

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

Taking Life Head On!

By Hal Elrod

Local
Author

Yo Pal Hal, \$19.99, 232 pages

Hal Elrod was successful from a young age. A mobile disc jockey at 15, his own radio show at 16, award-winning sales rep at 20. Then, he was hit head on by a drunk driver and found nearly dead at the scene. Surviving that situation, and exceeding the limitations the doctors felt he never would, Elrod found even more reasons to encourage others to love their life and create the future they wanted. Most of *Taking Life Head*



On! is Elrod's story, from the death of his young sister when he was eight, to the fateful night when he met that drunk driver at 70 miles an hour. Elrod is now a life coach, using his experiences to help others find new meaning in their lives. You can see from his recommended reading list that he likes motivational and inspirational books. Sometimes you need a look at what someone else has survived and overcome to give yourself a kick in the pants to go a change your own life.

The actual motivation part of the book, while useful and inspiring, is only about 20 pages long, and could easily had more material. Though, Yo Pal Hal (as he is known) is still young, and probably has another book or two in him. Hopefully, it won't take another car accident to find them.