

"If you're not living on the edge,
you're taking up too much space."

TIM LASKEY

MULTIDISCIPLINARIAN



"As a man thinketh in his heart, so is he" Proverbs 23:7

*“Life is not measured by the number of breaths we take,
but by the moments that take our breath away.”*

**YOU will NOT FIND ANYONE else ANYWHERE
operating at MY levels of EXPERTISE
across the UNIQUE range of SKILLS I provide!**

IT'S ALL ABOUT SUCCESS. I DELIVER. I GUARANTEE RESULTS.

HERE are 7 REASONS YOU might choose to CONTACT ME.

- 1 FITNESS CONSULTANT
and
Personal Trainer**
Pages 2—14
I have helped thousands of people, between the ages of 6 and 93, achieve everything from basic fitness to the very highest levels of sporting specific fitness. These include International Performers from well over 20 DIFFERENT sports.
- 2 REHABILITATION
SPECIALIST**
Pages 15—20
Doctors, Physiotherapists, Practitioners, Osteopaths, Chiropractors have sent hundreds of people to me with, often very severe, BACK problems, as well as those requiring post-operative rehabilitation or, more general remedial work.
- 3 NATURAL HEALTH
and LIFESTYLE ADVISOR**
Page 21—22
My knowledge and practise of "Natural Health" has transformed my life and enabled me to help others do likewise. I provide unusual insights into health modalities which can provide extraordinary benefits at any age, but particularly as we get older.
- 4 PERSONAL
DEVELOPMENT GUIDE
and
Beating Bullying**
Pages 23—31
I have developed a hugely effective inspirational/motivational program on goal setting and achievement, harnessing the power of the mind - "DIRECTED THOUGHT.....CHANNELLED IMAGINATION." This is indisputably the most IMPORTANT aspect of my work and permeates EVERYTHING I DO and BELIEVE in.

Effective communication underpins every area in which I operate - speaking, writing, teaching, training. So, given my lifelong love of animals, training horses and dogs is just a natural extension of the very wide ranging work I undertake with people.
- 5 HORSE TRAINER/
COMMUNICATOR**
Pages 32—37
Does your horse have a problem (with you)? Inattention? Respect issues? Non-compliance? Unpredictability? Loading? etc? etc? I get astonishing results with horses without fear, force or intimidation. Let me teach you how.

- 6 **DOG TRAINER/
COMMUNICATOR**
Pages 38—45
- Is your dog out of control? Deaf to your commands? Oblivious to your authority? I have rescued and retrained, first Dobermann and subsequently Rottweiler, dogs for 35 years. Learn to command attention and respect. Establish boundaries and provide leadership within a loving partnership.
- 7 **WRITER
and SPEAKER**
Page 46
- I undertake a full range of WRITTEN ASSIGNMENTS - articles, columns, copy, programs, reports and more.
- I'm available for PERSONAL CONSULTATIONS.
- I offer SPEAKING SERVICES with a DIFFERENCE, (unique) insights into my range of subjects, for Groups, Clubs, Organisations, Company and Corporate engagements.
- TEACHER, TRAINER,
MOTIVATOR**
Page 47
- At 23 I qualified as a teacher, with First Class Honours in Physical Education, from Loughborough and that was really the START of my CONTINUING EDUCATION. I then lectured at Guildford College for 9 years before setting up my own independent Consultancy. I have worked with, advised, taught, trained, mentored, coached, motivated, inspired and prescribed for thousands of people, from the very young to the positively venerable, from the robust to the severely disabled, the injured, the wounded, including those needing directed support where psychological issues were a consideration.
- INNOVATOR,
ORIGINATOR,
INVENTOR**
Page 48
- I'm an original thinker - creative, innovative and, being inventive, have held patents. I've designed exercise machines with very specific applications. Many of my early theories on health and fitness related matters have been vindicated by informed research, up to 30 years after I proposed them - and counting!
- Brief BIOGRAPHY**
Pages 49—51
- I study, meditate, exercise, work with people and/or horses and/or dogs EVERY DAY passing on life enhancing Knowledge and Skills. And there's still plenty of time to bungee jump, go wing walking and tree flying, swim amongst rocks in crazy currents and big waves, gallop a horse in dead of night darkness - enjoy excitement, revel in risk, in short, to live a little. I am DISCIPLINED. I am DEDICATED. During the past 30 YEARS I have NOT had 10 DAYS without structured EXERCISE. I persevere, I NEVER GIVE UP on people or projects. I am DETERMINED. I am DIFFERENT. I can HELP YOU.

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavour" Vince Lombardi

FITNESS CONSULTANT

"Train Hard, Fight Easy" Alexander Zuvorov

"Pain is temporary. Quitting lasts forever" Lance Armstrong

"If you train hard, you'll not only be hard, you'll be hard to beat" Hershel Walker

I am extremely serious about fitness. I've dedicated my entire adult life to researching fitness, teaching fitness and testing myself in the most challenging fitness scenarios, where nausea, physical collapse, mental exhaustion and pulse rates in excess of 220 are normal.

Consequently I have extensive knowledge of fitness and training methods, over 50 years of continuous high-level training and an unusually successful sporting record. With that background I have advised International performers from well over 20 **different** sports including those who have won English, British, European and World Titles. I have instructed those who train the sportsmen and women. I worked closely with Surrey County Cricket Club for over a decade. I was retained by both the Test and County Cricket Board (TCCB - England) and the Pakistan Cricket Board, for whom I returned fast bowlers Aqib Javed and Waqar Younis to Test Cricket following stress fractures of the spine.

Applicable strength is the key factor in my exceptionally productive training routines. Strength is, and has always provided, the base upon which my fitness programmes are built. As an added bonus, strength not only reduces the likelihood of injury during protracted endurance work or speed training, but any injury is generally less serious and recovery is invariably more rapid.

My individualistic approach lays emphasis on mobility and flexibility; encompasses endurance and speed, of course; includes, less obvious, peripheral considerations such as agility, balance, coordination. I set great store by the quality, efficiency, grace and harmony of movement encapsulated in the word "athleticism". I have also long been an advocate of more frequent, shorter, more intense workouts (2-6 a day where appropriate) rather than the traditional, protracted 2-6 sessions per week.

I've worked with thousands of people from all walks of life between the ages of 8 and 92. My programmes have helped, among other, housewives, business people, sporting superstars, the overweight, the underweight, the injured, the insecure and even those recovering from M.E.

Above all, however, I am a teacher and trainer. I seek to excite, enthuse, stimulate, challenge, encourage and am concerned to inspire my charges rather than merely to motivate them.



Tim has been an inspiration to me over the years. The fittest man I have ever met, if not the sanest.

Martin Bicknell, Surrey C.C.C and England. Benefit 1997



Having known and worked with Tim over the last 24 years, (my god is it really that long?) I feel I am in quite a good place to pass judgement on one of the most extraordinary men you will ever likely meet.

As a 17 year old I was pretty sure I was the bees knees. Having completed my first year in county cricket and a very successful one, a bit of winter training was lined up for me. What

I didn't bank on was meeting a guy who would change my life and my approach to professional sport. Right from the off I knew there was no ducking out of the challenge, and a challenge it was, every session was hard, intense and purposeful.

Tim got under my skin, instilling in me the work ethic that changed me and made me a successful cricketer, working on my character, testing me in extreme situations, pushing my limits and at all times believing in me, believing I had what it took to perform at the highest level. Every session we did I was greeted at the door like a long lost brother, the most enthusiastic person I have ever met. When I was feeling lethargic Tim would inspire me onto greater things, if I was slacking he would know it and get the best out of me.

There is no doubt in my mind that Tim helped form my character, the work ethic that I still have today came from those early training sessions and I will never forget the punishing sand hill sessions that Tim still thrives on today. And it's not just me, ask any of the top class sportsmen Tim has trained over the years, we will all say exactly the same thing, he might be a little crazy but boy does he know his stuff.

Martin Bicknell, Surrey C.C.C and England. March 2011



Tim Laskey "The Guru"

Tim Laskey has the ultimate attitude. I am a firm believer that with attitude you can achieve anything. Attitude is the journey, it is the length of the stride that we take to get to our goal! -Bad attitude equals short stride length. It goes without saying you will be propelled towards the finish line so much faster if you take long strides. Tim Laskey has the stride length of Usain Bolt!

Let me give you some real examples of how training with "The Guru" has helped me change my life. Important as my physical fitness was during my career, it was my attitude and mental application that enabled me to reach my goals. I was at best of average ability when it comes to the sport of cricket, I have no shame in admitting that! But I stand here today a retired man knowing I got every ounce of my ability out to enable me to captain my country. Why do I refer to Tim Laskey I hear you saying?

Rewind to 1990, I was a lean, enthusiastic, yet wild young 18 year old who thought he knew everything & was quite happy to tell anyone who would listen about it. "The Guru" was & still is confident, fair, honest, hard working, loyal & crazy all qualities that I admired, yet he wasn't a bore! Most people with these qualities spend most of their time trying to tell you how good they are! Not "the Guru" he changes attitudes by example, by inviting you to see a lighter road to walk on. I am embarrassed to say that before I met Tim I often walked down a dark road, a road I wouldn't want my children to walk down. He showed me there was a better way and that I could achieve whatever I so desired by putting myself in uncomfortable scenarios, like for example doing dozens of sprints up his famous sand dunes on xmas day (in the ice may I add). Other wonderful activities Tim invited me to perform on his own invention The Aximax (the only time I have physically been sick during a training session). This is all well and good and prepared me physically more than adequately for the game of cricket, However as I have said before it was the other mental strengths I gained by being in "The Guru's" company that I took with me for life, yes folks fitness comes and goes, but mental toughness remains.

The ethos of the training was to take yourself out of your comfort zone, to take you to another place mentally that your opponents weren't prepared to go. This in turn gave us a psychological edge in every situation. When running the sand dunes on xmas day we were asked "what are our opponents doing today? The answer was probably scoffing on wine and tucking into some turkey. All very nice, but 'there comes no success without struggle'. If you want to be 2nd then go and see someone else I suggest. If you are prepared to sacrifice to reach your goals then you need to see this man, he will take you to the top!

Tim is a hard task master, yet has the unique knack of being able to make you do what it is that he asks you to do despite you thinking it is impossible. After spending time with him, your toughest challenges will become easier no matter what they are. If you want to play for your country, your club or to learn to walk again after an accident, the lesson is the same, and the teacher is the key.

Tim, thanks for the best start in life that a man could ask for, and thanks for the wonderful memories. On behalf of the Surrey team of the 90's & 2000's we thank you for imparting your ethos on us and enabling us to reach our goals.

Take Care & Look forward to running those sand dunes again when I am next back in the UK, this time though can we not do it on xmas day.

Smokey

Adam Hollioake, Captain Surrey C.C.C. / Captain England ODI. March 2011



Well, where can one start? The Master! First of all I have known Tim for over thirty years. He, without doubt, is a truly remarkable man.

Tim's skills, his exploits, his experiences are inspirational, awe inspiring and so unique they should be brought to a worldwide audience.

I was present at a hill running training session (sand dunes) where Tim, in his forties, completely destroyed an athlete he trained, who had, that summer, won the Hampshire Senior Men's 800 metres title. Unbelievable!

His relentless self-discipline and dedication, day in day out for years on end, is almost beyond belief. Tim has no peers in the collective fields in which he operates. Very occasionally a person comes along who rightfully merits all the accolades and recognition. Such a man is The Master – Tim Laskey.

Colin Hanson, Former Wasps Rugby Football Club Player. August 2011



News Shopper. Wednesday 23 May 2001

England new boy **Ian Ward** has admitted he experienced a mixture of surprise and elation at his international call-up.

The 28 year Old left hander, was selected in the 13-man England squad for the first test with Pakistan, which started at Lord's yesterday.

During the winter, Ward could be seen running up and down sand dunes at Hindhead.

He added: "Running up and down the slopes certainly got the lungs blowing".

It was a good way to get fitter

"The whole idea started with Tim Laskey, a fitness consultant, and things have just gone on from there"



A Note of special thanks goes to Tim Laskey who has kept my body fit and my mind amused over the years when we have had time to train.

Graham Thorpe, Surrey C.C.C. And England. Benefit Year 2000



Dear Tim

Our training sessions with you at the start of the 1982 season must have made all the difference when it came to the National Westminster Bank Trophy final. It cannot have

been a coincidence that, after three attempts in succession, we won a limited – over final after your expert advice on fitness.

Training became enjoyable to us all, and to some for the first time. Your enthusiasm was infectious last year and I, personally, look forward to improving my fitness, together with the others.

