve, change and grow. Still Breathin couples the rollercoaster of Brenden Dilley's life experiences with insightful advice and wisdom, broaching a wide range of topics: dating, relationships, love, sex, parenting, business, passion, faith, health, and fitness. Still Breathin details Brenden's navigation through the horrific decisions he made in his twenties that led him to--poverty, homelessness, break-ups, divorce, custody battles, the disappearance of a child--and his unwavering belief in himself and faith in the process of life. Still Breathin is a thought-provoking book that not only will entertain, offend and inspire, but promises to make even the most open minded reader blush while exploring the depths of human behavior and sexuality.

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