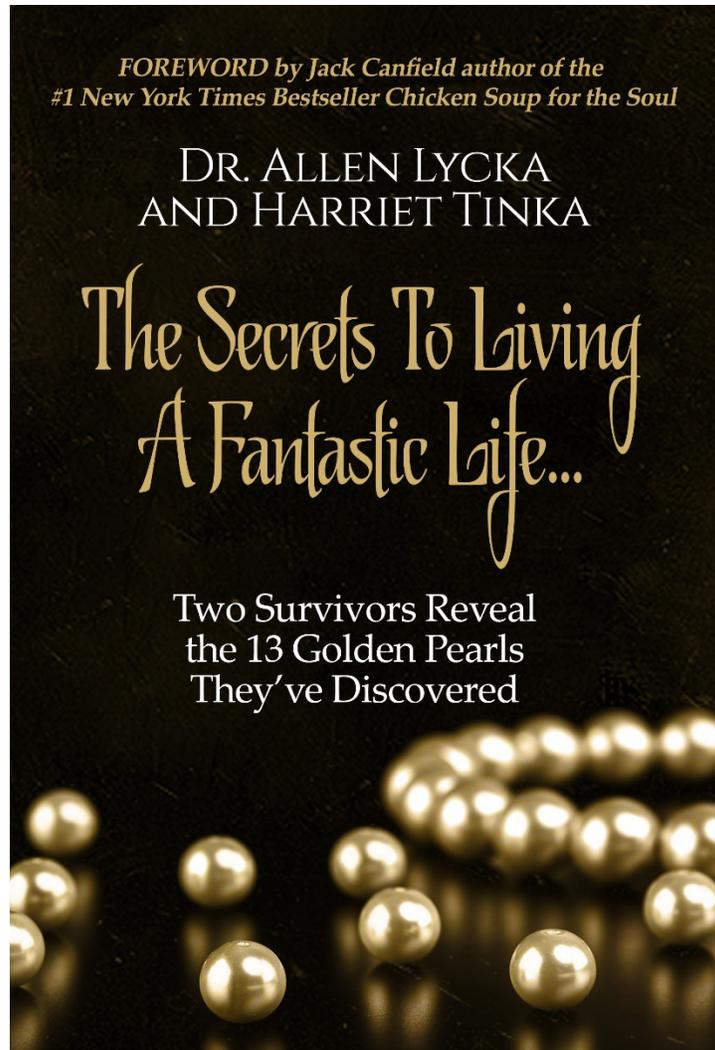


ONLINE MEDIA KIT

For



Dr. Allen Lycka and Harriet Tinka



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Introduction

Each author suffered near-death experiences and sought renewal through the wisdom of human virtues that refocused them on a life of richness, appreciation, joy and service

In February 2003, Dr. Allen Lycka was walking with his wife and youngest daughter at the “Happiest Place on Earth” when his wife noticed his foot was “flapping.” It was making an audible “flap” with each step he took. In the prime of his life, considered one of North America’s premier cosmetic dermatologists with a thriving practice, a leading philanthropist and committed family man, Dr. Lycka was perplexed by this sudden development. Going through a full range of tests, the dozens of doctors he sought out were equally perplexed. One leading neurologist delivered the devastating blow that he had ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's disease, and he would only live six more months. "Get your affairs in order," the doctor callously said.

After going through depression, anger, rage, and denial—he ultimately decided not to give up and search for another answer. He just couldn't believe the diagnosis. His diligence paid off, and he found a doctor who DID have the answer, Dr. David Martz, in Colorado Springs, Colorado. He maintained his status as a leading cosmetic doctor for another 16 years until he “stepped away” from his practice in 2019 to serve his fellow man in another capacity. Since finding the appropriate answers to his dilemma, Dr. Lycka rededicated his life to appreciate living fully and being of service.

Harriet Tinka was a gorgeous model-turned student at the University of Calgary. Featured on haute couture runways and in fashion magazines, she chose to turn her back on the soul-crushing pressure to be the "ideal female body." Instead, she decided to go to university and focus on getting an education. During this period, one of her friends began to turn critical, mean, and possessive, until one night, he attacked her. She was beaten, abducted, and stabbed with a butcher’s knife. It was a miracle she survived, but the trauma left her saying, “Why me?” That was until she met a 9-year-old girl named Amber who helped get her head turned around. Today, she is a highly regarded empowerment youth worker, ultra-marathon runner, accountant, football referee, and mother of three. She exudes vivacity, health, strength, and emotional balance.

