



# A Stuntman's Guide to Surviving Ground Zero (The Co-Creators Handbook Series)

*Sebastian Paul Siebert*

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From soldier to Pastor to international stuntman to brain-damaged and paralysed, this is the gripping and inspirational true story of how Sebastian Paul Siebert made his way back out of hopeless circumstance to take his place back on the stage of life.

Awakening from a deep coma after miraculously surviving being hit by an aircraft during the execution of a Freefall stunt, Sebastian began his voyage of discovery. This was primarily based on a remembered study on multiple personality disorders, of how physiological differences could be observed when the mind migrated from one personality to another; and out of desperation he dived into the functioning of the conscious and the subconscious mind; and how they work together.

In a fascinating and engaging narrative the author outlines how to consciously reprogram and preprogram the subconscious mind to produce physiological results, and how important the function of choice is at any given moment.

Using visualisation techniques reinforced with clear-cut and uncompromising goals of complete restoration, in spite of every medical prognosis to the contrary Sebastian was able to achieve full recovery and return to take up his career again working on some of his biggest projects. These included Pearl Harbor, Troy and culminated in completing Lord of War as stunt coordinator; before retiring from film in favour of life coaching, public speaking and writing.

Sebastian's account is related with disarming humour peppered with anecdotes of life in the celebrity fast lane and will change the way you view your own life. It will convince you that you are more powerful than you ever believed and demonstrate to you how to deal with every setback life might throw at you; teaching you how to deal with adverse circumstances confidently and without the fear that you have no influence over your destiny.

This book is about overcoming your setbacks; it's about discovering your purpose and by doing so making sense of it all. So be inspired, be empowered and learn the incredible abilities you have within you to overcome the circumstances of your past and determine your own future.

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