



AT THE END OF THE DAY

How One Man Learned to Live Like He Was Dying

ABOUT THE AUTHORS

Lewis M. Senior is the co-CEO of **Equilibria**, a global coaching company focusing on effective communication, applied leadership, personal and team development, and risk management and mitigation. Formerly, Lewis spent 29 years with the world's largest oil-drilling company. Tapped to be the drilling company's spokesperson and representative to 18,000 employees located all over the world, Lewis took on a grueling schedule that led to the physical and emotional breakdown detailed in **At the End of the Day**. How he was forced to face his choices – and change them for the better – is the core of the story he wants to tell. It is a story for anyone who ever thought he had it all and yet could never seem to find happiness.

Laura Senior Garcia is **Equilibria's** Product Development Manager, a coach, and Lewis' daughter. Laura joined **Equilibria** at 19. Since then, she has been on a continuous learning journey, acquiring a vast amount of experience and key skills that have enabled her to become a lead member of the **Equilibria** Executive Management Team. Now in her mid-20s, her duties include everything from worldwide facilitation of seminars to coaching teams to business development. However, it is her personal journey that became one of the inspirations for **At the End of the Day**. How Laura, with her father's coaching, went from being a rebellious, resentful teenager to a dynamic, fulfilled young woman is an inspiring example for both parents and their teens.

Authors available for interviews.

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