They met each other when Dr. Lycka sponsored a leading awards ceremony honoring “Women of Distinction.” Bonded by their shared traumas and their renewed appreciation for the value of life and service, Dr. Lycka and Harriet wanted to give others "The Secrets to Living a Fantastic Life" that



they distilled from their own experience. These 13 essential human elements were founded from the grains of near catastrophe and transformed into “Golden Pearls of Wisdom.”



Offered in the format of an enchanting and charming dialogue between the two authors, the book also includes their chronicles of pain and triumph, allegories, stories, and inspirational and insightful quotes. The exploration of each of the 13 Golden Pearls creates a necklace of self-empowerment that will enhance anyone’s life.

The Golden Pearls shared offer a roadmap for living a life that is rich in love, achievement, appreciation, joy, and service. They provide strength, comfort, and encouragement.

The authors are on a mission to transform lives. Dr. Allen Lycka is now a full-time life-changing speaker, acclaimed author and transformational leader and Harriet Tinka, in addition to these pursuits, coaches young women to fully embrace who they are through her Empowered Me programs. Both are available together or alone for speaking engagements, radio and

television show interviews, and life coaching sessions.



Dr. Allen Lycka – Biography



Dr. Allen Lycka has been acknowledged as one of the leading cosmetic dermatologists globally for three decades. A pioneer in cosmetic surgery, he helped develop laser-assisted tumescent liposuction - an advanced body sculpture technique, and Mohs Micrographic Surgery, an advanced means of removing skin cancer with 99% success. He has lived and practiced in Edmonton, Alberta, Canada since 1989. He's written 17 books, 30+ academic papers and hosted the number one internet radio show in the world on cosmetic surgery – *Inside Cosmetic Surgery Today*. He is a co-founder of Doctors for the Practice of Safe and Ethical Aesthetic Medicine and founder of The Canadian Skin Cancer Association. He has won the prestigious Consumers Choice Award for Cosmetic Surgery for 16 consecutive years.

In 2003, Dr. Lycka's life changed drastically when he suddenly developed a right foot drop and then misdiagnosed as ALS (Lou Gehrig's' disease). Still, he maintained his status as a leading cosmetic doctor for 30 years.

Because of what he learned, he has co-authored the book *The Secrets of Living A Fantastic Life* with Harriet Tinka, a former fashion model and Woman of Distinction. He is also currently co-authoring two more books: one with Corie Poirier entitled, "bLU Talks Presents: Business, Life and the Universe" and one with Jack Canfield entitled, "Pillars of Success."

Acknowledged as a leading expert in *Living A Fantastic Life* and *Turning Points*, he is a transformational speaker, thought leader, life-changing coach, and mentor.

Dr. Lycka is happily married to Dr. Lucie Bernier-Lycka for 39 years, and they have four lovely daughters and seven beautiful grandchildren. He counts his family as his most important accomplishment.

For more information, visit www.drallenlycka.com



Harriet Tinka – Biography



Harriet Tinka is a perfect example of someone finding a need in the community and filling it. Her students know her as a "Powerhouse Role Model" who makes being genuine the most powerful thing of all. She is an invigorating Transformational speaker, Passionate Life Coach, Blogger, Chartered Professional Accountant, Football Official, Turning Point Expert, and an Ultra-marathon runner. She is the founder and CEO of the award-winning Social Enterprise, Empowered Me Inc, a company whose mission is to inspire and empower girls and women.

Though stabbed, kidnapped and left for dead, she turned that horrifying experience into motivation. She has inspired and given hope to women who are faced with domestic violence.

As an expert in business and personal motivation for growth, Harriet, possesses a remarkable ability to understand what is essential to her audiences. She leads using the Golden Pearls from the bestselling book "***The Secrets To Living A Fantastic***

Life" which she co-authored with Dr. Lycka, a life-changing speaker, acclaimed author and transformational thought leader. With her presence on stage, media experience, complete professionalism, and expertise to craft custom messaging in her presentations, Harriet ensures individuals, teams, and organizations move from overwhelmed to resilient.

