

Life remixed

Superstar DJ turned health and happiness coach, Hinchley Wood resident Mark Wilkinson, on the books that changed his life

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Mark Wilkinson, from Hinchley Wood, led a hedonistic lifestyle as an international DJ and music producer. He had a residency at London superclub Ministry of Sound and even achieved a Top 10 hit. But his life was turned upside down at the age of 33, when he collapsed in pain and was then unable to walk for 18 months.

'As an international house music DJ and record producer, I was living a dream life, travelling the world sharing my passion for music and enjoying success with a Top 10 hit until one day I physically collapsed,' Mark says.

He was diagnosed with an incurable rheumatic disease, which resulted in him being in constant agony and living on hundreds of painkillers. While at rock bottom, Mark discovered the 2006 film *The Secret* by Rhonda Byrne, which opened his mind to new ways of thinking, feeling and being. He began to study philosophy and personal development with Bob Proctor and Tony Robbins to detoxify and cure his body, eventually completing four marathons and living pain-free.

Now a wealth, business and life coach, author and speaker, this month Mark releases his debut book about that journey. *Life Remixed* is my story from the highs of a hedonistic DJ lifestyle, to the lows of an incurable disease, bankruptcy, depression and suicidal thoughts, then sharing strategies of how I remixed my life to create health, wealth and happiness,' he says.



Here he describes the books that have helped shape his life and change it for the better.

***The Secret* by Rhonda Byrne**

'An easy intro to understanding the law of attraction. The book does a great job at explaining what we think about is what we bring about, or in more detail; we attract what we are feeling about, what we are in harmony with, like does attract like. The book goes into details about how we all have a choice to feel good deep in our souls, to choose the vibration that we are in, and as sure as night follows day we will only attract people that we are in harmony with, and with positive thoughts and feeling only great things into our lives.'

***You Can Heal Your Life* by Louise Hay**

'Louise was an inspirational woman who died recently at 96. The book tells the story of

Louise and how she overcame huge personal challenges to help millions around the globe. The pages start like a therapy session with Louise and builds to her story and a table of possible emotional reasons behind every disease in the body. It is fascinating. I've tested the table out hundreds of times (including on myself) and every time it has been correct.'

***Think and Grow Rich* by Napoleon Hill**

'Napoleon Hill studied 500 millionaires over the course of 25 years and shared his findings in *Think And Grow Rich*. As you would expect there is some amazing information in these pages, most people think it's about money, it isn't, it's about richness of character, and thinking your way to it. Start with yourself, when you're wealthy on the inside, money follows.'

***The Way of the Superior Man* by David Deida**

'Some people can be put off by the title, however, this is about rising above being a mediocre man, to become a superior man being able to give your entire self and dedication to work, women and sexual desire. I credit this book with teaching me to get over myself and become a better man and it was only then that I was able to get married and be a good husband.' ♦

***Life Remixed* by Mark Wilkinson is published by Hasmark Publishing on February 21, rrp £9.99. markwilkinsonofficial.com**

International DJ
turned life coach,
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