

It All Starts with You



IT ALL
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YOU

It All Starts with You by Trent Shelton is a one-of-a-kind 300+ page journal filled with some of Trent's most popular quotes, along with thought provoking questions and action items to help lead people to change. About the Author: To some, he's a motivational speaker. To others, he's a previous NFL football player, but to Trent Shelton, he is just a man who wants to help lives. Born in Little Rock, Arkansas, raised in Fort Worth, Texas, as a child, all Trent wanted to be when he grew up was a professional football player. While he achieved his childhood dream, the former NFL player's career was a shaky one where he felt incomplete while constantly chasing after worldly things to temporarily fulfill the voids in his life. It wasn't until Trent hit his lowest point, after being released from multiple NFL teams along with the birth of his son, that he decided to work on becoming the best person he could be. In March of 2009, Trent picked up his iPhone and started sharing two-minute videos of his progress as a means of helping him stay accountable while bettering his life. He ended each of his videos with Its RehabTime. A couple years later, those two-minute videos evolved into RehabTime Organization, a 501(c)3 nonprofit with a mission to lead people to change through hope and faith. Today, on average, Trent reaches over 35 million people a week through his daily messages and videos. The motivational speaker has over 4 million Facebook fans, Instagram followers, and Twitter followers, all of which he refers to as his community of Rehabbers. Trent is the best-selling author of three life-application books and a life-application journal, It All Starts with You. By following his calling, Trent has been able to travel all over the world to share his testimony and offer people messages of change and hope. Although Trent was motivated to become a better man by the birth of his son and through

many of lifes adversities he faced, he calls his greatest accomplishment helping people strengthen their relationship with Jesus Christ through RehabTime. While the former professional athlete once dreamed about a lasting career in the league, he now knows that Gods vision for his life is better than he could have ever imagined.
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