Harriet has received numerous awards, including YWCA Woman of Distinction, Global Woman of Vision, Afro- Canadian Community Woman of the Year, Action for Healthy Communities Youth Empowerment Award, Rotary Integrity Award and Daughter's Day Award just to mention a few. She is a tireless philanthropist and a Toastmaster Divisional Champion. She describes her life as coming from tragic to magic.

Harriet feels blessed to have her journey supported by her partner Steve and her three lovable children Tristan, Rhiannah and Aaliyah.

For more information, visit www.empoweredme.ca



Quotes from Dr. Allen Lycka

Fantastic Living

“Enthusiasm is one of the best ways to live your life, and one of the few that make a difference every day.”

“Live your life by finding the victory hidden within.”

“In living through pandemics and other life-altering circumstances we learn to dig deep; you can do anything – within your business, or your personal life. Difficult times must be met with enthusiasm to ensure success”

“Work on your halo every day. Shine it with enthusiasm”

Covid-19

“It’s amazing how a tiny little virus has changed the world as we know it forever.”

“This virus has revealed a path leading to 2 destinations – one with hate, cruelty and increasing despair, and another with joy, increased abundance, and increased prosperity. Which do you choose?”

“Safety and danger have never been more compromised in **our** lifetime – all due to Covid-19.”

Forgiveness

“When you hold malice toward another person, you are tied to them by an intense bond stronger than steel. Forgiveness is the only thing that can destroy that link and you become free.”

“Forgiveness does not change yesterday, but it does enlarge tomorrow.”



“The heart of *forgiveness* is *realizing* that the person who has hurt you means more to you than the hurt they have dealt.”

“Forgiveness is one path marked by joy, peace and prosperity. Hate is the other.”

Survivor Secrets

“To survive despair and hardship does not make you indestructible, it makes you human.”

“What makes a ‘golden pearl?’ It is borne of irritation and suffering, but that gives birth to one of the most beautiful things provided by nature.”

“When you are suffering and hurting, it is often impossible to see the good these will bring. Only on reflection does one realize that you are made better by these things.”

Money and Wealth

“I have never viewed money as something I have strived for. It is, however, a byproduct of one’s efforts. If a person does good, money and wealth often flow back. It behooves the wealthy to give back to those less blessed.”

“Money is not a means to an end. It should be thought of an end that can be reinvested to help those without means.”

“Wealth in money is an accumulation of riches. Wealth in wisdom is an accumulation of life experience then, that keeps on giving.”

Gratitude

“Gratitude means being thankful. Look around there are so many things. Only the blind cannot see.”

“Being grateful is a gift that keeps on giving.”

“Being grateful and graceful have a common origin.”



Empowerment

“Empowerment comes about when one realizes that inside you are a force that can overcome anything.”

“To be empowered or not to be? Which should one strive for?”

“Empowerment – you vanquish everything meant to destroy you. Nothing is stronger.”

Non-negotiables

“Everyone needs principles to guide them through adversity. These are non-negotiables.”

“Be willing to compromise on lesser things but honesty, respect and truth are non-negotiable.”



Quotes from Harriet Tinka

Fantastic Living

"To construct a fantastic life, build your priorities around your deepest Golden Pearls, be it Love, Inspiration, Purpose, or Gratitude. The choice is yours."

"Every element in the universe is serving; the trees shelter us, water hydrate us, the soil grows our food, air fuels us oxygen, choosing service, and helping others align you with the universe."

"Tenacity is the drive to keep on fighting despite all the setbacks; it is the gift of being undaunted by repeated these setbacks and still maintain an indomitable spirit."

Covid-19

"Your life is more significant than the temporary challenges passing through your path."

"The crisis taught me to spot the possibilities while others look for problems."

"Crisis triggers the genius within—it's survival."

"The Japanese call crisis "Kiki" a two-word, meaning danger and opportunity. Habits determine which one we choose."

