

Falling Down Getting Up is about an incredible journey in life. It begins with a personal and revealing story of the author, Michael Harris, and his falling down in life. There were a few big falls like losing more than half of his liver in an accident at 12 years old, becoming an alcoholic by 16, and nearly losing his legs from vascular disease at 27. Once Michael gets you through the gory details of the mess he found himself in, he'll tell you what he did to get back up out of that mess. Perhaps as you read Falling Down Getting Up, you will chuckle a little (or a lot) and be entertained as Michael shares his journey of falling down and getting back up. If you find yourself falling down in life, hopefully the suggestions in Falling Down Getting Up just might help you get back up too. Michael Harris is a writer, business coach, and popular yoga teacher. He is driven by an incredible enthusiasm for living a full life. Michael has been interviewed by a broad range of media including NBC, NPR, BBC, The Los Angeles Times, The Oregonian, and The Bend Bulletin. Michael loves to travel and, in his spare time, you can find him hiking the mountains near his home in Bend, Oregon.

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