Roger Knight, Captain Surrey CCC. Roger Knight School of Cricket. 14 March 1983
subsequently Secretary and CEO of the MCC



It was my good fortune to meet Tim soon after Surrey C.C.C. appointed me as their first cricket manager. Surrey had been experiencing a depressing run of results for a few years and it was my responsibility to restore their fortunes back to the glory of former years when I was a player and captain.

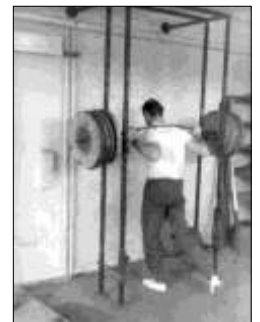
On my return to the Oval it was very apparent that not only was the spirit in the dressing room as low as it could possibly be, but also the average physical condition of the players was nowhere near the standard it should have been.

At my request Tim Laskey programmed the playing staff, both collectively and individually, and also designed and installed the first ever gymnasium at The Oval.

In a very short time all the players responded positively and a huge improvement was clear to see, not only in the physical condition but also the mental approach of the team was unrecognisable from that when Tim first began working with them. During the initial four years when Tim and I worked together Surrey appeared in four consecutive Lord's one day cricket finals, won the Nat West Trophy and were never out of the leading contender positions for the County Championship.

My life has revolved around the world of sport through my playing, coaching and managing in the highest standard of cricket and playing professional football. I can honestly say that I have never known anyone to be better than Tim Laskey in the field of sports science. His tremendous enthusiasm has an immediate positive effect on all who come in contact with him and his results speak wonders.

Micky Stewart, Former Surrey C.C.C. and England Manager. 16 March 2007



SOME OF THE INTERNATIONAL SPORTING PERFORMERS TIM LASKEY HAS ADVISED

ATHLETICS		
Wendy Hamlyn	England	Cross Country
Ruth Partridge (Nee Smeeth)	England	3000m, Cross country-World Team Title Winner. G.B. – 3000m
Janet Thompson	England	Discus
Justin Whitfield	England	Decathlon
CRICKET		
Basit Ali		Pakistan
Martin Bicknell	Surrey CCC	England
Mark Butcher	Surrey CCC	England
Tony Gray	Surrey CCC	Trinidad & Tobago West Indies
Adam Hoolioake	Surrey CCC	England ODI
Alan Igglesden	Kent CCC	England
Robin Jackman	Surrey CCC	England
Aqib Javed	Hampshire CCC	Pakistan
Monte Lynch	Surrey CCC	England
Martin McCague	Kent CCC	England
Alec Stewart	Surrey CCC	England
Graham Thorpe	Surrey CCC	England
Ian Ward	Surrey CCC/Sussex CCC	England
Waqar Younis	Surrey CCC	Pakistan
EQUESTRIAN THREE DAY EVENT		
Sue Benson	England	European Team Silver 1979 European Team Gold 1981
Robert Lemieux	England	National Champion 1988 West German Champion 1989
GOLF		
Pat Garner	England	(Amateur) Golf illustrated Gold Vase Winner
Alison Nicholas	England	(Professional) British Open Champion 1987
MODERN PENTATHLON		
Capt. Michael Mumford	England/GB	Los Angeles Olympics 1984
Wendy Norman	England/GB	World Champion
POLO		
Martin Brown	HRH Prince Charles England Team	
Amadu Yakabu	Nigeria	The Commonwealth
WESTERN EQUESTRIANISM – REINING		
Francesca Sternberg	England	Leading Amateur and World Ranked No.11 over all
SAILING – LASER		
Kenneth McQueen	England	British Champion
Keith Videlo	England	World Junior Champion
SKIING – FREE STYLE		
Mike Nemesvary	England	World Ranked No.4
SQUASH		
Jim Cottis	England	Veterans
Felicity Hargreaves		Progressed from Hants No.21 to Hants No.2 in 5 months between seasons. UK under 23 champion, England/GB, World top 16
Alastair Taylor	Scotland	

HORSE AND HOUND, August 27, 1992

Player Profile: MARTIN BROWN

Has just had the season of his life writes Sarah Dukes.

The four goal player has been in polo for 16 years. This season he won the Gold Cup – for the second time.

SD: Do you play polo in the winter?

MB: I don't play polo in the winter but keep fit by going to the gym twice a week. Tim Laskey, who trains the Surrey cricket team, trained me in the winter of 1985 and in 86 I won the Gold Cup with Tramontana. Last winter he trained me again. So even though I don't spend the winter playing polo, I find it pays to keep fit.



Dear Tim

My thoughts went back to the happy times I spent training with you. I remember you saying that if I was ever to be a top class squash player, the first thing I had to do was – get fit!

I thought then, "what a damn cheek!" At the time I was ranked No.21 in the county of Hampshire and I ran a few miles now and again, so I thought I was fit enough.

However I did need guidance at that stage of my career and over the next two years you certainly provided that. The results speak for themselves. After following your rigorous training schedules I became No.1 in my county and a year later I won the British under 23 title.

The training I did with you has given me a solid base and enabled me to achieve my current ranking (in the world's top 16 and English No.8). It also helped me to reach my ambition of playing for my Country on a number of occasions.

Your confidence gave me the determination to work hard and aim high, and because you believed in my potential, I began to believe in myself as a squash player.

Thank you is inadequate for the help and expertise you provided.

Felicity (Flip) Hargreaves, English Squash International!



Dear Tim

Having played amateur golf at an International and County level for the past six years, I regret that I was not involved with your training methods prior to 1981

As a result of spending one evening a week during the winter I built up a level of physical fitness, directly related to the demands of my sport, which has enabled me to remain competitive while still fulfilling the daily demands of my profession.

Kindest Regards, Pat

P.F. Garner, Chartered Accountant, Guildford. 4 October 1982



Hey Tim

Everything is going good, I am back on track and training regularly. I also added skipping to my training routines; it's a great workout. The boxing is going really good and I plan to keep with it. In about a week I am heading to British Columbia and I am going to try out for the men's university soccer team there. It should be a great experience.

I am going for a run soon after I send this/ I am aiming for about 9 miles so it should take a while.

Kyel Governor, Footballer, Toronto, Canada. 5 August 2011



I am writing to thank you most sincerely for all the wonderful help and guidance you have offered so willingly and relentlessly over the past few years in connection with my health and fitness.

It was a remarkable achievement on your part that in the first three months of my training with you, I, managed to put on just over a stone in weight and looked and felt fantastic. I was in fact fit for the first time in my life and managed to ride the enormously powerful horse, Monacle, into 2nd place at the Badminton Three Day Event (always regarded as the biggest and most difficult course in the world).

We then went on to finish 4th in the European Championships and also won a silver medal in 1979 and a gold in 1981 as a member of the British team.

Without your watchful eye and constant help, none of these victories and many others would have come my way. Your endless energy and deep interest in everyone who comes to you is unique, as indeed is the depth of your knowledge in the needs and mechanics of the human body.

Sue Benson, Former British 3-Day Equestrian Team Member.
Sue Benson has been appointed as the Cross Country Course Designer for the Equestrian 3 Day Event Competition at the London Olympic Games in 2012



Dear Tim

May I congratulate you on taking on an impossible mission and succeeding.

Four weeks ago I came to you because I had failed the fitness tests to rejoin the Surrey Police. To an overweight 40 year old this was the impossible, and that's where you came in. You devised a 4 week programme of 4 x 40 minute sessions a week to achieve the impossible.

Having lost ½ a stone in weight and become fit I am overjoyed to report that on my re-test today I managed on passing the fitness tests to (re) join the Surrey Police Force. This transformation is due entirely to your programme, help and encouragement.

Thank you for all your help in achieving my goal.

Yours most sincerely

Michael Pearse



Dear Tim,

Just a short note before I leave to say a big thank you to you.

Without you I would probably be starting a hotel management course tomorrow!

I hope that you'll see an even fitter (!) slimmer me upon my return

Cris

On passing the fitness tests to qualify for RMA Sandhurst, The British Army Academy



"TIM LASKEY is a legend. The only man I have ever met who could do pull ups with EITHER ARM"

Peter Blewett



PREPARATION FOR (INTERNATIONAL) SPORT

PERIODISATION OF THE YEAR:-

With cycles of intensity developed through

- (A) **PREPARATORY PERIOD**
- (B) **TRANSITIONAL PERIOD**
- (C) **COMPETITIVE SEASON(S)**

- (1) **ABSOLUTE STRENGTH**
Multi-Joint Movements
Large Muscle Groups
Abdominal/Low Back Strength

- (2) **ANAEROBIC FITNESS**
e.g. Repetition Sand Hill Runs employing Lapsed Time and Controlled Interval Method.
Such work is High Intensity but Low Impact, Low Percussion.

- (3) **AEROBIC/CV FITNESS**
For those Sportsmen/Women whose Sport is geared to Aerobic Fitness this element would be emphasised.

- (4) **STRENGTH ENDURANCE**

- (5) **SPEED STRENGTH**

- (6) **ELASTIC STRENGTH**

- (7) **REFLEX STRENGTH/REACTION-SPEED**

- (8) **ABSOLUTE SPEED/SPRINT SPEED**

- (4-8) **HIGH VOLUME REPETITION WORK . CIRCUIT TRAINING
PERIPHERAL HEART ACTION (PHA) . PLYOMETRICS . SPRINT DRILLS**

- (9) **MOBILITY** – Joints, Ligaments
FLEXIBILITY – Muscle and Tendons

- (10) **BALANCE/COORDINATION**

- (11) **SPACIAL AWARENESS**

- (12) **VISUAL ACUITY** – Eye Exercises

- (13) **BODY CONTROL/HELD POSITIONS, PATIENCE, CONCENTRATION**

All of the above related to:

- ◆ **TRAINING CYCLES**
- ◆ **TRAINING PROGRAMMES**
- ◆ **TRAINING INTENSITY**

- ◆ **RECOVERY**
 - Active Recovery
 - Passive Recovery
 - Massage/Heat
 - Ice/Ice Baths

- ◆ **INJURIES**
 - Prevention
 - Treatment
 - Cure

- ◆ **LIFESTYLE**
 - ◆ **NUTRITION**
 - DO's and DON'Ts
 - Super Foods
 - Food Supplements
 - ◆ **SMOKING**
 - ◆ **ALCOHOL**
 - ◆ **DRUGS** - Performance Enhancers
 - Recreational
 - ◆ **SLEEP**
 - ◆ **REST/RELAXATION**
 - ◆ **LIGHT**
 - ◆ **COLOUR**
 - ◆ **SOUND/MUSIC**
 - ◆ **HUMOUR/LAUGHTER**
 - ◆ **INTERESTS/HOBBIES**
 - ◆ **BELIEF SYSTEMS/SPIRITUALITY**
 - ◆ **PERSONAL STANDARDS and VALUES**

- ◆ **MOTIVATION**
 - ◆ MENTAL CONTROL
 - ◆ SELF AWARENESS
 - ◆ SELF EVALUATION
 - ◆ GOAL SETTING
 - ◆ POSITIVE SELF-IMAGE—ORGANISING THE SUBCONSCIOUS MIND FOR SUCCESS
 - ◆ AFFIRMATION
 - ◆ VISUALISATION
 - ◆ MENTAL REHEARSAL
 - ◆ OPTIMISM. "POSITIVISM" VERSUS "NEGATIVISM"
 - ◆ PLANNING THE DAY "The first hour is the rudder of the day!"
 - ◆ TESTING YOURSELF
 - ◆ ALPHA BRAIN WAVELENGTHS
 - ◆ SELF-HYPNOSIS
 - ◆ MEDITATION
 - ◆ FOCUSING
 - ◆ SCREENING AN IMAGE
 - ◆ ASSOCIATED USE OF ALL OF THE SENSES
 - ◆ STRESS RELEASING PRACTICES

"It's at the borders of pain and suffering that the men are separated from the boys"

Emil Zatopek

PERSONAL TRAINER

"It is exercise alone that supports the spirits and keeps the mind in vigour" Cicero

*"Those who do not find time for exercise will have to find time for illness"
The Earl of Derby*

Not many want to take exercise to the uncomfortable extremes engaged in by serious sportsmen and women or specialised service personnel. But lots of people want to be generally fitter and feel better equipped to more fully enjoy everyday life. That is easily achieved.

I have always tried to “put some fun into fitness” and was offering “personal training”, probably 20 years before the phrase was coined. I have one client who has been with me, on and off, for 34 years. She looks great—something’s obviously working!



I have known Tim Laskey for 15 years, and without a doubt he has a unique spread of skills. Erudite, charming and witty, with a hint of mischievousness in his twinkling eyes. He has a complete understanding of the biodynamics of the human body, and a rare ability to communicate with animals, both wild and domesticated. In short, a true Renaissance Man.