Forgiveness

"Forgiveness is freeing yourself from attaching someone else to your emotional well-being."

"I thought bitterness and hatred were hurting the person I was resenting. Once I found out it was me who was hurting, I got out of that prison and became an architect of my future."

"I always believed that forgiveness was a betrayal of my own hurt. After realizing that it was just 'stinking thinking' crippling my human spirit, I used a mental filter to give myself the freedom I deserved."



Survivor Secrets

“Being a survivor and a victim are opposites of the same coin, make peace with your choice.”

“Embrace your past and use it as the teacher for your future, and never add regrets to your journey.”

“If you want to cross new bridges, you must be willing to burn the old ones.”

Money and Wealth

“Money, if you use it, comes to an end; learning, if you use it, increases.”

“When you earn money, you must commit to paying yourself one-tenth of what you make.”

“Don’t waste your time watching others become successful while you wish for things to happen to you, take action, and start working on your dreams.”

Gratitude

“We can be thankful for absolutely anything at any time.”

“If you are not grateful for what you have, you will never be thankful for what you wish to have.”

“When you are in a consistent state of gratitude, there is no anger, bitterness, or sadness. You experience pure joy.”

Empowerment

“Empowerment is showing yourself that you have what it takes to be unstoppable.”

“You will know me when you meet me because it is not what you call me; it is what I answer to that empowers me.”

“I have always known the world in myself and never looked for myself in the world because if I did, I would be projecting my illusion.”



Non-negotiables

“When it comes to me, I will not negotiate who I am with anyone”

“You set the standard as to how you will be treated. If you don’t follow through, you just compromised your non-negotiables”



Story Ideas for the Media

- How to Transform Your Mindset from Victim to Living a Fantastic Life
- How Covid-19 Can Become a Blessing
- The Top Three Challenges People Face When Forgiving Those that Hurt Us
- How The 13 Golden Pearls Can Change How We Think
- Why It's So Hard to Choose Hope Over Hate
- Why Adversity Poisons Some and Strengthens Others
- Why Clarity is a Part of The Stages of Denial
- How Dr. Lycka and Harriet Tinka Developed GRIT Through Adversity
- 10 Tips to Bring an End to Victimhood
- 10 Tips for Teaching Your Kids About Empowerment
- How to Choose Love in Recovering from Disappointment

Business Story Ideas (and many more can be tailored to the industry you cover)

- How to Transform Your Business Mindset from "Victim" to "Abundance"
- How Covid-19 Can Be A Blessing for Your Business
- Dr. Lycka's story of overcoming an ALS diagnosis and how it can help your business
- The meaning of "turning points" and how to recognize them



Interview Questions and Answers for Dr. Allen Lycka (10)

Q: What made you decide to go into medicine?

A: I've often wondered that myself after 40 years in the medical profession. Scientists give us a bit of an answer. I was a first-born child, the child of immigrants. They are underrepresented in the medical profession. In looking back – overall – I think it was the overwhelming desire to serve others.

Q: Why did you leave a lucrative career in medicine to write “How to Live a Fantastic Life”?

A: If you go through a life-changing event as I have, you look around and find the pieces. The pieces I found were related to asking how I can serve as many people as I can.

Q: Why are the 13 Golden Pearls important during a time of crisis like the coronavirus?

A: Crisis brings out the best and worst in people. For me, personally, it helps me reappraise my situation and how I could help people. The Covid-19 pandemic has also given me time to reflect. For me, it was a turn from tragic to magic. My greatest hope for the world is the same.

Q: What is the most important lesson you learned from getting an incorrect diagnosis of ALS?

A: I realized doctors are not infallible. They are human, too, and prone to mistakes. After receiving the improper diagnosis, I went through a grieving period – much like Elizabeth Kubler-Ross describes in her book on death and dying. I went through phases of anger, denial, depression, bargaining. I could not accept the diagnosis, however.

Q: You talk a lot about enthusiasm, why is that so important in living a Fantastic Life?

A: Enthusiasm is one thing you can bring every day that's a game-changer. It makes or breaks every situation.



Q: One of the golden pearls in your book is love, can you speak to why that is so important today?

A: I think that all you need to do is look around at the injustice that sparked the riots in the USA and the resulting backlash, and you have the answer.

