

“Man Shoes” by Tom Watson inspires readers to step beyond adversity and build a better life

A former Spirit River resident, who now resides in Surrey, B.C., has written a book to help you understand what it takes to become a better man, husband and father.

Man Shoes by Tom Watson is a true story about young Tommy who lived in uncaring foster homes before he was rescued by the Watson Family. It is the personal account of someone who overcame five years of suffering as

an abused child, growing up to become a father who planned his own suicide after losing his wife to cancer. Tom's journey is inspirational as we watch him step beyond the cruelty he experienced as a child, the traumatic loss of his wife and his struggle with depression to grow into his man shoes with the help of loved ones, patience and perseverance.

Man Shoes will inspire

men, and the women who love them, to become better fathers and husbands. Watson takes us through his pain and shows us that we can all grow into bigger shoes by creating traditions that can help us overcome adversity and bring our loved ones closer to us.

Tommy was born to absentee parents and was placed into foster care at the age of one. He moved between 13

foster homes living in fear. His foster parents neglected and abused him. At the age of three, when he didn't complete his chores he would be beaten or worse. He would be chased and punished with an electric floor polisher or plunged head first into a barrel of water. Tommy arrives on the Watson's door step in Spirit River wondering what will happen next, but the older couple open their hearts to the boy and give him the love he craves.

Life on the Watson farm teaches Tom about hard work and faith. He marries his high school dream-girl Darlene and they start a family only to realize parenting is driving a deep wedge between them. To remedy the situation Tom and Darlene create The Six Rules of the Parenting Game which helps them build a framework for their partnership and a better home for their boys.

Then the couple struggles with Darlene's terminal illness and Tom watches the love of his life die after spending weeks at her bedside. Her death pushes him into deep depression. As a newly widowed father of two, Tom wants to escape his plight contemplating suicide, however, miraculously, one moment with his young son changes his perspective and Tom begins the fight back to building a loving environment for his two boys. The turning point for the hurting Watson family is a 47 day road trip which marks the start of Tom's struggle out of depression and leads to a strong friendship with Kathy who becomes his second wife and mother to Tom's two sons.

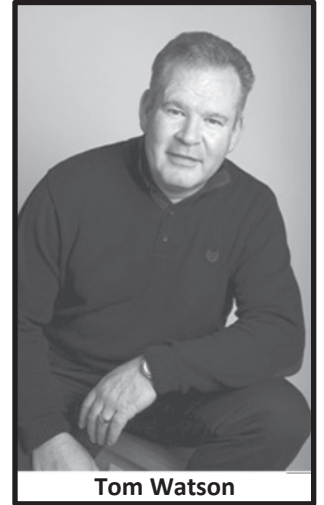
Readers will cry and laugh as they follow Watson's journey becoming

a stronger person, loving father and husband. Man Shoes reminds us that life happens from inside us and that new beginnings are possible every day. Watson shares his conviction that we can adopt new attitudes, actions, activities and traditions, even at the worst point in our lives.

Man Shoes has already attracted acclaim and endorsements from many. The Foreword is written by Pat Williams, Senior Vice-President of the NBA's Orlando Magic. He says, "Man Shoes is honest, it's humorous, it's inspiring...it's impossible to put down. He speaks to both men and women about responsibility and what that looks like to be a better husband and father. Tom exemplifies many of the qualities that I value. Passion in what you do, in your career, your family and in your faith. Truly loving what you do, as Tom does, spills over in all areas of your life and perpetuates the positivity that is so crucial to being a role model to your children. Tom always brings a healthy dose of humor and characteristic devilishness to both the silly and the serious times." He concludes, "Man Shoes is an invaluable, personal story of empowerment that will motivate readers to live their best lives."

Rick Hansen, President & CEO, Rick Hansen Foundation says, "Tom Watson's inspiring story of overcoming adversity and choosing optimism over negativity when life throws you the tough challenges is told with honesty and humility. I learned early on to never give up on my dreams and that anything is possible; Man Shoes resonates with that belief from the first page."

Dr. Peter Legge, Profes-



Tom Watson

sional Speaker, Businessman and author of 11 books says, "When it's all said and done at the end of our life, in reality, it is family that is the most important; other accomplishments pale against the success a man has with his family. "Man Shoes" by Tom Watson is a must read when you're looking for inspiration to overcome some of life's biggest struggles - you won't be able to put this book down."

Sharol Josephson, Family Life of Canada says, "Tom Watson writes for men, but Man Shoes is a gift to women. It should be mandatory reading for every man's wife and every son's mom."

There is no instruction book given to us when we are born, get married or when we become parents, but Man Shoes is a story that gives us a framework to understand and work through life's most cruel struggles. Man Shoes shows us that we can all create a better life with love, patience, perseverance, laughter and tradition.

Amazon.com rates Man Shoes as four out of five stars. The hard-cover book is available at all online book retailers. A portion of book sales will be donated to Rotary International to help the needy at home and abroad. For more go to www.manshoes.net.



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