

MK Citizen

The book *Flight of a Lifetime* is a rich and inspiring autobiography of the author, Philip Watling. Chronicling his own life, Philip talks about his life before University, while in University life, and his continuing life, through his work with horses and time spent in three hospitals.

Philip Watling takes us on a ride into a dangerous, unfamiliar world, a world where he came so close to death overtook him, and yet, somehow, he escaped it. The book shows vividly how a seemingly normal day can become one of the toughest days in the life of a person, from going about regular business to suddenly through a near-death experience, three hospitals, and trauma. This is amazing and miraculous having to navigate the story of a young man who took on the uphill journey to find his way back to normality. His true account takes us down paths we wouldn't normally think about and into places, we never knew existed. This heart-wrenching tale of life and death transcends everyday living and defies the imagination. With humor and hope throughout this thought-provoking book teaches us the value of the one life we are given and will help light our way toward survival after experiencing a traumatic event.

I was endeared by the author's bravery and indomitable will during his period of treatment and recovery after a traumatic experience. Having to learn how to perform simple, basic everyday tasks like how to talk, write, cook a meal and even eat it himself. The shift from being a young, agile strong man with boundless energy to a bedridden, disoriented man in need of constant support. I also loved how he cheerfully told his story infusing bits of humor to lighten up the experience which must have been a tough time in his life.

I recommend this book to everyone who enjoys inspirational books and self-healing books. This book goes beyond inspirational books. It employs the use of storytelling which allows readers to see clearly and truly the struggles and vulnerability of a man who survived a deadly experience and the mental, and emotional which followed after the experience. It also makes a great read for lovers of biographies or autobiographies

I give this book a **5 out of 5 rating** because it inspires people of similar experiences with a real, uplifting story that truly inspires

everyone who has been through tough situations they had no control over which can make people's perception of the world change. The book also helps to reaffirm that as humans we can overcome any situation we find ourselves in through the detailed experience of a man who cheated death.

<https://docs.google.com/document/d/1CknT8LvCfKgv9nJAU8va3DDShTsm6AsB/edit>