I have been using Tim’s services as a personal trainer ever since we met, and he has become a firm friend and trusted confidante. Our sessions are always fun and intellectually stimulating as well as physically demanding.

Michael Sandberg, 21 March 2011



We first met Tim over twenty years ago, when our daughter had been badly injured in a serious car accident. After five months in hospital, six weeks at Headley Court and then weeks with a local physiotherapist who recommended that we take our daughter to see Tim to rebuild her muscles and stretch all the injured areas. He was marvellous not only working on her body but so full of positive encouragement, all contained in a fun atmosphere.

Some years later after suffering from weakness in one of my legs I went to see Tim. After a number of sessions the problem improved and my husband was so impressed he decided to join me, he was already quite fit but with the usual ageing problems. We have been going regularly to Tim for many years now and are so grateful to him, because for our age we are supple and strong. My husband will be eighty-six this year and Tim calls him the Iron Man. Whenever she can make it our daughter comes too, we are all fans of Tim Laskey.

With Tim the whole experience is great, he is multitalented, keeping you fit and making it fun.

Tim Laskey is a very special man, we as a family are so grateful that we met him all those years ago.

Jan, Jim and Lucinda Attew, July 2011



I first went to Tim three years ago. I had just ended a three year period of ill health and radiotherapy treatment for cancer. Prior to that I had always played a lot of sport and had

been fairly fit and healthy. My wife had been going to Tim for a couple of years and she felt it would help me regain my former level of fitness.

I went twice a week for an hour each session, Tim saw what I needed and planned a routine for me.

Tim's great attribute is his dedication to his profession. I headed this testimonial "Tim Laskey, Personal Trainer" but he is a "trainer extraordinaire". His thoroughness, enthusiasm, encouragement and humour are with you throughout the session. He is a brilliant motivator, always urging you to do that little bit more.

I am a few months short of my 80th birthday and I feel great.

I owe so much to Tim. Thank you is inadequate, but THANK YOU, THANK YOU, Tim

Philip Daubeney, May 2011



I first met Tim just over 5 years ago. I was going through a period of extreme personal stress and had remembered that at another such period in my life the thing that had helped me the most was exercise. A neighbour recommended Tim.

Since then I have seen Tim twice a week whenever I am not travelling. Tim is not just a Personal Trainer, he is a brilliant motivator and enthusiastic about everything. As well as getting a good exercise session I also usually have a good laugh with Tim and never come away from a session without a smile on my face, both from my achievements and Tim's jokes. Tim is definitely a "one off" and somewhat eccentric at times.

The tremendous benefits I have gained from Tim have allowed me to continue the adventure travelling that Philip and I undertake frequently. The other main benefit is that at 67 I feel better and fitter than I have for over 30 years, with the added bonus of dropping a size in clothes!

Tim, I am so grateful for all your help and encouragement. Please don't ever retire.

Rita Daubeney, 15 August 2011



Dear Tim

It's hard to believe it's already a year ago that I first started coming to the Health Habit. I was 5 months pregnant then and was feeling rather sluggish and lazy having given up my keep-fit classes immediately I discovered I was expecting, presuming anything other than very gentle exercise to be out of the question.

It was Martin, my stepson, who suggested I came along with him one day to have a chat with you. So, after checking with my doctor, who was absolutely in favour, that's what I did, and from that day I never looked back.

You worked out an exercise schedule for me though using several pieces of equipment which concentrated on strengthening my back, arms and legs, and obviously avoided the 'lump'. I came regularly twice a week, right up until 3 weeks before Melanie was born and I enjoyed a wonderfully happy, healthy pregnancy, with never a twinge of backache or hint of a swollen ankle. Far from easing off as the weeks wore on, I felt stronger and stronger and it was only at the end, when my lump prevented me from fitting into some of the equipment, that I dropped a couple of the exercises. In fact, friends and family couldn't believe that I was still peddling away on an exercise bike at 37 week pregnant!

I would recommend any healthy pregnant lady to 'work out' as I did, provided it is at a recognised, well run and carefully supervised club, and provided the doctor is kept fully informed and gives the 'ok' at each ante-natal check.

Post-natal exercise is just as important, if not more so, and I'm now back on Saturday mornings using all those other machines I couldn't use before. I've a lot to thank you for Tim.

Lindsey Read, 4 October 1983



Tim has been my personal trainer since 1989

When I first arrived I was a youngish father of four children between the ages of one to six. I helped run a successful company which was very demanding in time and travel. As a consequence there was little time for me. The result was an enthusiastic but unfit individual in his mid thirties.

Of course this also coincides with a time of life when your body changes shape for the worse without effort to prevent it.

Week after week Tim improved my levels of fitness, reduced my weight and grew my already positive attitude to life. As a joker myself every session without exception was great fun and massively beneficial as Tim loves to laugh too. I am sure this is part of the Laskey 'therapy'.

As a consequence of his encouragement I now not only visit Tim, but circuit train and run at least twice a week. I have never felt fitter or more motivated to conquer the challenges of life. I am fitter in my mid-fifties that I was in my mid-thirties!

To sum up, Tim has had a positive life changing effect on me and my family. He is not only a top pro but a dear friend. Anyone who could become his client should jump at the chance. In my experience he is such a rare breed I would say he is a one off.

Keith Sheppard, 5 April 2011



Dear Tim

The figures you have been so carefully recording during the past nine months will of course show just how much my strength and stamina have improved since I began resistance training. Nevertheless, I would like to confirm how much I have benefited from this regular training and just how much my general health and feeling of well-being have improved. The personal guidance I have received from you has also encouraged me to "take more care of myself" at other times.

I feel rather annoyed with myself for waiting until I retired from full-time executive responsibilities before coming to you.

It has been a real pleasure to work with you and that pleasure has been added to by the fact that my wife has been able to accompany me and undertake suitable resistance training herself.

Ken Webb, 10 September 1981



Dear Tim

After several frustrating years of trying to achieve a balanced exercise system between squash, jogging, cycling and swimming, I believe that for the busy executive, where time is at a premium your fitness techniques and methods are ideal.

Your own personal standards set a target which many would envy and this inspires the new recruit to achieve things he may not have thought were possible.

N. Lindsay, FCA FBIM, Financial Director, October 1982



Dear Tim

I would like you to know since I have been spending two evening a week, work load permitting, training under your excellent supervision, I have improved my mental alertness and physical fitness, which I have found to be a tremendous asset in the running of a Company.

Graham F. Hurlstone, 15 December 1982



Dear Tim

This is just a short note to say thank you for all the help and expert guidance extended to me during the last couple of years.

As you know I am the Marketing Manager of a company currently accounting for a major share of the keep-fit and gymnasium equipment market, I get many opportunities to visit gymnasiums and health clubs throughout the U.K. and indeed some throughout Europe. I can honestly say that I have yet to see, or even hear of any operation which can boast of anywhere near the array of equipment currently featured at 'The Health Habit'.

Our relationship started on a business basis, but as you know, I was so impressed by "The Health Habit" and it's most unique friendly atmosphere that I got involved on a personal basis and I have never looked back. I always look forward to my training sessions and meeting the many friends I have made since joining.

Keith Fowler, M.Inst.M., Haslemere, 19 October 1982



REHABILITATION SPECIALIST



"The first and best victory is to conquer self" Plato

"Take care of your body, It's the only place you have to live" Jim Rohn



For decades I have been committed to the serious study of Anatomy, Physiology, Kinesiology, Mechanics, Biodynamics, Exercise Methodology together with associated Health Considerations. Furthermore during that time I have conducted exhaustive personal Research and Experimentation. This gives me an unrivalled platform from which to successfully offer help with many physical conditions, injuries, abnormalities, irregularities, disabilities.

For me the purpose of any rehabilitation or remedial program is to restore the person to the best possible condition, with marked improvement, in the shortest possible time. The process inevitably involves hard work and sometimes (considerable) discomfort, so we'd better have a few laughs along the way. I aim to make the, sometimes torturous, journey of transformation as productive, as rewarding and as much fun as possible.

It is not (good) enough just to set up an effective exercise program, to give nutritional advice plus direction on the best supplements to aid healing/recovery and to offer information on lifestyle practices which will further assist in (sometimes transformational) improvements. All of that is EASY. For Instance, returning Aqib Javad and, two years later, Waqar Younis to Test Cricket for Pakistan, following stress fractures of their spines, was entirely straightforward.

I provide much more. I expect to help mentally, even, if necessary, to provide support emotionally. We must always (try to) maintain POSITIVITY and this is most difficult, of course, when we are experiencing (our greatest) setbacks. I establish HOPE. I set TARGETS and then I make sure that together we start picking off those GOALS. I have NEVER met ANYONE I COULD NOT HELP in some degree. But mostly, WHATEVER the PROBLEM, I can help substantially.



"6 weeks before a scheduled spine operation, I met Tim; who encouraged me to let him have 6 weeks to see if he could use an exercise protocol to prevent the surgery. Needless to say, 11 years on I still haven't had the surgery. Tim is a unique individual (dare I say eccentric) who has changed my way of thinking not just on back health but also on life itself. For that I will always be grateful"

Dr. Ian Grobler BChD(Stell) MSc(ULond) MOrth RCS(Ed), 2 August 2011
Referred by a PILATES practitioner/trainer



The management of complicated, chronic back pain is very much a team effort involving clear analysis of the problem, competent treatment, clear advice to the patient, well supervised exercise and compliance and cooperation of the patient. These facts are well known today, but when I first came across Tim Laskey in the mid 1980's, this was not the case.

*As a **Chiropractor** treating severe and chronic back conditions, finding anyone to safely and sensibly manage a rehabilitation programme was at best a lottery and at worst a disaster, education at this time in this field being rudimentary. I came across Tim through reputation and sent him a few patients with clear instructions as to what to avoid, I soon came to rely on him heavily and over the next 20 years sent him some very delicate and*

difficult rehabilitation cases which he managed with great professionalism and skill. Tim also had the ability to generate great discipline and determination in the patients and many stayed with him long after their back problems were resolved. Leading by example, he inspires confidence.

Russell J Bennett DC FCC, Chiropractor, Ilminster, Somerset, 11 March 2011



After suffering with back problems for a number of years, I visited the usual list of specialist's, Chiropractors, Physiotherapist, Natural Healers the local hospital, Acupuncturist and of course my GP who recommended bucket loads of Voltarol. I was 35 years old, married with two little children, and on one of my trips of see yet another specialist at Atkinson Morley was told that I would either need fusion surgery, or try and get fitter but that he doubted whether I would ever be able to lift the children, play golf or squash again.

Things were pretty bleak, and I was sliding into depression, I just couldn't see how I was going to get rid of the pain, and during all my visits to specialists and doctors not one of them had been positive.

A short while after my trip to Atkinson Morley Hospital, I was given yet another recommendation to see **Russell Bennett at Guildford Chiropractic Centre**. Russell's treatment did help to relieve the pain but he also suggested that I would benefit from strengthening my back and he recommended Tim Laskey, a fitness consultant.

My first meeting with Tim was in 1994 for an assessment, he was the first person that I had met who was positive that he could help me, and I left there feeling that perhaps there was an alternative to surgery. After a few weeks on Tim's exercise programme I started to feel both better physically and mentally, with his constant encouragement, support and guidance.

It's hard now to think back to those bleak days when every day was a struggle, and without Tim I know that I would have never recovered to be able to enjoy life as I do today. Tim is inspirational, motivational and probably one of the craziest blokes you will ever meet, but I'm so pleased that I did.

Graham Robertson, July 2011



I was around 40 years old when I first met Tim. What a turn around ! My banking career was going very well. My wife had given birth to my three lovely daughters. BUT I was in a terribly bad shape physically and – to a certain extent- mentally. Particularly I had many back problems.

My **Physiotherapist** told me that the only solution to my physical problems was Tim Laskey. Tim turned out to be my saviour. Tim worked me out twice a week and within a few months my golf handicap dropped from 30+ to 21. I was able to reach skiing summits which I had previously only dreamt of.

My back pain had evaporated!

Why did this happen?

Tim had the knowledge,
Knew how to inspire you.

Through an outstanding intelligence and an outstanding sense of humour he made me persevere.

Now - 18 years on - I am still fit for fight and enjoying my skiing and my life.

For a large part due to Tim, to whom I will be forever grateful.

Claes Moth, Denmark, 3 May 2011

Our son Mark is 6'8" tall and carries a lot of weight. His back pain was such that he could not work and the back experts could do little for him. When he went to Tim all he could do was to pick up his leg to waist level and put it down. In two years Tim not just sorted the problem but made his back so strong that we was lifting 240lbs on Tim's back extension machine – quite extraordinary. He has had no problems since.

Carl and Sue Tantum, July 2011



I was 37 when I met Tim Laskey on 6th July 1983 at my wife's suggestion. For the past 10 years I had struggled increasingly with debilitating low back pain accompanied by associated sciatica and compounded by neck problems.

