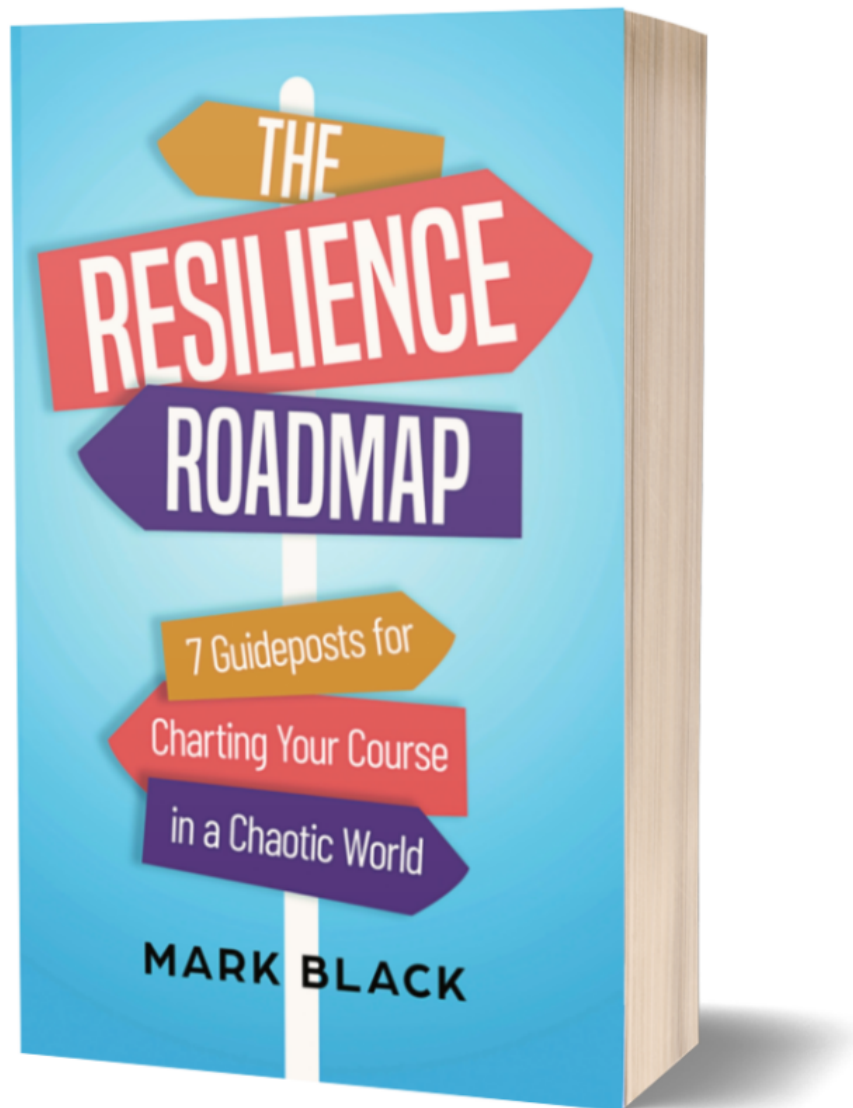


Heart/Lung Transplant Recipient gives back to Healthcare Professionals with New Book

In 2002, Mark Black received a miraculous heart-lung transplant and then went on to run marathons. Now he has written a book to help people build resilience, and he's giving 2500 copies away to healthcare providers to say Thank You.



Moncton, New Brunswick May 27, 2023 ([Issuewire.com](https://www.issuewire.com)) - Mark Black, a renowned motivational speaker, and transplant recipient, has announced the release of his new book, "The Resilience Roadmap". This inspiring book is a guide to help readers overcome adversity and build resilience in

their lives.

Mark Black's story is one of true resilience. After receiving a life-saving heart transplant at the age of 23, he was told he would never be able to play sports or have children. However, he refused to let his circumstances define him and instead, he chose to focus on his strengths. He went on to become a successful motivational speaker, author, and entrepreneur.

In "The Resilience Roadmap", Mark shares his personal journey and provides practical strategies for readers to develop resilience in their own lives. The book is filled with inspiring stories, actionable advice, and powerful tools to help readers overcome obstacles and achieve their goals.

To show his appreciation for healthcare professionals who have been on the front lines during the COVID-19 pandemic, Mark Black has pledged to give away 2500 copies of his book to those working in healthcare. He believes that these professionals have demonstrated incredible resilience during this challenging time and hopes that his book will provide them with the inspiration and tools they need to continue to thrive.

"I am thrilled to be able to give back to those who have given so much to our communities," said Mark Black. "I hope that my book will provide healthcare professionals with the inspiration and tools they need to continue to make a difference in the lives of others."

"The Resilience Roadmap" is now available for purchase online and in bookstores nationwide. For more information about Mark Black and his new book, please visit his website at www.markblack.ca.

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Source : Mark Black

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