

Multiple reviews for *Flight of a Lifetime*

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.

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I want to congratulate you on your book, which I gave just bought. I found it almost impossible to put down. It was particularly interesting to me, as a physiotherapist, to read about a patient's experiences and feelings. Your determination to get going again comes through so vividly; I was with you every step.

Daphne Mills

You are a very courageous person with an extraordinary positive outlook and not many would have handled it the way you have. Many do tend to give in, forgetting that the body can't always do it on it's own it needs help. It did help me to remember to keep trusting in the universe, God maybe invisible to the eye but it does not mean he isn't helping us. When I feel down I do tend to forget this. People who are going through the same as you did would find your incredible story a great help. Reading it themselves or having your story read to them would give them hope & courage to go on even with the knock backs you had and still have... ..It would be pointless living this life to just die and that is it, nothing else. They say we are all here for a purpose and to learn from each other so if that is the case a lot of people can learn from you.

Philipa Longley

I got my copy of your book yesterday! I stayed up late last night reading it. Oh Philip, my heart went out to you... I hugged the book to me as if I was giving you a hug. I am so, so sorry that this happened to you, and I am so, so thankful that you have recovered. I just can't imagine all that you endured, and all that your family and those closest to you went through.

Your book is written from an amazingly clear-headed perspective, considering the damage done to you. I got a sympathy twinge on the right side of my noggin when I read about your right temple making hard contact with that bus. Your will to live and recover completely is inspiring. How you managed to unlock your arm despite the pain is proof of what you're made of. :)))

That frail and severely injured young man in the first photos gives way to a healthy looking man who has gotten another chance at life. The whole thing is simply incredible.

Suzanne Mareina

I am very proud to know you and, as a Health, Wellness and Fitness Professional, I am happy to own one of your great books. I would have to admit that you are right about your book being life changing to any one that took the time to read it. GOD bless you and your mission.

John Nelson

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