Admittedly I was not fit, but my doctor had more or less written me off, telling me not to perform any exercise that involved bending and effectively prohibiting me from attempting to lift my two young children, cutting the grass or playing tennis! I could swim (gently), but that was about it.

I felt as if I was an old man, yet I was still only in my thirties! What on earth did life hold for me as I aged. It was a profoundly depressing situation.

Over time Tim helped me to change my life. Under his direction and motivational influence I went from being physically relatively weak and genuinely worried about premature old age to becoming, by ANY standards, genuinely strong and robust. So much so, that I was able to take up FULL CONTACT KARATE in my forties eventually being awarded my BLACK BELT when I was 50.

Tim Laskey is an incredibly disciplined, dedicated professional and when it comes to results, the spectacular is commonplace. He has helped so many people to transform their lives. His successes have been, and are, quite amazing.

I'm writing this on 6th July 2011, twenty-eight years to the day that we met. I am fit, strong, robust and for that much of the credit must go to Tim. Thanks for everything.

Fouad K. Jaffar



Dear Tim

Now that I have completed my course of treatment, I felt I should write to you to express my thanks for your efforts on my behalf over the last two years.

As you know, when I first came to you I could hardly walk following my degenerative disc problem, and it was due to your judiciously prescribed exercise regime and continued advice and support that I am now virtually 100% fit.

With thanks again for all you have done for me.

Yours sincerely

Malcolm G. Savage

M.G. Savage, F.R.I.C.S (Managing Director), St. Martins Property Corporation Ltd., 7 October 1991



Being a Dental Surgeon has obviously predisposed me to having a back problem.

Constant pain, over a period of five years was very debilitating, and the furthest I had been led towards a cure was vague advice to buy a harder bed.

The dynamism, creativeness and vision of Tim Laskey are evident. After only four-five visits to the gym my back pain lessened, and after a few more visits disappeared.

Miss S. E. Schneider, BDS, Berkshire, 7 October 1982

*I was recommended to Tim Laskey by my **Osteopath** on account of escalating lower back pain and reducing mobility. That was seven years ago, just before my 61st Birthday. Tim devised a schedule of exercise which I thought initially to be beyond my capabilities. But, by gradual and barely noticeable increments, I achieved my goals and strengthened considerably the core muscles that support my troublesome vertebrae. My body shape, posture and general fitness have all changed beyond recognition and I genuinely believe that, had I not taken that action I would have lost much of the mobility that makes later life an active pleasure rather than a wretched misery.*

David Castell, 26 August 2011



*A riding accident, over thirty years ago, resulted in a degenerative spinal condition and impaired movement. Over a considerable period, I consulted leading back specialists who prescribed a range of treatments which, at best, brought only temporary relief. Finally, I went to a **Chiropractor** who, in addition to successfully treating the condition, suggested exercise and referred me to Tim Laskey.*

After working with Tim for two years, I am delighted to confirm a marked improvement in my range of movement, level of fitness and quality of life. For the first time in eight years, I felt fit enough to undertake a relatively strenuous walking holiday in Austria. It proved to be most enjoyable and a remarkable success. This I attribute entirely to the ability, dedication and motivational skills of Tim Laskey.

Dinah N. Simpson, 21 September 1992



I can thoroughly recommend sessions with Tim Laskey. They are marvellous, especially for people like me who have spent years recovering from an operation on a slipped disc. Over 6 months Tim greatly strengthened my back muscles, improved my flexibility and increased my overall level of fitness.

Charles Haddon-Cave, 17 September 1997



Dear Tim

A HUGE thank you for your amazing support, especially this last week, but even from before the word go – when you first spoke!

I just want you to know how greatly I have appreciated your very kind consideration, as well as all you're doing for me on the muscle – front (&back!) You really must be a wizard!

Rosemary, 10 December 1993



In November 1988 our elder son, was seriously injured whilst serving with the Royal Air Force Regiment in Northern Ireland.

His injuries left him paralysed and confined to a wheelchair – he was almost 20 years old at the time.

Andrew was hospitalised until September 1989 and in October 1989 went to see Tim Laskey. Andrew hoped, because of Tim's reputation for rehabilitation with those injured, plus his work with athletes from all sports, he would be able to help him improve physically.

Andrew saw Tim on a weekly basis and gradually the confidence that Andrew had so obviously lost as a result of his injuries was beginning to return. Tim wasn't particularly

easy on Andrew – in fact Andrew described him as “cruel” at times, but it was Tim’s persistence with Andrew, working with him to achieve goal after goal that helped Andrew regain his confidence and, of course, he became stronger, both physically and mentally. These weekly sessions were to last for around 14 years.

Tim and Andrew, over time, developed a great respect and liking for each other and their time together in the gym where hard work was the norm was combined with humour and laughter, together with the mutual enjoyment at the progress Andrew was making.

The tragedy of Andrew’s injuries will never fade. However, Tim, in making Andrew work so hard during their sessions together and achieving so much, made Andrew realise that Tim had a big impact on his life post injury.

Peter & Christine Hillier, July 2011



I was seriously injured whilst serving with the Royal Air Force Regiment in Northern Ireland in November 1988. As a result of my injuries I am confined to a wheelchair.

I remained in hospital in Northern Ireland until January 1989 and then spent nine months at the spinal unit at Odstock Hospital, Salisbury. I was discharged from hospital in September 1989.

I had heard of Tim Laskey’s reputation for helping many sports people recover from injuries so I telephoned him and asked if he thought he could help me regain some of the upper body strength I had prior to being injured.

Tim was enthusiastic about helping me. I went along to see him in August 1989 and it soon became obvious that, not only could Tim help me, but that he was going to prove to be a very hard task-master! – he was not going to take no for an answer if I decided that certain aspects of what he expected of me were too torturous – thus resulting, occasionally, in very colourful language from both of us!

At times these tense situations were difficult for both of us, but with Tim’s determination and encouragement I soon realised I could achieve much more than I thought possible.

I have great admiration regarding the work Tim has done with those injured, visiting rehabilitation centres – in particular Odstock Hospital and Headley Court.

Tim made a great contribution to my rehabilitation and I have the utmost respect for him and will always hold him in high regard.

I won’t forget our weekly get-togethers – lasting around fourteen years – and I rather suspect Tim won’t either!

Andrew Hillier, August 2011



Dear Tim

I really must let you know how grateful we are for all you have done and are still doing for Cindy, to further her recovery from the **severe injuries** caused by the **terrible car accident**.

The RAF rehabilitation helped in the early days after leaving hospital but when they gave up we were unsure what to do next so Cindy went locally for regular physiotherapy which helped her cope with problems as they occurred, - the different aches & pains while **learning to walk again without sticks**, but I feel if we had known about you last spring the benefits would have been greater. Never mind we have found you now and the improvement has been amazing, every single session has made a difference. It is not only helping her physically but mentally as well, it has given her hope. She always comes home with a smile on her face.

Thank you

Kind Regards

Jan Attew, Haslemere, 7 Jan 1988



We first met Tim over twenty years ago, when our daughter had been badly injured in a serious car accident. After five months in hospital, six weeks at Headley Court and then weeks with a local **Physiotherapist** who recommended that we take our daughter to see Tim to rebuild her muscles and stretch all the injured areas. He was marvellous not only working on her body but so full of positive encouragement, all contained in a fun atmosphere.

Some years later after suffering from weakness in one of my legs I went to see Tim. After a number of sessions the problem improved and my husband was so impressed he decided to join me, he was already quite fit but with the usual ageing problems. We have been going regularly to Tim for many years now and are so grateful to him, because for our age we are supple and strong/ My husband will be eighty six this year and Tim calls him the Iron Man. Whenever she can make it our daughter comes too, we are all fans of Tim Laskey.

Tim is a very special man, we as a family are so grateful that we met him all those years ago.

Jan, Jim and Lucinda Attew, May 2011



Dear Tim

Having completed several sessions I thought you might like to know how much I appreciate your efforts on my behalf. It is now six months since I had my **heart transplant** and I know that the team at Papworth Hospital are delighted with my progress and thoroughly approve of the exercise programme you have worked out for me.

I realise what an asset it is to have you so close at hand as my muscular strength is improving markedly. Not bad for a middle aged transplant patient!

Thanks again Tim, you deserve every success. Yours sincerely

Ted Norman, Haslemere, Surrey, 13 February 1982



In January 1980 I was lucky to escape a **serious car accident** with only bad bruising in the area of my right hip. This was suffered from being thrown from my car into a quiet road in Zimbabwe. I played cricket again within a few days but with some discomfort and in order to see that I was fully fit for the 1980 season I returned to England early and reported to Tim Laskey for a course of exercises to strengthen my legs, especially the damaged area. From there on things only got better. As a result of the training schedules under the watchful eye of Tim, I made a complete recovery and went onto take 121 wickets in the 1980 season which was to be a prelude to further honours with Surrey and England

Robin D. Jackman, Surrey County Cricket Club and England



Ten years ago, my eldest son underwent **open heart surgery** after a **number of other medical problems**. Afterwards he was advised to begin a fitness programme to build his strength, stamina and weight – he dropped below eight stone which for someone of 5'10" was dangerously light.

The same old Tim techniques of amusing encouragement has turned my son into a 13 stone chap who is as strong as an ox – who now trains three or four times a week. His heart is healthy, his fitness is great and his outlook is brilliant. For this we owe much to Tim's never failing enthusiasm and dedication.

To sum up, Tim has had a positive life changing effect on me and my family. He is not only a top pro but a dear friend. Anyone who could become his client should jump at the chance. In my experience he is such a rare breed I would say he is a one off.

Keith Sheppard, 5 April 2011

"Without health life is not life, it is only a state of languor - an image of death." Buddha

"When it comes to our health, Tim is a lifesaver. He is always our first call. On several occasions he has come to our rescue. He would never let you down. Just knowing Tim is around makes us FEEL SAFE!"

Vicky Giles. 16th May 2011



The greatest gift of all is robust good health - energy, vitality, a zest for life. Superior health is an absolute prerequisite for happiness. And the good news is most of us can do a huge amount, with relatively little effort, to improve our own health and, therefore, the quality of our lives.

Positive Natural Health is always my goal. My philosophy is eclectic, widely drawn. Many of my early theories on a whole range of health related benefits and practices have been vindicated by informed research, often years - even decades, after I first proposed them.

So too have my frequent warnings on the inherent dangers posed by atmospheric and environmental pollutants, as well as by the chemical contaminants in our homes and work places. These are not confined solely to our foods, of course, but are increasingly identified in cosmetics, toiletries, furniture, fabrics, air fresheners, aerosol propellants and a plethora of cleaning materials and substances.

Of course, there's more. We encounter hundreds of different parasites which prey upon the human body. These range from microscopic invaders to monstrous tape worms, many metres long. Flukes, worms, bacteria, viruses all eagerly adopt the human host. Most people have no idea how rapidly these parasites can proliferate or the chaos and misery they can create. But parasitic infestation underlies, causes and is associated with many, often very serious, ailments and conditions. Fortunately there are foods, herbs and procedures which can eradicate many of these unwelcome guests within each cycle of their development.

Many years before I became older I was fascinated by the factors that contribute to a long and vigorously healthy life. Genetic and environmental considerations are difficult, of course, to ignore. Will Rogers once famously quipped, "you know you are getting old when everything either dries up or leaks." It's obviously worthwhile to do everything we can to keep those eventualities at bay, for as long as possible!

If you study the longest lived cultures in the World, you will find, not surprisingly, these are people who live simply, frugally, close to and in harmony with Nature. They take a great deal of physical activity in their everyday lives; eat natural, unadorned food with an emphasis on vegetables, fruits, unrefined cereals and grains. They get plenty of sleep, know how to relax and they avoid the multiple stresses that we are relentlessly subjected to in our materialistic, advanced (?) western societies. It has been suggested by medical authorities that 80% of the illnesses we suffer are stress related!?! So it would probably be unwise of us to cynically dismiss the value of the contemplative, meditative and/or spiritual component these people invariably make part of their daily lives. If we value our health we can learn a lot from, even, a rudimentary study of these simple, uncomplicated lifestyles. As Abraham Lincoln observed, "In the end it's not the years in your life that counts. It's the life in your years."

There are all sorts of measures, approaches, practices and procedures employed by Positive Natural Health that can help improve the quality of our lives immeasurably. Some of these can be used, for instance, to alleviate/eliminate allergies, asthma/respiratory disorders, weight problems, diabetes, high blood pressure, circulatory problems and so on. It is often simple to rebuild and restore glowing health, even after very serious problems. Simple, but not necessarily easy. Such restoration always takes time, but it takes application and self-discipline particularly.