Q: Why is gratitude a personality trait?

A: Gratitude is another game-changer. It changes how you see the world and how the world sees you.

Q: How can people learn more about you, and how do we get in touch with you?

A: www.DrAllenLycka.com, and www.FantasticLifeBook.com, email Allen@drallenlycka.com or call 1.587.525.5561.

Q: What is the number one reason people should read your book, and where can they find it?

A: Because we all deserve to live a fantastic life, and I teach people how and they can find the book on my website www.FantasticLifeBook.com or on Amazon.



Interview Questions and Answers for Harriet Tinka (10)

Q: Tell us about EmpoweredMe, and why you started it

A: EmpoweredMe Inc is the company I designed to focus on teaching young girls and women resiliency and emotional intelligence. I educate them with tools on how they can be self-aware and self-determined to enable them to make smart and empowering choices.

Q: What happened to create your near-death experience?

A: It was at the university where I befriended a fellow student having no idea that his attraction to me was a psychological trap disguised as the love that would later turn deadly. As I got to know him, he became abusive, full of anger to a point where I got a restraining order against him. Angered by that, he one day kidnapped me, stabbed me, sliced my finger, and left me for dead. It was during my physiotherapy appointment when I had a turning point. I describe my life as coming from tragic to magic.

Q: How did you meet Dr. Lycka, and why write a book together?

A: Dr. Lycka is a philanthropist. He was a major sponsor for an event called YWCA (Youth Women's Christian Association) Women of Distinction Awards. This event recognized extraordinary women leaders who made an impact in the community by improving lives. I was the recipient of the Turning Point award. After that, we met and discussed writing a book one day. That was four years ago.

Q: Are there business topics that you speak on, as well?

A: You bet. I customize themes according to the company's needs. To list a few, I present on Leadership and Management, Organizational Change, Communication, Innovation, and Marketing.



Q: Why did you and Dr. Lycka pick the metaphor of “Golden Pearls”?

A: The suffering of how Golden Pearls are formed from the South Sea Oyster called Pinctada Maxima is symbolic of the pain we have endured. A luster slips into the oyster and irritates the shell and its organs. This irritation develops a beautiful GOLDEN PEARL.

Q: Purpose is a unique pearl that addresses a fundamental change that can impact people – please explain more about that.

A: Dolly Parton once said, "Everyone has a purpose." In the book, we use a Japanese concept called "Ikigai," which means a reason for being. This word refers to an individual's purpose. It gives them direction to act and feel satisfied to have a sense of meaning to life.

Q: Empowerment is big in your life work, and is even a Golden Pearl in the book - how does it propel you forward?

A: Empowerment is the emotional intelligence of being self-aware and continuously taking charge of your life. It is personal management.

Q: As a public speaker, how did Toastmasters help you succeed?

A: Toastmasters has taught me to be a good listener. It has also helped me improve my Leadership, Time Management, and Communication Skills. Additionally, I now know how to give valuable, helpful feedback, and speak to inspire with empathy.

Q: What advice do you have for people in this time of crisis in our world?

A: During times of crisis, we all try to find answers and meaning. Adversity can poison some and strengthen others. The choice is ours to own. I chose the latter.



Q: How can our audience get in touch with you, and where can we find the book?

A: The link to invest in the book (and invest in yourself) is: www.fantasticlifebook.com. And to get 52 golden pearls, one a week, text "Golden Pearls" to 1-819-717-2515. To contact me directly, go to www.empoweredme.ca.



On Air Introductions

Dr. Allen Lycka

Dr. Allen Lycka has been acknowledged as one of the leading cosmetic dermatologists in the world for three decades. A pioneer in his field, he is an inventor, author of 17 books and 30+ academic papers and for many years, host of the top internet radio show in his subject matter – Inside Cosmetic Surgery Today.

In 2003, When visiting Disneyland with his wife and young daughter, Dr. Lycka’s life changed drastically when he suddenly developed a foot drop. After a battery of tests, it was misdiagnosed as ALS (Lou Gehrig’s’ disease). And he was told to “get your affairs in order.”

