



“Mark, I can’t even imagine all you’ve been through...”

Like you, **Mark Light** is concerned about how people deal with life’s inevitable failures and setbacks. Mark is proof that rock bottom isn’t the end — it’s a starting line. He barely made it through school, quit when things got hard, dropped out of college, and failed his way through early sales jobs before flipping the script—becoming a top-producing salesperson, trainer, cross-country cyclist, published author, and philanthropist. Then life hit harder — multiple life-threatening illnesses, including stage IV cancer. He survived. Now he helps others do the same. Through unfiltered stories and hard-earned lessons, Mark is on a mission to help people to cut the excuses, take ownership, and build the **resilience, confidence, and mental toughness** required to win when life stacks the odds against you.

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“...I mean this with everything in me — I believe without a doubt your story is going to change lives.

...There are people out there right now who are in the middle of their storm... and your words are going to meet them right where they are...”

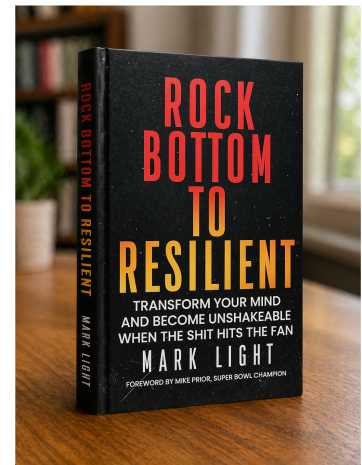
-Chris Baker Jr., The Tell Me Your Story Podcast

“Mark brought meaningful ‘golden nuggets’ that I know will help others grow both personally and professionally. I’m grateful to have had him as a guest on The Coaches Lounge.”

-Barbara J. Beckley, The Coaches Lounge Podcast

“We ALL have painful and difficult experiences in our lives. But, if you can take a painful experience you’ve been through and use that as a means to help someone else get through their pain, you turn your own pain into a blessing”

Mark



Top 9 Suggested Interview Questions/Topics:

- Why should my audience care about resilience?
- What is wrong with simply “pushing through” adversity and “toughing it out”?
- What is your “dirty little secret” about your cross-country bicycle ride?
- What are your “3 Ps of Resilience”?
- What are the first 4 steps in dealing with adversity when it arrives?
- What is the link between resilience and emotional intelligence and why is it important?
- Describe “attitude aerobics”.
- What is the controversial “toxic” trait that most people embrace but keeps them stuck?
- What does the T.R.A.S.H. acronym, that you get into in your book, stand for?