"Your body is the vehicle in which you travel through life." I can help to make that journey as pleasant, as

rewarding as possible. Greater attention to some of these important considerations could improve the quality of your life to a significant, even to a transformational, degree.

- ◆ **NUTRITION** - How to eat. What and when to eat and drink. What to AVOID. Food Combining. Raw Foods. Juices. Super Foods. Supplements etc etc. There is an old saying, "we are what we eat." That is simplistic because it ignores digestion, absorption, assimilation, but it is nevertheless pertinent. Hippocrates said, perhaps more tellingly, "Let your food be your medicine and your medicine be your food."
- ◆ **EXERCISE** - Aerobic. Anaerobic. Mobility/Flexibility. Strength Training. Speed Training. Balance. Coordination and so on.
We need regular challenging activity to lead a healthy life. There is a German proverb that states succinctly, "if I rest, I rust."
- ◆ **SLEEP. REST. RELAXATION. RECUPERATION.** These elements are often neglected in our society today to the great detriment of our health. An anonymous quotation tells us, "sleep is better than medicine."
- ◆ **Breathing Practices • Stress Control**
- ◆ **Meditation • Stress Relief**
- ◆ **Interests • Hobbies • Work/Life Balance**
- ◆ **Laughter • Humour • Fun**
- ◆ **Sunlight • Full Spectrum Light • Colour**
- ◆ **Sounds • Music • Singing**
- ◆ **Cold • Heat • Air Baths**
- ◆ **Closeness to the World of Nature • Animals/Pets • Plants in the Home/Workplace**

Here are a few slightly more esoteric, but extraordinarily effective Positive Natural Health Modalities

- ◆ **FASTING** - the best way to allow the body to engage its amazing powers of Self-Healing.
- ◆ **HERBAL COLON CLEANSE** - not some frivolous "celebrity" nonsense, but a serious, hugely beneficial health programme.
- ◆ **GALL BLADDER AND LIVER CLEANSE** - my Number One Health Modality. Eliminate Gall Stones (yes, you have got them—hundreds of them!) This procedure can be preceded by a Parasite Cleanse and a Kidney Cleanse. Incredible Benefits!

If you can not read this comfortably, without glasses of course, you may be interested in my advice on improving your Vision NATURALLY

We need to take full responsibility for every controllable aspect of our lives. Health is a vital area.

*"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear." **Buddha***

PERSONAL DEVELOPMENT GUIDE

"Fall seven times, stand up eight" Japanese Proverb

"You only ever grow as a human being if you're outside your comfort zone"
Percy Cerutty

The power of the mind is incredible. That fact is incontrovertible. Thoughts have their own energy. By systematically selecting and directing positive thoughts to our subconscious levels of awareness we can harness that energy to help us achieve remarkable successes.

I first became interested in PMA (Positive Mental Attitude) 45 years ago when I was a College Lecturer. I have avidly pursued my studies of (the power of) the mind through different wide ranging avenues ever since. These include many comparative religions - particularly Christianity, Buddhism, Hinduism, Taoism; the philosophy of Kaizen; Yoga; NLP; the Silva Method; Mind Sculpting; Behavioural Psychology and a host of, largely American, goal orientated motivators.

In the process I have developed my own eclectic approach to benefitting from the extraordinary power that is available to every one of us, if we understand how to tap into it. In "DIRECTED THOUGHT.....CHANNELLED IMAGINATION" I guide people through an advanced, highly effective method of changing one's attitudes, oneself, and one's circumstances. Areas covered are...

- ◆ Self Awareness
- ◆ Self Evaluation
- ◆ Positive Self-Image- Organising the Subconscious Mind for Success
- ◆ Desire.
- ◆ Goal Setting
- ◆ Affirmation
- ◆ Associated use of ALL of the Senses
- ◆ Employing "White Hot Emotion"
- ◆ Visualisation
- ◆ Mental Rehearsal
- ◆ Mind Sculpting
- ◆ Planning the Day - "The first hour is the rudder of the Day."
- ◆ Breathing Exercises - control - Stress Releasing Practices.
- ◆ Meditation
- ◆ Self-Hypnosis
- ◆ Focusing
- ◆ Mental Screening and Imaging.

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen" **Muhammad Ali**

The testimonials that follow demonstrate the amazing results people, with all sorts of different requirements, can get when they employ these practices to control and direct their thoughts, to instruct their "subconscious minds." I am particularly honoured that Andrew Hillier was kind enough to provide the first contribution. This young man was irreparably injured in a military accident in Belfast when he was, at 19 years of age, confined to a wheelchair for life. In a small way I was able to help Andrew move forward, but I say in all humility that working with Andrew gave me more than I could ever offer him. His courage has been, and will ever be, an inspiration to me. Deepest Respect.



"I was seriously injured whilst serving with the Royal Air Force Regiment in Northern Ireland in November 1988. As a result of my injuries I am confined to a wheelchair.

I remained in hospital in Northern Ireland until January 1989 and then spent nine months at the spinal unit at Odstock Hospital, Salisbury. I was discharged from hospital in September 1989.

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At times these tense situations were difficult for both of us, but with Tim's determination and encouragement I soon realised I could achieve much more than I thought possible".

Andrew Hillier. August 2011



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His injuries left him paralysed and confined to a wheelchair - he was almost 20 years old at the time.

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The tragedy of Andrew's injuries will never fade. However, Tim, in making Andrew work so hard during their sessions together and achieving so much, made Andrew realise that Tim had a big impact on his life post injury".

Peter & Christine Hillier. July 2011



"I have known Tim Laskey for 15 years, and without a doubt he has a unique spread of skills. Erudite, charming and witty, with a hint of mischievousness in his twinkling eyes. He has a complete understanding of the bodydynamics of the human body, and a rare ability to communicate with animals, both wild and domesticated. In short, a true Renaissance Man".

Michael Sandberg. 21 March 2011

Tim Laskey “The Guru”

Tim Laskey has the ultimate attitude. I am firm believer that with attitude you can achieve anything. Attitude is the journey, it is the length of the stride that we take to get our goal! Bad attitude equals short stride length. It goes without saying you will be propelled towards the finish line so much faster if you take long strides. Tim Laskey has the stride length of Usain Bolt!

Let me give you some real examples of how training with “The Guru” has helped me change my life! Well the truth is that as important as my physical fitness was during my career, it was my attitude and mental application that enabled me to reach my goals. I was at best of average ability when it comes to the sport of cricket, I have no shame in admitting that! But I stand here today a retired man knowing I got every ounce of my ability out to enable me to captain my country. Why do I refer to Tim Laskey I hear you saying?

Rewind to 1990, I was lean, enthusiastic, yet wild young 18 year old who thought he knew everything & was quite happy to tell anyone who would listen about it. “The Guru” was & still is confident, fair, honest, hard working, loyal & crazy all qualities that I admired, yet he wasn’t a bore! Most people with these qualities spend most of their time trying to tell you how good they are! Not “The Guru” he changes attitudes by example, by inviting you to see a lighter road to walk on. I am embarrassed to say that before I met Tim I often walked down a dark road, a road I wouldn’t want my children to walk down. He showed me there was a better way and that I could achieve whatever I so desired by putting myself in uncomfortable scenarios, like for example doing dozens of sprints up his famous sand dunes on xmas day (in ice may I add). This is all well and good and prepared me physically more than adequately for the game of cricket. However as I have said before it was the other mental strengths I gained by being in “The Gurus” company that I took with me for life, yes folks fitness comes and goes, but mental toughness remains.

Tim won’t be entirely aware of this, but I imparted many of his philosophies upon the Surrey Cricket team throughout the late 90’s and early 2000’s. Thankfully it wasn’t just myself that he trained from the Surrey side, he also trained Messrs, Bicknell, Butcher, Ward, Murphy, Thorpe etc etc so this made the introduction into the changing room a bit easier. The ethos of the training was to take yourself out of your comfort zone to take you to another place mentally that your opponents weren’t prepared to go. This in turn gave us a psychological edge in every situation. When running the sand dunes on xmas day we were asked “What are our opponents doing today?” The answer was probably scoffing on wine and tucking into some turkey. All very nice, but ‘there comes no success without struggle’. If you want to be 2nd then go and see someone else I suggest. If you are prepared to sacrifice to reach your goals then you need to see this man, he will take you to the top!

Often whilst fielding when we were getting flogged, one of the Surrey boys would shout out, come on, remember this particular situation (when we had endured hardship whilst training) and it would make what we were doing seem so easy that we would find another gear!

Coming back to the Guru, his ethos is still with me today. A few years back I completed a journey from Edinburgh to Tangiers (in North Africa) during this walk there were days where I was reduced to tears such was the pain in my knees. However it didn’t strike me until afterwards that despite this pain I never even considered quitting, I realised then that it had become a habit, a part of my sub conscious, real mental toughness, not telling myself to push through the pain, but just doing it without really understanding why. This was gained by spending years with the Guru, I didn’t really appreciate it until later in life. Like a child who can’t understand why he is being disciplined, and the parent saying one day you will thank me. Tim is a hard task master, yet has the unique knack of being able to make you do what it is that he asks you to do despite you thinking it is impossible. After spending time with him, your toughest challenges will become easier no matter what they

are. If you want to play for your country, your club or learn to walk again after an accident, the lesson is the same, and the teacher is the key.

Tim, thanks for the best start in life that a man could ask for, and thanks for the wonderful memories. It has been a wonderful journey and we are only just starting out. On behalf of the Surrey team of the 90's and 2000's we thank you for imparting your ethos on us and enabling us to reach our goals.

Take care and look forward to running those sand dunes again when I am next back in the UK, this time though can we not do it on xmas day!

Smokey

Adam Hollioake, Captain Surrey C.C.C., Captain England ODI. March 2011



"Tim Laskey gave me inspiration and encouragement when I needed it most"

David Wheatley, car crash victim



"Tim Laskey...Well, where can one start? The Master! First of all I have known Tim for over thirty years. He, without a doubt, is a truly remarkable man.

Tim's skills, his exploits, his experiences are inspirational, awe inspiring and so unique.

Tim is also a great friend to whom I have turned at those critical personal times in life. He has always listened with concern and understanding, offering brilliant advice and support.

Tim is not only cerebral, intuitive, insightful, but pragmatic, philosophical, gifted with common sense and is also fully grounded in today's world.

His relentless self-discipline and dedication, day in day out for years on end, is almost beyond belief. Tim has no peers in the collective fields in which he operates. Very occasionally a person comes along who rightfully merits all the accolades and recognition. Such a man is The Master - Tim Laskey.

Colin Hanson, Former Wasps Rugby Football Club Player, August 2011



"In 2008 I was asked by my employer to give evidence at the High Court. I agreed to do it because I felt obliged in the circumstances, but knew it would be an ordeal for me. I am shy by nature and far from confident at speaking in front of groups of people, so the thought of being a witness in the highest court in the land filled me with dread.

I had known Tim for a number of years and if anyone was going to be able to help and support me through this, it would be Tim. Once he takes on a "project" he is one hundred percent committed to it and never gives up until he has seen it through to the bitter end - a bit like a dog with a bone!

I knew Tim would have the patience to deal not only with my insecurities, but with the twists and turns that the case might take.

We gathered together all the relevant information so we had all the facts to hand.

- *With Tim's help I worked on a strategy to deal with aggressive questioning from the barrister.*

- *I knew that everything I had written in my statement was true and correct, but was unsure of how I would present these facts when questioned in court. Tim encouraged me to use affirmation and visualisation. I did mental rehearsals to prepare myself several weeks beforehand.*

- *As the day drew closer we also did several mock-rehearsals - Tim questioning me as the barrister and I responding as the witness. We covered the worst case scenarios.*

On the day of the court case, I anticipated being called early in the morning. As it turned out I was not required until the afternoon, by which time I was extremely nervous. The court adjourned for lunch at 12.30 and our legal team took us to the cafe. At this stage I became more and more apprehensive and felt I had to try and get hold of Tim. I telephoned him and he was there to answer my call. He helped calm me down, re-directed my thinking and I went back to the courtroom feeling prepared for the ordeal to come.

When I was finally called to the stand, I employed all the coping strategies we had discussed, I was not remotely overawed by the barrister, in fact I confounded a personal line of questioning she was pursuing.

I felt I gave my evidence well and confidently and indeed I was commended by the judge himself in his summing up report.

Without Tim's help I certainly would not have coped with the events in the court room as I did. In the longer term, the experience changed my life in terms of my self confidence."

Charlotte Raymond, 14th August 2011



"Thank you so much for taking the time to talk to me. Meeting with you was a life changing experience because I now believe that all my goals are achievable. I feel re-focused and confident because of your guidance. I am beginning to believe that I can accomplish my goal sooner. Also, I think about and recite my goals when I wake up, during the day, and before I go to sleep.