That experience, which initially took him on an emotional rollercoaster, was a turning point in his life. Not willing to give in to the death sentence imposed on him by the doctor, he persistently searched for an alternative—and correct--diagnosis. And he found it.

Realizing that each day was a gift after that, he started to live life differently. And that transformation has led a way of living that he has shared in his book ***The Secrets of Living A Fantastic Life***, which he has co-authored with Harriet Tinka, a former fashion model and “Woman of Distinction.”

Currently acknowledged as a leading expert in *Living A Fantastic Life* and *Turning Points*, he is a transformational speaker, thought leader, coach, and mentor.

Today, Dr. Allen Lycka is here to share some of those Secrets of Living a Fantastic Life.

Business Introduction

Dr. Allen Lycka is acknowledged as one of the leading cosmetic dermatologists in the world. A pioneer in cosmetic surgery, he helped develop several new technologies and spoken at podiums worldwide. In 2003, Dr. Lycka was diagnosed with ALS and given six months to live. After fighting the diagnosis, he is here today because of his courage and determination. Having been given a “golden ticket,” Dr. Lycka used his experience to co-author the books *The Secrets to Living A Fantastic Life* and the soon-to-release *The Secrets to Living A Fantastic Business Life* with Harriet Tinka, and *Pillars of Success* (launching Fall 2020) with #1 New York Times Best Selling Author Jack Canfield author of



Chicken Soup For The Soul and *The Success Principles*. He speaks to business groups around the world about “turning points.” Welcome to the show, Dr. Lycka!

Harriet Tinka

Though stabbed, kidnapped and left for dead by a stalker while a student at the University of Calgary, Harriet Tinka, a gorgeous former runway and magazine model, turned that horrifying experience into motivation. She has inspired and given hope to women who are faced with domestic violence. She is known by her students as a “Powerhouse Role Model” who makes being genuine the most powerful thing of all.

Harriet is an invigorating transformational Speaker, passionate life coach, Blogger, Chartered Professional Accountant, Football Official, and an Ultra-marathon runner. She is the founder and CEO of the award-winning Social Enterprise, Empowered Me Inc, a company whose mission is to inspire and empower girls and women.

Harriet is the recipient of numerous awards, including YWCA Woman of Distinction, Global Woman of Vision, Afro- Canadian Community Woman of the Year, and a tireless philanthropist.



Joint Introduction

Dr. Allen Lycka and Harriet Tinka share harrowing and traumatic escapes from death. His was from a misdiagnosis of what he was told was a terminal illness and Harriet's from a nearly fatal kidnapping and beating by a stalker.

Together and individually, they faced their experiences with courage and found inspiration in each dawning day.

Dr. Allen Lycka, best known as one of the leading cosmetic dermatologists in the world, is now acknowledged as a leading expert in *Living A Fantastic Life* and *Turning Points*. He is a transformational speaker, thought leader, coach, and mentor. Harriet, a gorgeous former runway and magazine model, found new life as a transformational speaker, passionate life coach, blogger, Chartered Professional Accountant, Football Official, and an ultra-marathon runner.

Though stabbed, kidnapped and left for dead by a stalker while a student at the University of Calgary, Harriet Tinka, a gorgeous former runway and magazine model, turned that horrifying experience into motivation. She has inspired and given hope to women who are faced with domestic violence. She is known by her students as a "Powerhouse Role Model" who makes being genuine the most powerful thing of all.

Harriet is an invigorating transformational speaker, passionate life coach, blogger, Chartered Professional Accountant, Football Official, and an ultra-marathon runner. She is the founder and CEO of the award-winning Social Enterprise, Empowered Me Inc, a company whose mission is to inspire and empower girls and women.

Harriet is the recipient of numerous awards, including YWCA Woman of Distinction, Global Woman of Vision, Afro- Canadian Community Woman of the Year and a tireless philanthropist.

Dr. Allen Lycka and Harriet Tinka have teamed up to put the wisdom they have gleaned since their traumas into a powerful new book ***The Secrets of Living A Fantastic Life: The 13 Golden Pearl Within...***

And they are here today to share some of those Secrets of Living a Fantastic Life.



