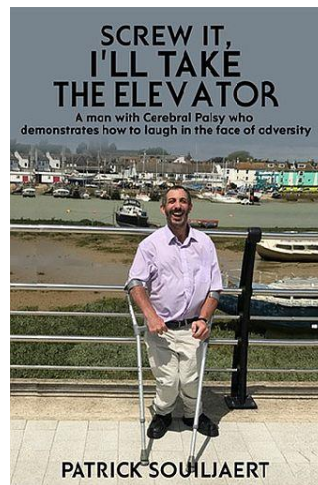


Patrick Souiljaert – Screw It! I'll Take the Elevator

Press Release

August 2018

Author with Cerebral Palsy publishes 2nd book as he teaches people how to find inner peace



It is three years since Patrick Souiljaert (Sue-lee-art) wrote and published the first volume of his autobiography, 'Stairs For Breakfast'. In that time Patrick has sold over a thousand copies through his own efforts, appeared on TV and radio, and undertaken numerous speaking engagements.

Now he is about to release the sequel, 'Screw It, I'll Take The Elevator'. As someone who has Cerebral Palsy (Patrick never uses the term 'suffers from'), every single word of both books was typed with his left index finger. The process took 15 months! Amazingly, the book is not his only product from the last 3 years. He has also learned Ascension meditation and is on his way to becoming a teacher of the practice.

'Screw It, I'll Take The Elevator' has the same magnetic qualities as his first book. Patrick was born with Cerebral Palsy, due to suffocating for four minutes at birth, and his life since has been breathless in a different way. 'Screw It, I'll Take The Elevator' tells of his stories of rejection, climbing mountains, both real and metaphorical, and a modern day Arabian Nights saga of one man's quest to achieve enlightenment, and through it, true independence.

Perhaps the most emotional aspect is Patrick's search for a soulmate. After a myriad of unsatisfying encounters, including an incredible account of an evening in a Brighton casino, Patrick comes to realise that it is better to 'pull' in relationships than to 'push'. The litany of unreturned phone calls, dismissive texts, and missed meetings is heart breaking. However, like an Excalibur sword, Patrick's determination is honed by each one.

The names have been changed to protect the innocent, and the not so innocent, yet the same forensic detail is present. The process leading up to one of the biggest decisions in his life – the departure from a secure well-paid job is described in gripping stages. His amazing journey thereafter, and what he has learnt along the way is also set out on the pages like washing left in the sun to dry. Patrick's move into property investment, why he decided to write his autobiography, and how he found Ascension meditation make pulsating reading. As does his many insightful discoveries, which may be relevant to us all.

Patrick's quick wit and natural humour fizzles from every page, often at his own expense. When ordinary folk would be crying with frustration or pain, Patrick is laughing at himself and seeking to learn something about this mysterious thing we call life. What also springs off the page is Patrick's photographic memory for detail. His penetrating analysis of the emotional make-up of the people he meets, and his iron determination to achieve everything he knows he is capable of, makes this an exceptional literary experience.

Patrick's search for the higher plane becomes the reader's. He shares every bump, hillock and landslide with them. When he should be lying prostrate on the ground, he picks himself up and dusts himself down. Always with a wry smile on his face.

Born in 1973 to Belgian father and English mother, he refused from the beginning to be labelled as disabled, and this led him to a career in IT and computer programming. He also had a parallel career in commercial radio, where he worked for three radio stations as a producer – before embarking on his astonishing journey in 2011.

Patrick says,

“There's no doubt that 'Stairs For Breakfast' is a great book (it has many five star reader reviews). However, I prefer 'Screw It, I'll Take The Elevator' because it's sharper and funnier. My books have given me a platform as an inspirational speaker. I want to help and teach people how to find the happiness I have found.”

As if his achievements weren't enough, Patrick has recently been approached by 2 local businessmen who want to assist Patrick in walking up Snowdon, the highest of all the peaks in England and Wales. The ascent will take 14 days. “I'm up for the challenge of walking up Snowdon! I can raise disability awareness and money for charity. I want to show that anything is possible!”

Patrick is available to deliver inspirational talks on how to overcoming adversity and his journey to success.

Extracts from 'Screw It, I'll Take The Elevator' are here <http://stairsforbreakfast.com/extracts>

You can watch Patricks' videos here <http://stairsforbreakfast.com/videos> including one he recently recorded about his experience with Ascension meditation and becoming a teacher.

Both of Patricks' books are available here <http://stairsforbreakfast.com/buy-now> and on Amazon.

Ends

What the critics have said about his first book 'Stairs for Breakfast':

"When someone tells me they can't do something I tell them Patrick's story and share his ability to overcome whatever is put in front of him. He is an inspiration."

Glenn Armstrong www.glennarmstrong.com

"This book is a must for anyone. It's honest, funny and inspirational. It humbles me just thinking about the effort it must have taken."

Paul Ribbons www.paulribbons.com

"An enormous achievement. Do yourself a favour. Add it to your reading wish list – and those of your friends."

Roy Stannard www.roystannard.wordpress.com

If you would like Patrick to come and give an inspiring talk to your group please contact:

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