



AT THE END OF THE DAY

How One Man Learned to Live Like He Was Dying

“As I read the final text of your incredible book, I just sat and cried. After I finished reading **At The End of the Day: How One Man Learned to Live Like He Was Dying**, I immediately grabbed a pen and paper and jotted down a list of words that I felt best described your book: captivating, moving, touching, inspirational, funny, informative, romantic, dramatic, passionate, loving and relating. Your story is truly moving and inspiring, and you have affected my life by sharing yours with me. It truly was a pleasure.”

-- Kami Craig, US Women's Olympics Water Polo Team, 2008 Silver Medalist

“As a reader who loves well-crafted memoirs, I found much to admire in **At the End of the Day**. Lewis and Laura welcome readers into a candid and compelling personal journey. Events and ideas are deftly woven with conflict and love. It stands as a moving portrait of a father coming of age and a daughter coming into her own, while nudging us to rethink the way people work and the way we work with people. Thought-provoking, emotionally potent, and ultimately uplifting, **At the End of the Day** belongs in every corporate headquarters and high school library. This is one of those books that has the power to make a real difference.”

-- Joni Rodgers, NYT bestselling co-author of *Promise Me: How a Sister's Love Launched the Global Movement to End Breast Cancer*, and author of *Bald in the Land of Big Hair*

“The story of how Lewis and Laura learned to become the wonderful team that they are today is instructive of the power of personal growth. **At the End of the Day** is not a business book, although there are many lessons for business. It is a story of the personal growth for two individuals and a family. I hope as you turn the pages, you will recognize you have an opportunity in your own life to make commitments that will help you realize your potential.”

-- J. David Payne, Vice President - Drilling & Completions, Chevron Global Upstream

“I highly recommend **At the End of the Day** for anyone who wants to understand the inner thoughts of an adolescent daughter, for parents who work constantly on balancing the professional and personal, for individuals who coach others or are in search of their strengths and learning about their potential limitations. The language is rich, voices are distinct and the colors of the world are embedded in their stories. **At the End of the Day** reminds us in any moment where a decision is needed, the choice is ours.”

-- Dr. Rosalinda Mercado-Garza, Principal, Southwest Middle & High School

What if you could choose to make a difference in your life and the life of everyone around you? Chose how your day was going to go no matter what happened or what anyone else did? Remove daily stressors by simply choosing how you respond as opposed to react?

What would it take for you to actually change?

As a manager for Health and Safety with a large oil-and-gas drilling company, Lewis Senior was climbing the corporate ladder, putting in long days and grueling hours that kept him away from his family. His two children grew up not knowing him.

But in 2002, his priorities changed in a single, shortened breath. During a work trip to France, Lewis was left gasping for air, clutching his chest and fearing for his life. As he took what he thought was his last breath, Lewis saw “the light” – figuratively and literally. He vowed that if he lived, he’d change his life, refocusing it on his loved ones and on helping people communicate better.

At the End of the Day: How One Man Learned to Live He Was Dying is the story of how Lewis found his real priorities, changed his life and reconnected with his only daughter, co-author Laura Senior Garcia to heal old wounds and change the lives of hundreds of people around the world.

When he got healthy again, Lewis and three colleagues founded Equilibria to work with corporations in the energy industry to further develop corporate communication skills, focusing on interactive and interpersonal communication, deliberate leadership behaviors and leading-edge safety and efficiency processes. By using its effective “E-Color” system, Equilibria facilitates and coaches a strong and less ambiguous line of conversation for employees, leading to fewer safety issues and crises.

Lewis’s daughter, Laura, joined the Equilibria team after it launched at the young age of 19, not long after her rebellious teenage years when she and her father rarely spoke. Working side by side, the two have truly gotten to know each other and made up for lost time. With her father’s coaching, Laura went from a resentful teenager to a dynamic, fulfilled young woman and an inspiration for parents and their teens.

Along the way, Lewis and Laura have learned a wealth of lessons, which they share in **At the End of the Day**.

Upon seeing the impact of Equilibria’s effectiveness in helping people communicate, David Payne and Joni Baird of Chevron saw an opportunity for the Southwest Schools in Houston to benefit from the E-Colors concept. Equilibria introduced E-Colors to the student body, and the communication system had an immediate and profound effect. Students who had previously been socially inept, depressed, or suffering through other difficult experiences began to change their behaviors and outlook on life. Through the program and life-coaching skills Equilibria offers, the school saw students gain confidence, patience and a greater desire to stay in school with plans to attend college.

Through an intricately woven story, **At the End of the Day** examines how even when we think we don’t have a choice, we do. We have the choice of how we respond. Over and over Lewis and Laura show how the choices we make in our daily lives, both large and small, can impact not only our own future, but the future of everyone around us – family, friends, co-workers, peers, students – everyone.

Whether dealing with the stress of work, teenagers, planning a wedding, job loss, family illness, moving across the country, or simply carving out time to do the things we enjoy, **At the End of the Day** takes readers on a moving journey while teaching us valuable life lessons in how to:

- capitalize on the power of choice
- communicate effectively and with purpose
- define boundaries in a productive way
- listen with patience and understanding
- realize your potential
- stop trying to control what you can’t and focus on what you can control

Described as captivating, moving, touching, inspirational, funny, informative, romantic, dramatic, passionate, loving, relating, candid, compelling, thought-provoking, emotionally potent, and ultimately uplifting, **At the End of the Day** is a heartwarming story that teaches us that we don’t have to accept what life dishes out. We have a choice. Through their story, Lewis and Laura hope to affect countless people who read the book and change even more lives worldwide with the power of choice.

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 they 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 age 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-twenties, her duties include everything from worldwide facilitation of seminars to coaching teams to drive 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.

To learn more about Equilibria and the E-Colors concept please visit: www.equilibria.com.

Authors available for interviews.

Available Exclusively at [iTunes](#), [Amazon](#) and www.readourbooktoday.com

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