



# MY TRUE HERO

REAL FIRST AID FOR THE REAL WORLD

You don't have to be in a brightly coloured latex suit to save lives – there is a True Hero in every one of us, including you. This is the best take-away you get after reading this book: you can be a True Hero. Empowering indeed.

That's exactly how the first part of the book will make you feel: empowered.

Unlike other first-aid related books that begins and ends with step-by-step processes, My True Hero starts off with the realistic and crucial point of identifying what really makes you stop short from actually helping a victim in need of help and react accordingly to an emergency. They're called 'Freeze Factors'.

These 'Freeze Factors', as mentioned in the book, are key to push you from just knowing and thinking to actually reacting and doing to an emergency situation. It could help save someone's life too!

Apart from identifying with the factors already mentioned in the book, one also gets to write these 'Freeze Factors' down and find ways to counter each fear.

A great place to start on overcoming any fears you might have, considering this will help you reflect and eventually eliminate these fears and get that confidence you need to kick-start your journey. Besides that, My True Hero Principles are neatly injected between pages to keep you motivated and in-tune with unleashing the True Hero in you.

What makes the book enjoyable to read is the candid nature that each section is told – like a seasoned storyteller with a friendly disposition.

Accompanied by icons that dispel myths, dish out useful tips or provide additional information through video lessons or resources, each chapter is concluded with a My True Hero Exercise, allowing readers to

read and pen down their answers.

On top of that there's also a segment that relates to our curious sides: interesting real-life paramedic experiences packaged up as case studies. These case studies not only provide you with post-event reflections, it gives you an insight into the different kinds of scenarios that occurred and what the author did accordingly – it's like reading a paramedic's diary!

The pictures really help too – you can practically pick up the book and start practicing on someone while following the steps shown.

True to its word, My True Hero is “not just another standard first aid manual” – it's a realistic, illustrative and likable guide as told by one experienced first aider to the layman that focuses not just on being physically present, but being mentally prepared as well.

Most importantly, it helps you reach your potential as a life-saver – able to react appropriately to emergency situations should it happen right in front of you, or worst, to your loved ones.

As the author aptly puts it, being a True Hero does not mean that you should go out to save the world. It is for you to be able “to make a difference to your loved ones and the people around you”.

Let's leave saving the world to the colourful latex-wearing superheroes shall we?

Here's to discovering the True Hero in you.

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