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## **Eight proven ways to stay positive** ***Author offers advice, tips after a near-death experience***

**AUSTIN, Texas** – After a life-threatening ski accident in Colorado, doctors weren't sure Steve H. Lawton would survive, but because of his attitude, his helmet, and a rubber chicken named Henrietta, he lives to share the wonders of positivity.

In his new book, ***Head First! A Crash Course in Positivity*** (Fedd Books, September 2016), Lawton shares his inspirational story as well as eight practical positivity principles he took away from the tragedy, and instructions on how to implement them in your life immediately.

Through his unique experiences, Lawton has molded his messages and insights about how to create a positive mindset, lead with positivity and achieve better outcomes for individuals and organizations. He uses his 27 years of business experience in roles from an engineer in the astronaut office at NASA to an executive at Dell to help leaders to perform better and companies to achieve better results. The lessons apply in personal situations as well, no matter what kind of challenges we face.

“Allowing negative experiences to teach us something will actually set us up for the successes, victory, and laughter that will come in the future. Experiencing a setback is painful when it happens, but when we overcome it, we become better versions of ourselves,” Lawton says. “Your attitude plays an important role in overcoming challenges.”

*Head First!* recounts Lawton's powerful story and outlines tips to help readers improve their own “attitude fitness” and overcome the rough patches in their lives to achieve success and happiness. These eight proven and practical tools include:

1. Remember: Everything happens for a reason
2. Focus on what you can control
3. Learn to laugh in the midst of your pain
4. Take smaller steps to work to a larger goal
5. Know when and where to push yourself
6. Invest positivity into your network
7. Create a personal positivity practice
8. Embrace growing pains and learn from your struggles

**Steve. H. Lawton** holds bachelor's and master's degrees in mechanical engineering from Texas A&M University, as well as an MBA from St. Edward's University. He has spoken at large corporations like Dell, Accenture and VMware, has been featured on KVUE news, has been a guest lecturer at the University of Texas and Texas A&M University and has been featured as a TEDx speaker. He lives in Austin, Texas, with his wife of 26 years, Deanna, and their two teenage children – who they have grown quite fond of. For more information, please visit [www.stevehlawton.com](http://www.stevehlawton.com).

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