



Your Time Is NOW

Josh "JB" Bowen

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As a fitness professional and accomplished personal trainer, Josh "JB" Bowen has seen life from a different perspective than most. He serves as the owner of his own training studio, Aspire Fitness, but he is much more than a personal trainer. JB embeds himself into his client's lives, and he sees their struggles and accomplishments, their wins and losses. "Your Time is NOW" is a collection of JB's reflections written over a period of several weeks when his client and best friend lost her first-born son in utero. It is a book about coming back from life's harshness and unfairness and using your pain to fuel your joys. From "Failure Doesn't Exist" to "Stop Comparing Yourself" to "The Art of the Comeback", JB will take you on a ride to better your thinking, sharpen your self-esteem and prepare you for whatever life may throw at you. One hundred percent of the proceeds from "Your Time is NOW" will be donated to Now I Lay Me Down to Sleep, a non-profit organization dedicated to photography for families who have experienced infant death as a way to memorialize their children.

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