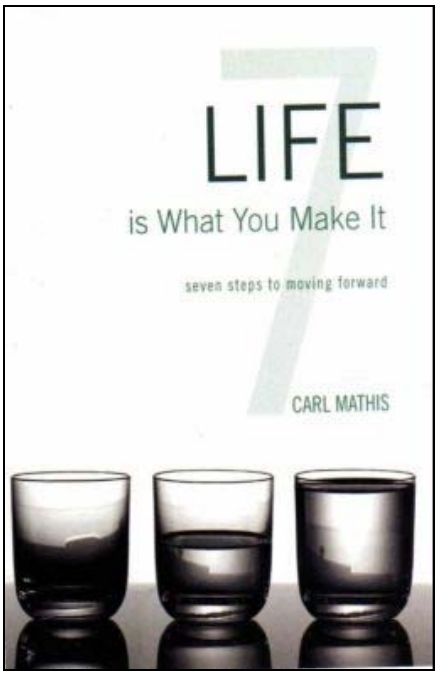
## Life Is What You Make It: A Self-Help Book Like No Other




Have you ever found yourself in a rut? A situation so deep and hard to get past that it seemed as if your life had stopped right then and there? Have you felt as if nothing was inspiring you anymore?

Being in a, so to say, depressed and anxious point in yourself is no joke and getting past such feelings of sadness isn't easy. Most people go through dealing with their problems by relying on others for help and support. While other people are definitely important in emotional situations, the main thing is for you to learn how to deal with the situation in your own way. Grief from the death of a family member, guilt, regret, career and financial woes, and familial problems are just some of the reasons for those dark places in your life. Waiting for someone to save you won't work; you have to find a way of dealing with these trials and obstacles on your own.

**Life is What You Make It** is one such way of finding your own self and your own way of dealing with any trial or trouble that perils you in life. Go on a journey of healing and self discovery with budding author Carl Mathis as his book chronicles some of the most difficult situations he has had to go through in his life and the lessons he picked up along the way. Though every experience is unique, Mathis makes it easy for you, the reader, to see how tragedy can turn your life around for the better; in this case, the death of his wife, a sudden responsibility of three children, financial strain, and so much more. In a situation like this, it's easy to lose your sense of self. However, you must also believe that you cannot stay in such a rut forever, and putting your life back together is something that you must want and you must initiate.

Deena Marie Beresford, the Director of Library Service, Academic Institution says of the book: "**Life Is What You Make It** teaches life lessons and would be a great read for people of all ages who are seeking inspiration and motivation. Carl speaks with a voice of experience."

This book brings hope and inspiration to those who seem to have run out of it. Find yourself again in the pages of this little guide.

Carl Mathis is a Christian minister, preacher, motivational speaker and author of the highly helpful guide **Life is What You Make It**. He works in the Miami and Fort Lauderdale area. He studied at Borough of Manhattan Community College and supervised gaming establishments, and also studied in the Religious Institutions industry. Carl Mathis has his own website: http://www.carlmathis.com.