



Don't Give Up, Get Up!

Heather O'Brien Walker

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Don't Give Up, Get Up! Heather O'Brien Walker

When your spirit is broken, when your hope is gone, when your obstacles seem insurmountable...this is when it's time to get up and take action! That's what Heather O'Brien Walker did after sustaining two traumatic brain injuries in less than 40 days, and she shares her miraculous story in this extraordinary true story of hope and belief. If you want to help others, then help yourself. And in order to help yourself, you must help others. This is what Heather learned during her journey and she explains how her experiences led her to the HELP Philosophy™ that's now the centerpiece of her motivational and inspirational keynote talks, workshops, and trainings she conducts for corporations, associations, and organizations ranging from 20-20,000. With a simple philosophy of living centered around evidence-based research conducted by Harvard University, Heather uses her certification in Positive Psychology in her home study course 'HELPability™ Factor' to help people apply the philosophy and overcome doubts, fears, worry, and overwhelm.

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