Once again thank you for helping me and it was a great blessing to meet you because it's rare to meet someone that will willingly help you achieve your goals and most times that's the difference between success and failure."

Kyel Governor, Footballer, Toronto, Canada. 15 February 2011



"I was in a Terribly bad shape physically and - to a certain extent - mentally. Particularly I had many back problems. My physiotherapist told me that the only solution to my physical problems was Tim Laskey. Tim turned out to be my saviour. Tim had the knowledge. He knew how to inspire you to keep going. Through an outstanding intelligence and an outstanding sense of humour he made me persevere."

Claes Moth, Denmark. 3rd May 2011



"Dear Tim, I would like to thank you for the help and advice you have given me over the past four years.

Due to my travelling and irregular visits to the UK, I am always delighted at being able to visit you at short notice, regardless of time and day, and seek your advice on specific weight training; pentathlon injuries, cure and prevention; and positive mental training.

It is in this latter field that I feel I have gained most from you. I have been able to develop my positive attitude and discipline in training, and our sessions together have enabled me to use affirmations and mental rehearsal for real benefit in my training and competitions."

M. J. Mumford, Member British Modern Pentathlon Team, Olympic Squad 1984



Taken from Life in the Non-Pro Lane (AQHA UK Journal, Autumn Issue 2006)

"It is not often that I take on the likes of Tim McQuay, Dell Hendricks and Duane Latimer (from here on referred to as 'the Trainers'!), in front of 6,000 people, in a major competition. That is what happened a few weeks ago at the 2006 World Equestrian

Games. The Trainers talked to their Chef D'Equipe who told them what scores would be required. I rang Tim Laskey, who told me to calm down and talked me out of being sick!

I was in the finals at the World Equestrian Games and THAT might not ever happen again, and actually I was THRILLED. To finish 11th was amazing and although I would like to have been in the top ten, I was proud on behalf of all the other Non Pros world wide, just to be in the final. As Tim Laskey told me, have a dream, believe it, pursue it and it will happen, whatever hurdles have to be overcome.

I would like to thank Tim Laskey of the Health Habit, (also a Quarter Horse owner and AQHA. UK member of long standing). Tim, without a doubt improved my performance both before and during the competition. We train ourselves physically, train our horses but forget to train our minds. This is one of the most important factors, if not the most important factor, especially if you get stage fright as badly as I do. One hour before I competed I rang Tim in a complete state of panic. He made me sit down, take a deep breath and run through the system that he has for making people succeed. I calmed down, focused, took control and beat my own personal demon of terrible nerves. Thank you Tim”.

Francesca Sternberg



“This time last year I didn’t know which direction I was going in. Through you I seem to be taking on all sorts of ventures and I am very grateful to you”.

Virginia



“Things were pretty bleak, and I was sliding into depression, I just couldn’t see how I was going to get rid of the pain, and during all my visits to specialists and doctors not one of them had been positive.

Tim was the first person that I had met who was positive that he could help me, and I left there feeling that perhaps there was an alternative to surgery. After a few weeks on Tim’s exercise programme I started to feel both better physically and mentally, with his constant encouragement, support and guidance.

It’s hard now to think back to those bleak days when every day was a struggle, and without Tim I know that I would have never recovered to be able to enjoy life as I do today. Tim is inspirational, motivational and probably one of the craziest blokes you will ever meet, but I’m so pleased that I did”.

Graham Robertson. July 2011



“In a very short time all the players responded positively and a huge improvement was clear to see, not only in the physical condition but also the mental approach of the team was unrecognisable from that when Tim just began working with them. I can honestly say that I have never known anyone to be better than Tim Laskey in the field of sports science. His tremendous enthusiasm has an immediate positive effect on all who come in contact with him and his results speak wonders”.

Micky Stewart, Former Surrey C.C.C and England Manager



“Your confidence gave me the determination to work hard and aim high, and because you believed in my potential, I began to believe in myself as a squash player. And again, thank you is inadequate for the help and expertise you provided.”

Felicity Hargreaves, English Squash International



"I think it is likely that without your help and continual encouragement I would no longer be playing professional cricket. Instead, I have the wonderful prospect of a two year contract with Somerset on my return to England."

Hugh Wilson, 27th October 1982



Dear Mr. Laskey,

We are writing to you to inform you of the results from our previous track meet. With the encouraging conference we had, the technique and strategy which you shared with us was very much an eye opening. It was quite an experience in which we gained knowledge that gave us the confidence we needed.

Tobago Zonal Secondary School Sports (Intercol) was the track meet in which we took advantage of other competitors and rivals.

We qualified to compete in the National Secondary School Track Meet (Intercol).

We thank you for your time spent with us, and we are extremely grateful for all that you passed on to us upcoming star athletes.

We thank you; from all the athletes, Anike, Shianne, Shance, Akeem, Kershawn and Stephon and from our dear coach Mr. Collin Mark.

Tobago School Athletes, March 2011



"Week after week Tim improved my levels of fitness, reduced my weight and grew my already positive attitude to life. As a joker myself every session without exception has been great fun and massively beneficial as Tim loves to laugh too. I am sure this is part of the Laskey 'therapy'.

I have never felt fitter or more motivated to conquer the challenges of life.

To sum up, Tim has had a positive life changing effect on me and my family. He is not only a top pro but a dear friend. Anyone who could become his client should jump at the chance. In my experience he is such a rare breed. I would say he is a one off.

Keith Sheppard. 5th April 2011



"Never mind, we have found you now and the improvement has been amazing, every single session has made a difference. It is not only helping her physically but mentally as well, it has given her hope. She always comes home with a smile on her face. Thank you."

Jan Attew. 7 January 1988



Dear Tim,

Just a short note to say thanks very much for all your help, it was sensational.

The extra physical strength was a great help, but the mental toughness was an even greater factor in a season that was my hardest to date.

Tim, thanks again

With the greatest of respect

Butch

Mark Butcher, Captain Surrey C.C.C. and Captain England



Dear Tim,

Just wanted to thank you very much for all your help and support over the past few months - not only the physiotherapy but the mental and emotional therapy as well. I really appreciate it, and would never have made it this far without it.

Hazel



At a **Question and Answer Session** on 24th March 1999 **Graham Thorpe** (Surrey CCC and England) was asked.....

"Have you had a mentor as such?" to which he replied, "I've been under Dr. Philip Bell who has overseen things for the ECB, and a guy called Tim Laskey, who I've trained with for years and has been an inspiration. We work on the mental side and build up the body strength in isolated, invigorating conditions in Grayshott."



Having known and worked with Tim over the last 24 years, I feel I am in quite a good place to pass judgement on one of the most extraordinary men you will ever likely meet.

What I didn't bank on was meeting a guy who would change my life and approach to professional sport.

Tim got under my skin, instilling in me the work ethic that changed me and made me a successful cricketer, working on my character, testing me in extreme situations, pushing my limits and at all times believing in me, believing I had what it took to perform at the highest level. Every session we did I was greeted at the door like a long lost brother, the most enthusiastic person I have ever met.

There is no doubt in my mind that Tim helped form my character, the work ethic that I still have today came from those early training sessions and I will never forget the punishing sand hill sessions that Time still thrives on today. And it's not just me, ask any of the top class sportsmen Tim has trained over the years, we will all say exactly the same thing, he might be a little crazy but boy does he know his stuff.

Martin Bicknell, Surrey C.C.C. and England



Taken from "BICKERS" The Autobiography of Martin Bicknell

So, it was back to Tim Laskey and the dreaded sand hills. This time it was different though. I had a desire to succeed and Tim was the ideal man to help me. We did quite a bit of work that winter on building up my confidence, how to cope with pressure situations and just basically toughening up. We sat in his kitchen for hours and I poured out all my feelings about cricket. I had no real confidence with the new ball in my hand. It should be the best time to bowl but I approached it with fear. I would much rather bowl with an older ball when the pressure was off a bit. With the new ball I felt an expectation to succeed, and that continually got the better of me. That winter we developed a strategy for dealing with pressure situations. If ever I was feeling really nervous I could take out the piece of paper we worked on, reinforce the positive and take away the negative feelings. IT WOULD STAND ME IN GOOD STEAD FOR THE REST OF MY CAREER.

"Don't let yesterday use up too much of today" Cherokee Indian Proverb

BULLYING

"The purpose of our lives is to be happy" Dalai Lama

"Happiness isn't something ready made. It comes from our own actions" Dalai Lama

"It's never too late to become what you might have been" George Elliot

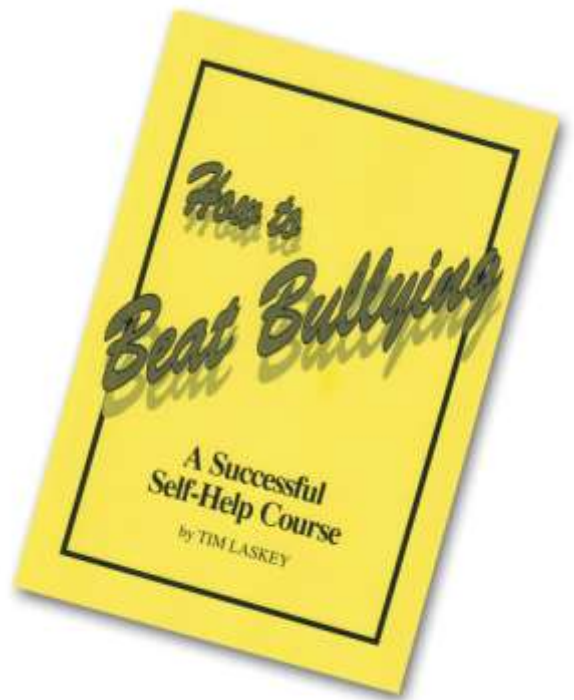
We have to accept that both the victim and the bully are different from the middle majority and for different reasons. To put it simplistically, the frustrations, insecurities, inadequacies, inferiorities of the bully are expressed in an oppression of selected targets so feeble and vulnerable by comparison with the perpetrator that meaningful resistance is almost inconceivable.

The bully is invariably a coward, but that is no compensation for the victim who suffers agonies of fear, self-doubt, rapidly diminishing self-esteem and, not uncommonly, pain. Inevitably too, the bully can usually count on strong support from weak-minded followers. It is no wonder that bullying sometimes ends in devastating tragedy.

Every human being has talents and potential. By concentrating on developing those talents and that potential we can increase self-esteem, we can develop a continually improving self-image. We can help to replace a person's negative beliefs **about** themselves with positive beliefs **in** themselves.

I've spent much time researching bullying. My findings and understanding of this problem, coupled with my ability to instil confidence, generate enthusiasm and provide direction have enabled me to help many youngsters escape from victimisation.

My book "How to Beat Bullying" was endorsed by the Anti Bullying Campaign, was highly acclaimed and widely distributed both in the UK and internationally.



Dear Tim,

I felt I must write and thank you for all the help and encouragement you have given Nik over the past months.

If you recall we sought your help because Nik was so distressed at constant "bullying and ragging" at school because of his weight.

From the start your enthusiasm made him feel better about himself which has increased over the months. He has become so much fitter and looks so much better and as an added bonus, always a prey to the "dreaded wheeze" he has not had a bout of asthma since he came to you.

Once again. Thank you.

Yours sincerely

Reneé Blake (mum)

HORSE TRAINER/COMMUNICATOR

"We can judge the heart of man by his treatment of animals" Immanuel Kant

"The horse is God's gift to mankind" Arabian Proverb

"Horses change lives. They give our young people confidence and self-esteem. They provide peace and tranquillity to troubled souls, they give us hope!" Toni Robinson

The horse, epitome of a free spirit, is a most beautiful creature. Elegant in repose, graceful in motion, it is often electrifying at "take off" and spectacular at speed - harmonising balance, cadence, power and symmetry. It is no wonder so many of us are besotted with horses and yet, too often owners/riders are scared witless by mounts which show them no respect or compliance and over which they have no meaningful control. There is no pleasure, no fun, in that situation, but it is not altogether surprising.

ALL EQUINE ACTIVITY IS POTENTIALLY (POSSIBLY VERY) DANGEROUS!

Horses are complex, highly sensitive creatures, They are large, spontaneous, swift, herd-dependent, flight-orientated prey animals. They survive by REACTING, they DO NOT REASON.

Horses have an irrepressible instinct for self-preservation, often driven by panic. Half a ton of irrational animal going from mild anxiety at 0 miles an hour to a flat out, chaotic 30 miles an hour within 3 seconds can be anything from mildly disconcerting to absolutely terrifying.