Book Overview for Bookstores and Online Retailers

Description of the book (back of the book): Dr. Lycka is a speaker, trainer, bestselling author, and respected cosmetic dermatologist. His life collapsed when he suddenly developed a right foot drop in 2003. Soon after, his right arm became dysfunctional, and he was diagnosed with Lou Gehrig's disease (ALS) and given six months to live. He persisted and is here today because of his courage and determination. He is now a mentor, transformational speaker and thought leader.

Harriet Tinka is a former New York Fashion model, a Woman of Distinction, and a youth instructor who endured being kidnapped, stabbed, and left for dead. She is now a "Powerhouse Empowerment" expert who inspires audiences across North America. Dr. Lycka met Harriet when she applied for an award that he was sponsoring for the YWCA. They became close friends because of their shared experiences.

Despite these traumatic experiences, they grew stronger, just as steel is tempered by extreme elements. They wrote, "The Secrets to Living a Fantastic Life" to share the key lessons they've learned to help readers find the golden pearls in their biggest challenges and make their lives fantastic.

Dr. Lycka and Harriet Tinka have appeared on numerous TV and radio shows in the US and Canada. Dr. Lycka is a multi-time bLU Talk speaker who has inspired audiences worldwide, and Harriet is a Toastmaster Divisional Champion.

Influencer review

"I love what these guys are doing, the book is great and the work they're doing is important."

– JACK CANFIELD – author of the #1 New York Times bestseller, "Chicken Soup for the Soul"

Distribution: Printed books and eBooks available on Amazon. Bulk print options available and can be obtained by contacting Dr. Allen Lycka at Allen@drallenlycka.com.

Foreword: Written by Jack Canfield.

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ISBN-13: 978-1-989849-00-2

ASIN: B0851MY645

LOC (LCCN): 2020908712

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Marketing: A full marketing and public relations campaign is in motion for *The Secrets to Living A Fantastic Life*, including social media channels and a website: <http://fantasticlifebook>. Several online book blog tours are in motion for this bestselling book. Media interviews are ongoing.

About the Authors

Dr. Lycka is acknowledged as one of the most respected cosmetic dermatologists in the world. Having practiced for 3 decades, he has helped 10's of thousands of patients. In Edmonton since 1979, he's written 17 books, 30+ academic papers and hosted the number one internet radio shows on cosmetic surgery – *Inside Cosmetic Surgery Today*.

He is co-founder of *Doctors for the Practice of Safe and Ethical Aesthetic Medicine*. Dr. Lycka has been acknowledged by his community by awarding him the prestigious *Consumers Choice Award* for 16 consecutive years and the *Philanthropist of The Year* award for 2013.

Dr. Lycka is happily married to Dr. Bernier-Lycka for 39 years, and they have four wonderful daughters and seven beautiful grandchildren. He counts his family as his most important accomplishment.

Harriet Tinka, a *Turning Point* expert, Harriet, is a perfect example of someone finding a need in the community and filling it. Despite dealing with obstacles in her life, she has overcome those hurdles and has found success by inspiring thousands of audiences reach their full potential. She was stabbed, kidnapped, and left for dead.

She turned that horrifying experience into motivation. She has inspired and given hope to women who are faced with domestic violence. She is known by her students as a "Powerhouse Role Model" who makes being genuine the most powerful thing of all.

Harriet is an invigorating transformational speaker, passionate life coach, blogger, Chartered Professional Accountant, Football Official, and an ultra-marathon runner. She is the founder and CEO of the award-winning Social Enterprise, *Empowered Me Inc*, a company whose mission is to inspire and empower girls and women.



Harriet has received numerous awards, including YWCA Woman of Distinction, Global Woman of Vision, Afro- Canadian Community Woman of the Year, Action for Healthy Communities Youth Empowerment Award, Rotary Integrity Award and Daughter's Day Award just to mention a few. She is a tireless philanthropist and a Toastmaster Divisional Champion.

Harriet feels blessed to have her journey supported by her partner Steve and her three lovable children Tristan, Rhiannah and Aaliyah.



