



# Still Breathin': The Wisdom and Teachings of a Perfectly Flawed Man

*By Brenden M Dilley*

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**Still Breathin': The Wisdom and Teachings of a Perfectly Flawed Man** By  
Brenden M Dilley

**Your life doesn't have to suck.**

In the self-help book that breaks all the rules, Author/Publisher Brenden Dilley brings it directly to you... rough, rugged and raw. If you're looking for a bunch of one-liners and "warm fuzzies," you won't find them here. **This is NOT your "mom and dad's" self-help book.** Still Breathin' is relevant, it's practical, and above all, thought provoking.

Brenden Dilley's message does not come sugar-coated or wrapped in a pretty bow. He takes an aggressive, unfiltered approach to self-help and doesn't pull any punches. Through his humor and unwavering authenticity, he allows you to confront your fears and insecurities. Still Breathin' contains the practical advice necessary to forgive those who've hurt you and more importantly, forgive yourself for your past mistakes and imperfections.

The lessons within these pages will assist you in living a more passionate, purposeful existence. Brenden aims to help you stop inviting toxic people into your life, stop sabotaging yourself, stop settling, stop wasting your time... and **start taking back your power and creating the life you envision for yourself.** You will find yourself referring back to this book throughout your life as you evolve, change and grow.

Still Breathin' couples the rollercoaster of Brenden Dilley's life experiences with insightful advice and wisdom, broaching a wide range of topics: **dating, relationships, love, sex, parenting, business, passion, faith, health, and fitness.**

Still Breathin' details Brenden's navigation through the horrific decisions he made in his twenties that led him to--poverty, near homelessness, break-ups, divorce, custody battles, the disappearance of a child--and his unwavering belief in himself and faith in the process of life.

Still Breathin' is a thought-provoking book that not only will entertain, offend

and inspire, but promises to make even the most open minded reader blush while exploring the depths of human behavior and sexuality.

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## **Bibliography**

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### **Editorial Review**

From the Back Cover

Quote from the author: "I am far from a perfect man. I am flawed. I've made mistakes. I don't know it all. I am by my very nature somewhat superficial. I love beautiful, smart women. I love fast cars, good vodka and power. I am no expert in love or business. I am, however, an expert in the human experience and condition.

There is not much in the adversity department that I haven't seen or done. Poverty, divorce, humility, shame, joy, love, success, failure, been there done it. Character, balance, honesty, romance, parenting, faith... these are my most valuable traits.

I'm the best friend you never had, the brother you always wanted, the lover you fantasized about, enemy you hate, child you're proud of, man you're disappointed in. I am you... I'm your good, bad, beauty, and ugliness all at the same time. I am a fighter, a lover, the Yin and the Yang. I am the teacher, the student and most importantly... I am Whole."

Life is not about perfection. It's not about always winning or making the best decisions. Life is about love, relationships, success, empathy and humility. These characteristics are developed through pain, suffering, mistakes, failure and faith. Brenden Dilley is a single father who has failed repeatedly.

He is not "squeaky clean" or without flaws. He's real. He's authentic and he's got a message to share with all of you who are willing to listen. This book is his gift. It's a look inside the mind of a man who refused to quit, who refused to be jaded and did not stop imposing his will until Life delivered to him, victory.

#### **About the Author**

Brenden Dilley was introduced to the world of "self-help" at the age of eleven by his mother, Lisa Kitter. At the age of thirteen, he was doing book reports on titles such as "Think and Grow Rich" by Napoleon Hill. He was raised in a typical middle-class family until his parents divorced when he was thirteen. His mother would later become a self-made millionaire as a speaker, author and corporate trainer. During this time Brenden worked, traveled, spoke and mentored by his mom's side.

Upon graduating from high school, Brenden went on to become a highly successful personal trainer, receiving his certification through the National Academy of Sports Medicine. However, Brenden wasn't content with simply parroting the teachings of others. He would eventually create his class and method of training called "The Psychology of Fitness." Utilizing this unique form of self-development and body altering training, Brenden became known for transforming client's bodies as well as their minds. It was widely known that if you committed to training with Brenden not only would you become healthier physically, but other facets of your life would improve as well.

Brenden is also a single parent to his three children: Sophia Rose, Jasmine Nai'a and Phoenix Alexander. Much of what Brenden writes, speaks about, teaches and trains on revolves around parenting, dating, relationships, self-empowerment, fitness and authenticity. His intensity, intelligence, directness and self-deprecating humor allow audiences and readers to relate to him on a very raw and authentic level.

Currently, Brenden resides in Gilbert, Arizona, and works in the world of commercial real estate

development.

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