The horse's overwhelming, exclusive priority is SAFETY. And that too should be our number one consideration when we are around, with or on horses. Anything we can do to make the horse calmer, more relaxed and reduce the horse's unpredictability, while making the horse more responsive to our guidance, will lead to greater safety within the partnership we are working to develop. Respect and trust will build confidence and enhance safety. We must work continuously for compliance and control.

It is vitally important that to be most effective with horses we learn to "read them", at least at a basic level, and, particularly, to COMMUNICATE with them in a WAY THEY UNDERSTAND.

If the horse does not give you the response you are seeking, DON'T BLAME THE HORSE! In all likelihood you are failing to express yourself in a way the horse can understand. Get it right and YOU CAN DO ASTONISHING THINGS WITH HORSES.

To train a horse effectively you must be absolutely clear in your direction. Horses are very black or white in their thinking. You must also be totally CONSISTENT on a day to day basis. "The fastest way to train a horse is slowly". Just take the time it takes and keep going back to basics to reinforce the lessons you have put in place. Always do your very best to end each training session on a positive note.

And remember that WHENEVER you are with your horse you are training that horse either INTENTIONALLY or UNKNOWINGLY! Sadly many people are teaching the horse unwittingly. This is highly significant to the horse because it means that the horse is in control and the horse is doing the training.

I specialise in GROUNDWORK SKILLS that are COMPATIBLE with ALL DISCIPLINES. These skills will build respect, trust, develop compliance and help to both deflight and desensitise your horse, thus giving you the keys to greater safety with horses.

I can help you improve the way you interact with your horse to resolve attitudinal and behavioural problems.

- ◆ Get your horse's ATTENTION
- ◆ Earn your horse's RESPECT
- ◆ Develop COMPLIANCE/willing responsiveness
- ◆ Establish LEADERSHIP within the PARTNERSHIP
- ◆ Instil CALMNESS, CONFIDENCE and TRUST
- ◆ EXTEND your horse's COMFORT ZONE
- ◆ Enjoy CONTROL of your horse and SAFETY

ALL WITHOUT FEAR, FORCE OR INTIMIDATION

I also provide ADVANCED HORSE HANDLING, ROUND PEN TRAINING and EQUINE ASSISTED THERAPY for groups or individuals. And my horses have been used for film, photographic and, even, "glamour" shoots! To see more please visit my website www.getintothehealthhabit.com where you can see films of my horses in action and find details of the work I do.



"Not for nothing is Tim known in the Horse Whispering world as "The Guru". As a Horseman of many years standing, and brought up by an old Victorian Grand Father - a magician with horses himself - the mantra of "Lead, Guide and Advise" was instilled into me when dealing with "difficult" horses, topped with the epithet "gently, Gently". Tim goes much further than that. Over the years I have watched him develop his skills. He studies the animal in depth. He gets in to their body and soul. He gains their trust before even attempting to establish the nature of the animal's problem, whether it be bad handling initially, fear, pain or any other of the many reasons why the horse may have become difficult. He gains their trust and, in a remarkably short time, the animal is ready to do his bidding - and it works. It is a privilege to experience Tim's skills and there are now many more horses, owners and riders who are at peace as the result of his efforts. Highly commended. Well done Tim."

Rex Whitehead. May 2011



"We have watched him work with his two horses, what he does with them is stunning, total control gained with patient gentle kind understanding."

Jan Attew. March 2011



"I have seen Tim working with his horses, dogs and both in combination, on several occasions and am so impressed by his communication skills and the bond he is able to form with all animals. This is an example of ethical 'training' at its best, a true partnership and I would recommend all animal owners to see Tim in action and to learn from his methods."

Catherine Edwards, Animal Iridologist, Zoopharmacognosist and Animal Communicator, 7 November 2011



"Tim has a reputation of eccentricity and expertise when it comes to handling difficult horses. Tim understands his candidates unnervingly within a few moments of meeting and works with quiet psychological determination to iron out any difficulties the rider/horse is experiencing. Both horse and rider are captured by Tim as the process begins.

Tim's aim is to present a horse avoiding psychological stress, allowing the horse to determine a calm and settled well being. I suppose it could be said he is in the circle of Horse Whisperers'.

On a more personal note Tim helped me overcome nervousness when riding a new horse that I was unable to stop once in full flight. Not only did he give me the confidence to apply the brakes but also helped me communicate to the horse that I was the one in control! I was surprised at the response from the horse when asking it to stop and I think possibly the horse was surprised too!"

Chris Cook. July 2011



Dear Tim,

Just a note to record my thanks for the time spent with you and your horses recently.

Your explanation and demonstration of your kind, non-confrontational approach to working with horses using the principle of 'pressure and release' were enlightening, and it was a joy to watch the calm and attentive way both horses interacted with you.

I shan't hesitate to recommend you to anyone experiencing behavioural problems with his or her horse, or wanting help with starting or training horses. Spot and Cherry are shining examples of happy, well-mannered horses who are a pleasure to be around!

Joanna O'Neill



YouTube Video Comments

Circles of Cooperation - Horses, YouTube video clip

Dear Tim,

I watched your two new clips, WOW so good! I have posted them on Facebook, and a few people have made a comment! Please sign up and take a look! Well done you are a STAR!

Ruth Bond

Hi Tim,

I've popped your video up on the AQHA UK website...I just think it's awesome.

Lindsay Doel



Traffic at the Ford - Horses and Dogs, YouTube video clip

"Tim, this has to be the best ever video, however each one I see I say the same, you are so amazing, this must go on Facebook now and share it with thousands of other people."



Wild ride back to the road - Horses, YouTube video clip

"How exactly did you get the horse to pick it's pace? Quarter Horse by the way, isn't it? They have such a nice gallop, I remember that feeling, definitely exhilarating!"

"It just looked kind of like all you did was loosen the reins instead of kick to make the horse run. I'm wondering. Thanks"



Jack - Riding - Day 2, YouTube video clip

"Great-shared this on Facebook-well done!"

"Great work, posted them all on Facebook! And more views..."



Cherri Solo With A Few Moves

"Awesome! So good Tim!"







DOG TRAINER/COMMUNICATOR

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." Mahatma Gandhi

I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive" Gilda Radner

Having rescued (and (re)trained) first Dobermanns, but more particularly Rottweilers for more than 35 years, I have frequently witnessed the harm that humans can inflict on animals. Consequently I have VERY strong views on dogs, which I think are wonderful, and dog ownership.

All too often "man's best friend" is treated disgracefully. It is a shocking indictment that in a so-called nation of animal lovers, every single breed of dog has at least one rescue organisation, quite irrespective of the numerous national and regional bodies that cater for all breeds.

Sadly a great deal of the abuse and neglect perpetrated upon dogs by owners is the result, not of malice or cruelty, but of IGNORANCE. At least there is some hope here. An important part of my MISSION, where dogs are concerned, is to EDUCATE owners and potential owners, to help them learn about and understand their dog. It is inexcusable to take on a dog and not look after it properly.

Dogs are very dependent, but given the chance, they are loyal, loving, constant, forgiving, even, if necessary, protective and they are a lot of fun. "Dogs ask very little, but they give so much." Dogs are wonderful companions but, whatever their virtues, they are not human. There is a lot of truth in the old maxim, "treat a dog like a human, and it will treat you like a dog!"

Dogs do not think like we do. They do not share our standards, values, our moral compass. They don't know our "right" from our "wrong". They are not being good, bad, naughty. They are DOGS, but they do pick up on our moods, our thoughts, our body language.

In my opinion WHATEVER my DOG DOES, HOWEVER my DOG BEHAVES, it is NEVER the DOG'S "FAULT." But WHATEVER it DOES and HOWEVER it BEHAVES it is ALWAYS, ALWAYS, ALWAYS MY RESPONSIBILITY. And that is why it is so very important to properly integrate the dog into the family "pack", to establish its place under your LEADERSHIP and to give it a predictable framework with appropriate boundaries.

You can achieve quite astonishing things with dogs. Training dogs is simple, but not always easy. It requires patience, persistence, consistency, an open mind and a letting go of your ego - often difficult for a man. Fear, force and intimidation have no place in my training regimes. Not only are they repellent, but they are counterproductive. Knocking an animal about does not instil affection, loyalty or even respect.

The approach I would recommend every time is patient, step by (small) step progression, employing repetition-repetition-repetition, based on positive reinforcement with rewards and lavish praise.

You need to be incredibly patient, absolutely persistent, totally consistent. Remember, your dog is a reflection of its owner - that's YOU! And here is an indisputable fact you must always try to keep in mind. Many dog (animal) owners are just not aware that ALL the TIME YOU are WITH your DOG (animal) you are TRAINING IT, either knowingly or, (all too often) unwittingly. It is this inadvertent "training", when the DOG is in fact TRAINING YOU, that can be so damaging.

If you would like to see just some of the spectacular results that can be obtained with the training I employ please go to my website at www.getintothehealthhabit.com and click on the Dog Trainer/communicator page where you can view films of my Rescued Rottweilers working, interacting with my horses and even with a wild fox (I have trained to come and feed near them) as well a wild young stag.

You can also read and, indeed, download my training notes - "It's ALL ABOUT the DOG."



"I have seen Tim working with his horses, dogs and both in combination, on several occasions and am so impressed by his communication skills and the bond he is able to form with all animals. This is an example of ethical 'training' at its best, a true partnership and I would recommend all animal owners to see Tim in action and to learn from his methods."

Catherine Edwards, Animal Iridologist, Zoopharmacognosist and Animal Communicator, 7 November 2011



I am constantly surprised at the talents Tim has to offer which he has demonstrated in the training of his horses and his dogs. I have 3 dogs, 2 collies and a rotweiller collie cross. I race my dogs in Flyball which is the sport I use to keep them stimulated and I have trained in agility and obedience, I am very aware of how difficult it is to bond with and train a rescue dog as both my Collies come from difficult backgrounds and have some very undesirable traits which we may never fix but we are working on them and Tim has always been very supportive and helpful in what we do and I have taken advice and inspiration from our chats together. I have met his dogs and cannot compliment him highly enough on, his achievements with them. The things he is able to now do with them is a testimonial in itself to his talents as a trainer, his beliefs in treating the whole being not just the behaviour.

Jo Edser. April 2011



"Extremely impressive, how did you achieve that? Was it just plenty of time and reward or what? Do you spend all day training these animals? I couldn't agree more about the 'joy' that is animals."

Wendy. 24 October 2011



When I saw Tim for the first time, he was walking with his two magnificent Rotties, my immediate thoughts were "a man who is at one with his dogs and instinctively understands their needs." An impressive calm and gentle approach to training, reciprocated by the bond and obvious trust they have in him.

Linda Connor, Dog Rescue. July 2011



The Hard work is down to you

*At a time when I had a very young English Setter puppy I happened to meet Tim in a restaurant. He kept me sane when all else was failing, he gave me so much good advice and made me believe that things **could and would** get better. My dog is now 15 months old and although fully grown and much improved, I have to remember that she is still only a puppy at heart and in that 'puppy heart' she wants to please me. Tim is very knowledgeable about animal behaviour and has taught me to think more like an animal and less like a human - animals don't think in English!! or any other language for that matter. He is always willing and keen to give helpful advice.*

Hazel Jones - Grayshott

YouTube Video Comments

Dear Tim,

I watched your two new clips (Youtube), WOW so good! I have posted them on facebook, and a few people have made a comment! Please sign up and take a look! Well done, you are a STAR!

Ruth Bond



The Rotties and the Fox, YouTube video clip

Hello Tim,

I have looked at the clip on YouTube and it's fantastic, you must have the patience of a saint!

Hazel



Horses and Dogs Road discipline, YouTube video clip

Impressive. We need more people to see this stuff!



Traffic at the Ford - horses and dogs, YouTube video clip

Tim, this has to be the best ever video, however each one I see I say the same, you are so amazing, this must go on facebook now, share it with thousands of other people.



The Rotties and the Fox, YouTube video clip

Tim, you are such a great trainer, this I have posted on facebook so others can see it.













COMMUNICATOR

"A smile is the shortest distance between two people" Victor Borgia

I am a Writer, Speaker, Teacher, Trainer, Motivator and entertainer. Whether I'm working with people or animals, everything I do professionally involves effective communication. Writing, speaking, giving a demonstration, employing body language, using thought transference - there is always a message to impart

I've WRITTEN, published and can produce articles, books, copy, courses, reports, programmes, even rhymes (personalised when required) and lyrics.

I'm available for PRIVATE individual or group CONSULTATIONS on any of my specialist subjects. Many people have sought my help with problems that are acutely personal, highly sensitive and which require absolute discretion.

I offer SPEAKING SERVICES, that are **very different**, for Groups, Clubs, Organisations, Company and Corporate Clients. My style is sharp, witty, humorous, researched, perceptive, knowledgeable, fact and experience based, but always warm and inclusive.

