



**One Door Closes:
Overcoming Adversity
by Following Your
Dreams**

Tom Ingrassia and
Jared Chrudimsky

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Will this be the year when everything falls into place, just the way you envision it?

Are you looking for a vehicle to break through the roadblocks and detours that have sidetracked you on life's highway?

One Door Closes: Overcoming Adversity By Following Your Dreams presents the inspiring stories of fourteen people who have overcome seemingly insurmountable obstacles in order to live into their dreams. Through their powerful stories, these dreamers share a road map guiding the reader to discover how to live their life with vision, courage, determination and passion. Incorporating holistic self-assessment tools and self-motivational techniques, *One Door Closes* will help you to develop the skills to take 100% responsibility for your life, as you clarify and set your goals—and then use the power you already have within to achieve those goals. Enhance your sense of worth as an individual. Learn why it is important to check in with yourself periodically as a blueprint for a more satisfied and productive career and personal life. Identify your true passion. Discover how to reach your dreams. Be inspired!

THE AUTHORS



Co-founders of the innovative Mental Massage® which fuses guided visualization and re-energizing massage in a transformational group workshop. Tom and Jared share a passion for helping their clients achieve a more balanced, healthy and harmonious life.

Tom Ingrassia is a motivational speaker, success coach, music historian, and founder of The MotivAct Group LLC, which offers holistic personal and professional development training programs. In 2001, following a successful 25-year career in higher education administration, Tom fulfilled his lifelong dream of working in the entertainment industry with the formation of Ingrassia Productions and Artist Management. Along the way he has worked with some of the legendary performers from the 1960s, including Mary Wilson (The Supremes), Arlene Smith (The Chantels), Barbara Alston (The Crystals), June Monteiro (The Toys), Carl Gardner (The Coasters), and The Velvelettes. An in-demand speaker, Tom travels the country with the motivational programs, "Mental Massage®" and "Making A Difference Begins With YOU...So Live Into Your Dreams!", as well as multimedia lecture programs about the pop culture of the 1960s. Tom's motto is, "Learn from the turtle—it only makes progress when it sticks its neck out."

Jared Chrudimsky, NCTMB, LMT is the founder of Revitalize Massage Therapy. Jared is a six time winner of *Worcester Magazine's* "Best Massage Therapist" award, two time winner of The Landmark's "Best Massage Therapist" award, and a recipient of Worcester Business Journal's "40 Under 40" Award for business leadership. From 204 to 2010, he was an instructor and director of the Massage Therapy Program at Salter College. Jared has worked as a massage therapist with several college and semi-professional sports teams. As an independent contractor with the Accrediting Council of Independent Colleges and Schools, Jared evaluates massage therapy programs nationwide for accreditation.



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