Praise for The Secrets to Living A Fantastic Life

“ In picking up a copy of "The Secrets to Living a Fantastic Life," I found more than a book, I found a journey. Learning about Dr. Lycka and Harriet's stories was remarkable. To think about the trials that these people went through and didn't stop, didn't quit, kept pushing, even in the face of death, is inspiring. When you look at that, and then take the stories, making these takeaways actionable in everyday life, just adds substance to the concept. This is a wonderful book that truly becomes a manual for changing your every day. I highly recommend this book as a testament to survival and to the lessons learned.

— Amanda Meyer

“ Barry Allen Steven Lycka and Harriet Tinka teach us how to have confidence and be stress-free. This book is an excellent guide on how we can achieve our goals and be happy even after experiencing troubled times. This book helps us understand that we are the result of all our experiences, and everything happens for a reason. However, that does not mean that we cannot change. The Secrets to Living a Fantastic Life: Two Survivors Reveal the 13 Golden Pearls They've Discovered contains several autobiographic stories that can help us to be positive, creative, passionate, and ultimately conquer happiness. I recommend this book as it is inspiring and well written. You can expect thorough explanations that aim to help the reader to solve his daily issues. I enjoyed how the author keeps encouraging us to move on and be positive. Negative words attract negativity, so let us cut those words from our vocabulary! It is a breath of fresh air! Give it a try, I am sure you will love it!

— Jay-Dee Netter

“ I had some reservations about reading The Secrets to Living a Fantastic Life. But after reading it, I can say that it is one of the most inspirational books I've read so far. This book inspired me to never give up and to keep on going no matter what. Like the authors said in the book, "It's not what happens to you. It's what you do with what happens." If these two authors can overcome seemingly impossible obstacles, then so can you. I'd recommend this book to anyone who's going through a tough time, or anyone who needs a little bit of inspiration to keep going.

— Elvis Best

“ I loved the approach used by the authors in writing this book. They used dialogue, where they would discuss each pearl covered in this book. In their interaction, they told stories, shared inspirational quotes and alluded to various individual experiences that had helped to transform their lives. Some diagrams were used to illustrate and spice up the discussions. The interactive approach adopted by the authors is the main strength of this book. As I read along, I could laugh at their jokes and almost shed



tears when they recounted painful memories. I easily identified with them and understood their reactions to the challenges that they overcame.

— Kanda the Great

“*The Book itself has the theme “It’s not what happens to you: It’s what you do with what happens”, as mentioned in the book. It featured what happened in those challenging times for both of them and how they were able to begin moving on from such events. The book is mostly dialogue but there’s a little bit of narration. You can see what Dr. Lycka is saying and what Tinka replied or vice versa. Reading the book gives you the aura of it being friendly. Like usual friends, there are times when you joke around or when you support each other and a little bit of competition with one another. I also do like how they made use of both experiences and different fields of study. They gave points that could provide new insights. It strikes me to consider and apply what I have learned and now be more positive in my life. Some points shocked me because I never thought that they would include these points.*

— Nerdy Ash

“*Knowing the difficult journey both the authors underwent, it is inspiring to see the optimism and positivity they exude in the book. It makes you wonder if these ‘Golden Pearls’ definitively work because it seems these two survivors have made it work for them. That in itself is uplifting though much of the book recedes to subjective advice on how to overpower daily struggles. The book ends with a sketchy touch on the current pandemic grappling the world. The book is professionally edited as there were no apparent grammatical faults or typing errors. Harriet Tinka’s depictions of her unfortunate encounters with the stalker would qualify as graphic violence but on the whole, there were no scenes of unnecessary horror or profanity. The book is aimed at readers of motivational and self-help genres.*

— Dafanie K

“*I found this book not only motivating but very emotional as the stories shared provided inspiration, sometimes sad and sometimes humorous, but all with gems of wisdom. As a person who has been through a traumatic experience, I found the authors insights to be thoughtful and knowledgeable. They spoke from the heart as people who have experienced trauma and understand how hard it is sometimes to move on from a bleak place and believe life will ever get any better. I thought the book offered a lot of practical help in a remarkably simple and understandable format. I would definitely recommend it for people struggling to overcome trauma or abuse in their lives. I would also recommend it to people who work with the survivors of trauma and abuse, as an insight into what can be accomplished with the love and support from the people helping them.*

— Trudi NZ