I provide unusual insights into my areas of expertise. The aim may be to educate or inform. It may be to motivate, encourage, even perhaps inspire people to try something new, challenging, exciting, to move away from long held conceptual restraints and step outside "the comfort zone."

My programme "Directed Thought....Channelled Imagination" is all about setting goals with a view to achieving step by step progress, personal development and success. I have used this discipline over and over again, with phenomenal results, for more than thirty years.

Given the many extraordinary people I have worked with and the highly unusual life I lead, I have amassed a rich source of anecdotal material - much of it very entertaining.

Communication can be overt, obvious, as startling, as shocking, as a sudden, unexpected explosion! But.....it can also be just as subtle as a suggested thought. However, to be optimally effective, communication needs to be appropriate to the audience, the occasion and the subject.

"You never get a second chance to make a first impression"

TEACHER, TRAINER, MOTIVATOR

"Who dares to teach must never cease to learn" John Cotton Dana
"If you would thoroughly know anything, teach it to others" Tryon Edwards

During an extremely privileged and fulfilled life I have worked with thousands of people from many countries, with very different backgrounds and occupations, whose ages range from pre-teen to mid nineties! For instance, within the same year I have consulted for both the Test and County Cricket Board and the Pakistan Cricket Board, for whom I "repaired" and returned fast bowlers Aqib Javed and Waqar Younis to Test Cricket following stress fractures of the spine.

My acquired skills have enabled me to help ordinary people and sporting stars, of course, but more particularly, those courageous, severely disabled people with high levels of physical impairment - the injured, the wounded. To me they are heroes, each and every one.

I've provided training programmes for blind people. I worked very closely for six richly rewarding years, with two young men seriously afflicted with Down's Syndrome, neither of whom could speak. I've helped deprived and disadvantaged young people, both in England and abroad. I've been instrumental in improving the "self image" and, therefore, the lives of many who have fallen victim to bullying. I've used my horses to provide the calming, restoring effects of **Equine Assisted Therapy** for the benefit of the abused, the confused and the delinquent.

I've been involved with, amongst others, the robust, the unfit, the healthy, the unwell, the overweight, the underweight, the (heavily) pregnant, hypochondriacs, those in denial, the insecure, the offended against, the offenders, many people who have demonstrated quite extraordinary fortitude in the face of terrible injuries and disability. To be able to help to change someone's life is truly humbling.

I have advised, taught, trained, guided, coached, mentored, motivated, inspired, and prescribed for clients. I DO NOT give up on people, animals or projects. I deliver what I say I will, when I say I will and, once committed I am available. It is what I do, because I care.

At 23 I was appointed directly from Loughborough to the lecturing post in charge of Physical Education and Sport at Guildford Technical College in Surrey. Here I enjoyed an outstandingly successful 9 years, both in terms of student participation and sporting results. My men's Athletics teams were **never** beaten.

I established my fitness consultancy 35 years ago and was offering personal training even then. I built up a superbly equipped fitness and rehabilitation centre, The Health Habit in Hindhead, incorporating equipment from 65 different manufacturers world wide, in 9 workout areas, covering 4,500 square feet.

I resurrected Haslemere Border Athletic Club, introduced women to the membership and pursued a vigorous youth policy. A small, enthusiastic squad of less than 20 youngsters set an extraordinary record of achievement over just 5 years.

I produced from scratch:-

- ◆ 2 Full Internationals.
- ◆ 1 Schools International.
- ◆ U.K. All time best for Intermediate Ladies 4 x 800m Relay.
- ◆ U.K. All time best for Intermediate Ladies 3 x 800m Relay.
- ◆ A Southern Counties Road Running Championship Winning Squad.
- ◆ Southern Counties Champions.
- ◆ Well over 50 County titles.
- ◆ Dozens of National Ranking Standards - 22 from 8 youngsters in one year alone.

INNOVATOR, ORIGINATOR, INVENTOR

*"Imagination is more important than knowledge. Knowledge is limited.
Imagination encircles the World" **Albert Einstein***

I am an original thinker. My philosophy is eclectic and widely drawn. My early theories on, for instance, health, fitness, training, nutrition, weight control, the extraordinary power of the mind, meditation, the importance of laughter, humour, colour, light, sound, music, hobbies, sleep, rest and relaxation and the dangers of pharmaceutical drugs and chemical pollutants in the home, atmosphere and the environment have been subsequently vindicated by informed research, years and decades after I proposed them.

My BACK EXTENSION MACHINE (see front cover) is central to the work I undertake involving the rehabilitation of the (low) back. Its use strengthens the vital erector muscles on each side of the spine without placing any compressive loading, or axial stresses, on the vertebrae or intervertebral discs, even when very substantial resistance is used. The Back Extension Machine can also be used to stretch and mobilise the spine.

*"Discovery consists of seeing what everybody has seen and
thinking what nobody has thought" **Albert Gyorgyi***

I created my DORSAL-FLEXION MACHINE to resolve the widespread problem of "shin splints" experienced by athletes putting in high training mileage week in week out. The condition of "shin splints" is brought about by a severe imbalance between the much stronger plantar flexors of the lower leg (gastrocnemius & soleus) set against the comparative weakness of the dorsal flexors - notably the anterior tibialis. This machine is also extremely effective for mobilising and strengthening the ankle joint with its associated muscles, ligaments and tendons.

The AXIMAX CONDITIONING MACHINE (see photo page 5, lower left) is my most far-reaching, versatile invention. It can be used to mobilise joints, to work all of the muscles normally affected by exercise, to perform gentle rehabilitative movements, for steady aerobic sessions or for brutally demanding anaerobic circuits! It has been designed to take a wheelchair and is a superb rehabilitation machine. It is a stable, self-supporting, free standing, safe friction device. It offers support while providing resistance. The AXIMAX will coerce the inexperienced, the unfit and it will defy the fit, the strong and the combative!

*"A creative man is motivated by the desire to achieve,
not by the desire to beat others" **Ayn Rand***

BIOGRAPHY

"If you're not living on the edge, you're taking up too much space."

I was born on the First of April, 1942 in Lincoln, England. During my very early years we lived on a smallholding in the Staffordshire village of Alrewas. I spent all of my remembered time amongst the animals there and on the larger farm opposite. Not surprisingly I developed an enduring love of animals which has become a lifelong passion.

I've kept tropical and freshwater fish, amphibians and reptiles. I've trained budgerigars, chickens and goats. I've trained foxes and am now working with two wild deer. But I am particularly involved in training to resolve problems afflicting horses and dogs. Until I was 14 my indisputable ambition was to become a farmer.

After the War (1945) the family moved to suburban Surbiton in Surrey. Eventually my increasing involvement in competitive sport became my developing obsession, overriding my gradually waning enthusiasm for farming. So I took the decision and on my 15th birthday started training seriously for my sports. And I have NEVER stopped training. Although obviously over 55 years my priorities, bias, practices and methods have varied.

In those early days (1957 onwards) there was, in the UK, no readily available mainstream information on advanced training procedures, particularly in the field of PRT - progressive resistance training with weights. I, sort of, made it up as I went along. I studied everything I could find from the Ancient Greeks, Military and Martial Arts Training to Circus Strongmen, Yoga to Muscle Control Courses, not forgetting Charles Atlas and his Dynamic Tension.

My early, unfashionable enthusiasm for exercise and fitness led to solo weight training sessions in the School Gym. At 17 I acquired my first weights - a crude, cast collection - and set about frenetic training sessions in the garage at home. I have devoted my life to the pursuit of Fitness, to learning about Fitness and Health and to helping people with widely differing requirements achieve varying levels and types of Fitness.



During the PAST 30 YEARS I have NOT had 10 DAYS WITHOUT TRAINING.

During those same 30 years I doubt there have been 5 days when I have not performed my eye exercises. Is it a mere coincidence that I've never used glasses? Probably not.



"His relentless self-discipline and dedication day in, day out for years on end, is almost beyond belief."

Colin Hanson, Former Wasps Rugby Club Player

I was educated in England at Greshams School, Norfolk and, on an Exchange Scholarship, at Western Reserve Academy in Ohio, USA. I enjoyed a varied and unusually successful school sporting career, succeeding at cricket, hockey and athletics.

While in America I was inspired by new, exciting training methods and enjoyed extraordinary sporting facilities.

I graduated with First Class Honours in Physical Education from Loughborough Training College, Leicestershire in 1965 where I read English as my second subject and received my Teaching Diploma in Education.

- ◆ Captain Colleges Hockey Club and 1st XI.
- ◆ Captain Midland Counties Under 23 Hockey XI.
- ◆ Captain Leicestershire County Hockey XI.
- ◆ Universities Athletics Union, Hockey, Southern Counties and England.
- ◆ Colleges Number 1, Squash.
- ◆ Colleges Light-Heavyweight Champion, Power Lifting.
- ◆ Colleges Open Light-Heavyweight Champion, Boxing.
- ◆ Surrey ranking 440 yards Sprint, Athletics.
- ◆ Gold Medal, Survival Swimming.

"There is a wheel on which the affairs of men revolve and its mechanism is such that it prevents any man from being always fortunate" Creosus

In close to 55 years of serious training, competitive sport and the relentless pursuit of physical/mental challenges I have experienced a few little setbacks. There have been some inconvenient accidents/injuries - nose broken twice; three fingers and a thumb broken; finger ripped open to the bone; right shoulder broken - all holding ligaments destroyed; left shoulder dislocated; outer head of the left bicep detached at origin; left Achilles tendon ruptured, 3 ribs broken and left lung punctured; and, of course, a range of ligament and tendon damage plus the inescapable muscle tweaks and tears.

I've been hospitalised several times with one overnight stay - I discharged myself the next morning and that was the extent of my involvement with the medical establishment. I had NO medical/surgical treatment for ANY of the above.

I took ONE painkiller four days after my rib/lung injury. My back was in uncontrollable spasm, I hadn't slept for two nights and it had taken me forty minutes to get out of bed that morning. Forty minutes, but it was down to me. I didn't have to go surfing, no one made me. My choices are ALWAYS my responsibility. I prefer to avoid pharmaceutical drugs - they ALL have side effects. I have ALWAYS rehabilitated myself and I NEVER stop exercising. Our bodies have been designed for use and evolved by use over thousands of years.

"A champion is someone who gets up when he can't" Jack Dempsey

I don't believe in COINCIDENCE, but live by the "credo" of PERSONAL RESPONSIBILITY. If I consistently seek EXCITEMENT then I will inevitably encounter RISK. Whatever happens my ACTIONS are entirely my CHOICE, so any CONSEQUENCES are ALWAYS MY RESPONSIBILITY.

"Whatever doesn't kill us makes us stronger" Friedrich Nietzsche

On the basis that *"the first hour is the rudder of the day"* **Henry Ward Beecher**, I want to get each day off to as positive, optimistic and constructive a start as possible. Silence - NO radio, NO TV, NO noise, NO distractions.

"Carpe Diem!" Horace

My first waking moments are spent in a short reflective period of contemplative gratitude. That's followed immediately by a (much) longer session of positive, goal-directed affirmations, accompanied by visualisation, with imaging and mental rehearsal. Shortly afterwards, in the garden, I work through a mobility and flexibility programme, followed by a series of abdominal "isolations", then eye exercises and some breathing practices.

I may well repeat the eye exercises when I am out running later and will certainly do more controlled breathing. As well as my different training sessions, meditation is also an integral, most rewarding part of my routine. Most days I will write and/or study. The framework of my life may seem a trifle limiting, or even rigid, to some, but "nothing worthwhile was ever achieved without (self) discipline." And it works for me.

I am DISCIPLINED. I am DEDICATED. I persevere and NEVER GIVE UP on people or projects. My life's work, mission, ambition is to make a real difference, to help people, horses, dogs, animals. I am resolutely DETERMINED. I am DIFFERENT. I can HELP YOU.

"Happiness is the meaning and purpose of life, the whole aim and end of human existence" Aristotle

“It’s not what you’ve got that really matters—

it's what you are"

Tim Laskey

"Only those who risk going too far, can possibly find out how far one can go" T.S. Eliot

"Courage is resistance to fear, mastery of fear - not absence of fear" Mark Twain



"To finish first, you first have to finish" Rick Mears



"There is no shortcut to anywhere worth going" Beverly Sills



"Genius is 1% inspiration and 99% perspiration" Thomas Edison

"If it has happened, it's history"



- ◆ Fitness Consultant
Personal Trainer
- ◆ Rehabilitation Specialist
- ◆ Natural Health and Lifestyle Advisor
- ◆ Personal Development Guide
Beating Bullying
- ◆ Horse Trainer/Communicator
- ◆ Dog Trainer/Communicator

- ◆ Writer ◆ Speaker

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"What we think, we become" Buddha