



From Autopilot to Authentic: How the Philosophies of Dr. Tom Hill Can Help You Live Your Exceptional Life

Brett A. Blair

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Are you being true to your authentic self?

Or...

Are you working in a job that doesn't light your fire—doesn't match your personal purpose or passion, and isn't allowing you to live the life of your dreams?

Maybe you've let other people dictate what your career path should be instead of charting your own course in life.

Well, if that's you, you're not alone. I used to be exactly like you. Until...

At 45 years of age, I had a mid-life thing happen to me. Some people have mid-life crises. Others have mid-life tragedies. Many have mid-life stagnation, boredom, or sadness.

On the outside, my life was great. I had good health, a good marriage, great kids and a great job. My career was progressing well, and other than the usual bumps along the road, all was peachy.

The problem: I was on autopilot. I was living a life according to other people's expectations. I wasn't living the life that was true to my authentic self, and I had no idea.

Thank God I experienced some events along the way that woke me up! Through synchronicity, mentoring, tragedy and therapy, I came to recognize the wrong path that I was on, and the wrong habits and ways of thinking that were holding me back. With the help of my long-time mentor and life coach, Dr. Tom Hill, I was able to change the trajectory of my life.

This book is dedicated to Tom and his family. I am forever blessed to have crossed paths with Tom. I'm truly grateful for his ongoing dedication to me and my family as my life coach and friend over the past decade.

Tom has taught me the simple, profound and timeless principles from which to design and live out an authentic, exceptional life.

So why did I write this book?

To honor Tom Hill and the impact he has had on me and thousands of others around the world who have benefited from his speaking, writing, coaching, mentoring, and friendship.

And, to inspire you to take an honest look at your own life, and to provide you the encouragement to take action—so you will move toward living a life true to your authentic self.

Get off of autopilot, and become authentic!

My hope is that this book will provide you with the principles and practical advice for moving forward and achieving your unique dreams.

Remember, no one should “should” on their dreams!

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