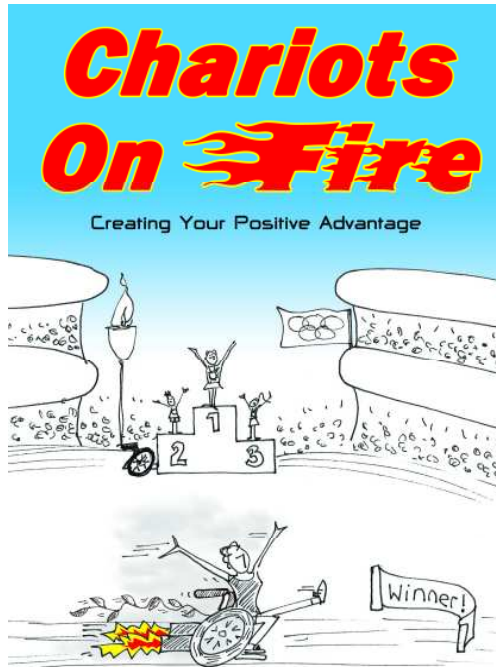


CHARIOTS ON FIRE

The “WINNING FORMULA” FOR
CREATING YOUR POSITIVE ADVANTAGE

This is a combination of gripping autobiographical accounts of tough circumstances combined with powerful practical advice from Gina who overcame adversity when forced to use a wheelchair and then fought with determination to learn to walk again twice as an adult.



by Gina Gardiner

By

Gina Gardiner

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What the reviews said

“This book offers a treasure trove of empowering concepts, which can be considerably helpful in supporting your wellness, success and happiness. Gina’s principles are powerfully simple and results oriented.”

Tracy Dyson, Founder of Tracy Quantum, LLC

“This is a thought – ‘Good health is a positive state of wellbeing – ‘Chariots on Fire’ will undoubtedly help us find a way’.

Professor Leslie J Findley, consultant neurologist.
(MD, MRCS, DRCOG, DCH, FRCP)

“In Gina’s new book she tells a personal story of overcoming adversity and harnessing the energy of the event into a positive outcome. Couple this with Gina’s acute talent for tactical and strategic planning and you have a recipe for success for anyone struggling to find a way past their current challenges.”

Gavin Perrett, Director of Liddle Perrett Worldwide Ltd

“A brilliant book which challenges the reader to view things from a different perspective and is filled with so many simple and practical ways to enhance every aspect of your life. Truly inspirational!”

Alison Scott Corporate Governance & Support Manager & PA
to NPSA Chairman

"Gina is a hugely inspirational lady with a heart of purest gold. Her story will move you and educate you, as she pulls off that rare trick of marrying hope and inspiration with practical grounded-ness."

Joel Young, Author, Speaker & Creator of NPA (Non-Personal Awareness)

"A clever piece of writing using considered theories from her significant personal health and life challenges, and transposing them so well into a practical know-how. This is a work of authentic passion and a determined spirit to inspire the readers self-empowerment."

Eamonn Downey – International Lecturer

"Gina decided that, this is me and I can only live as a can do person. Happiness comes from positive thinking and the satisfaction of completed tasks done to the best of ones ability. This book demonstrates exactly how that can be achieved."

Barry Hancock BA BEd MSc FRSA
Education Consultant UK Universities

"Gina's book is both inspirational and motivational with many practical suggestions for the reader to use to increase his/her happiness, well-being and resilience."

Pam Lawrence Dip HSM, LCA, MISMA, MAC
Member of the International Stress Management Association
UK

“Thank you so much for your great little book. It is full of positive ideas and suggestions. I hope that I manage to do some of them already but it is certainly going to make me try to be even more upbeat than I am now. I only wish that I had read it when I was 18. I wish you every success with it.”

Joy Wale

“Truly inspirational book, makes me want to start my days again. “

Sarah Hunter

“A motivational and refreshing read. Seeing daily struggles through others eye makes you re-evaluate all aspects of life and want better. “

Charlotte Todd

“Enlightening, structured read. Read and follow the steps to a happier more motivated fulfilled life.”

Theresa Wingrove

About the Author

A serious ski accident in 1983, meant Gina Gardiner was forced to use a wheelchair but, in her leadership role as head teacher of a large primary school, it was imperative that she looked at the bigger picture in order to overcome the significant challenges facing her.

Because Gina was in a wheelchair she was unable to access most of the classrooms. She had to look at the bigger picture and develop ways to motivate and engage staff so that they were self-reliant and understood how to deliver excellence and take responsibility for their own performance.

Today, Gina a highly successful and experienced Leadership Consultant and Trainer, Speaker, Executive and Life Coach.

Gina learned to walk twice as an adult and the fight for better mobility is ongoing. It has given her a unique understanding of how empowering or limiting beliefs have the power to hold us back or to help us forge ahead. Just as important has been a true sense of how a shift of perspective changes everything. A wheelchair can be seen as a significant limitation or as a chariot on fire offering freedom and empowerment. It is all about choice. What choice do you think she made?

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INTRODUCTION Chariots On Fire – The “winning formula” for creating the positive advantage.

This book is all about YOU living the very best life possible.

How would you like to live a happy and fulfilled life – in all aspects of your life?

If you have ever used the excuse you don't have the time, or the experience, you are too old, too young, not educated enough, not brave enough, too fat, too short, too broke, too unlucky, or you have too many restrictions such as your fitness, your debts, your mortgage, the bills, the boss, the wife, the kids, the elderly parents etc. to stop you from moving forward, this book is for you. Choosing to focus on making the very best of things is incredibly liberating. You have one life and it is up to you to make the most of it whatever your circumstances.

Creating a wonderful, fulfilling life is all about addressing and dealing with those inner fears, the limiting beliefs and self imposed restrictions you might have about yourself: 'I can't because... It won't work because... The reasons may seem to be too many and too difficult, seem very real and they can all too easily get in your way. Yet every one of these can be overcome and dealt with. The life you want CAN be yours. Whatever challenges you face, it is your choice whether they grind you down or they help you to achieve greatness.

You may be striving for promotion or the perfect career or creating a successful business opportunity. You might be struggling to find your true vocation or life's purpose. You may yearn to fulfil the dream of creating a loving, meaningful