

REBOUND

THE BOOK

Staging the Greatest Comeback Story of Life

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PREFACE

To everyone who has been knocked down, broken by a season, counted out, or written off—this is your book.

Your rebound begins here..

When life deals some of the harshest combinations of odds, and it feels as though you are locked in a drawback—when certain realities pose setbacks with almost no glimpse of hope for a comeback—you must realize at such times that, more often than not, ‘the further backward an arrow is drawn, the farther forward its velocity when released’.

This book is that proverbial release—from a drawback into a comeback.

Get ready. Now that you have this book in your hands, something is about to shift in you that will make you look back and be glad you stayed the course.

Are you ready?

INTRODUCTION

The Fall Isn't the Finish Line

Every great story has a low point. The hero gets crushed, loses everything, doubts themselves, and then—against all odds—rises. This book is that rising.

Whether you lost a job, a relationship, a business, a partner, your faith, a loved one, a marriage, an investment, your reputation, or your sense of worth—I am here to let you know that your last hasn't been heard, your story is still being written.

Your response to life's situations is what will determine whether they will 'break you' or 'make you'. You do not run away from it. You face it, brace it, and defy it. You do not respond with fear; you respond with fierce tenacity. You do not back down; you push through.

Simply put, it's all about your response when faced with compelling situations. What your core is made of eventually reveals itself in the middle of life's furnace. Is your core made of elements that turn to ash in the furnace? or made of elements that turn refined in fire, turn purified in the flames, shine brighter and emerge with added value after the furnace? Do you respond with fear—or you responds with stern faith and tenacity in situations?

Like the poetically penned biblical text— words of the warrior king: Though I walk through the valley of the shadow of death, I

WILL FEAR NO EVIL. This book is that audacious cue to fear no evil. That audacious demeanor which projects a man who's core is made of fire, a man who defies fear, defies failure, defies setbacks and comes back stronger and better.

Fear is a torment only when you entertain it, but when you flip it around and do the exact opposite of what fear suggests, you cripple it.

“I will fear no evil” is a deliberate statement of intent—targeted at crippling the force of fear that comes to cripple the force of life within you. Don't entertain it, reverse it and do what fear suggests you shouldn't do and you will defy fear!

I would not have written this book if I had entertained the fear of the depths of vulnerability it required to write a book of this importance. You won't be holding this book in your Hands now if I had allowed the tricks of fear to make me shut down the project. Several times I had reasons to shut it down, but I persevered because I knew the importance of its contents and the impact it would have on a life adrift in a storm somewhere around the globe.

When fear says you can't do it, you aren't worthy, aren't qualified, aren't good enough or aren't deserving; when fear says you will be turned down or rejected—such moments are your cue to rise and do the exact opposite of what that fear suggests. When fear says you cannot do it, that is the precise moment to go for it; apply for that job; send those emails, start that project, send that

mega bid proposal that suggests you are in delusions of grandeur—besides, the greatest accomplishments of men documented throughout history all began with a tincture of delusion in them. Defy that fear no matter how delusional your project or dream may seem. Believe, rise, and audaciously Win!

That situation which fear suggests is too big for you or is out of your league, is the exact situation you should take-on fiercely and fearlessly.

There is no rebound without an audacious resolve to defy fear, own the moment, and defy the norm.

The rebound process is universal. It is not magic. It is a path walked by leaders who took fallen nations back to pinnacles of power; by corporate executives and entrepreneurs who took bankrupt companies back to unimaginable fortunes; and by ordinary men and women who refused to back down or give up on their lives, their dreams, their careers, their families, and their well-being.

Over the next fifteen chapters, I will take you on a journey that begins with a personal and very vulnerable piece of my own life's journey—how I almost lost my life but braced it, faced it, lived through it, overcame, found my own personal rebound, and today can share a bit of that life's journey with you.

Ultimately, I hope this inspires someone around the globe who might be at certain crossroads as I found myself back then, to keep pushing, persevere, and ultimately win.

After sharing a brief personal memoir in the opening chapters, the book moves into the Rebound Blueprint proper—a more empirical, step-by-step, chapter-by-chapter, battle-tested blueprint for anyone embarking on a rebound journey in their own lives.

So to someone at that verge of giving up, or contemplating how they could ever navigate the impossible combinations of odds cast before them: this is your book.

You will be spurred on, nudged forward, challenged, and provoked to go ahead and unapologetically take your throne and your life.

You will learn exactly how to get up; believe in yourself; believe you are worthy of the best; believe you are the prize and that there is a crown on your head. Believe you are royal, beautiful, and deserving. Then—and only then—will you get yourself together, stage the greatest fight of your life, and take your throne.

This is not a day to give up. It is a day to win. And you must never give up on yourself—on any day, at any moment, or at any given time.

This is not fluffy motivation. It is a battle-tested, life-tested, and time-tested empirical blueprint, drawn from the feedback of survivors, winners in the battles of life, and personal victories.

While I worked as an intake coordinator, interviewing survivors on their journeys to victory, I witnessed firsthand the strength of the human spirit in facing storms and overcoming them. I listened and saw that nothing was insurmountable in the presence of a determined and spirited being. I saw how the human spirit can persevere in dire life-threatening situations and, with utter determination, overcome!

This book is not only from real-life experience. It is from proven truths, proven psychology, life's triumphs, biblical texts, and more broadly, excerpts from global winners in the arena of life. References are drawn from contemporary and historical analogies, present-day high performers, leaders who lost power but staged historical comebacks, families who lost loved ones but rose from the ashes to build stronger homes and better lives. Athletes, entrepreneurs, and everyday people who refused to stay down.

From the boardrooms to the classrooms, this is a pivotal book that will shift mindsets and rewire individuals, rewire entire teams, and organizations—not to back down in any adverse circumstance.

So, expect mental exercises, mindset shifts, call-to-action steps, and real talk that is as audacious, unpretentious, thought-provoking, and action-inducing as can be.

I did not come with kid gloves. As a matter of fact, I came gloves off—because taking your life back; your emotional well-being, your health, your fitness and physical well-being; your finances, your spiritual and mental well-being; your self-esteem, social well-being, your value, love, and worth—taking these vital elements of your essence back are non-negotiable. I have been there. It is not a place to leave any human, or to leave anyone clueless about where to turn or what to do.

You do not need permission. You do not need perfect conditions. You do not need any more motivation or anyone's affirmation. You only need to decide—right now—that the rebound starts today.

Let's begin.

CHAPTER ONE

Stark Reality

Tempest-tossed, cast down—but not destroyed

— a brief memoir

The time is 4:25 p.m. Eastern Standard Time(EST) in Atlanta, and 10:25 p.m. Central African Time(CAT) in Nigeria.

Quickly, he glanced at the clock one more time. He has five minutes left to clock out of the day's work—clearing out his desk and about to send..

— *End of Teaser* —