



# Local Author Helps Initiate Positive Change

By Lynette Carrington

Kirk Wilkinson has been dealt some bad luck in life: He was abandoned by his mother when he was eight years old. He was diagnosed with testicular cancer when he was 29 and again at age 36. Wilkinson, who lives in Mesa with his wife and children and is now cancer free, went through a terrible time of despair, and even contemplated suicide. At a moment when he was in his darkest hours, the tides turned and he began to construct his own path back to healthy emotional balance and personal joy. His journey and now his method for achieving happiness have culminated in Wilkinson's first book, "The Happiness Factor – How to Be Happy No Matter What!"

About five years ago, Wilkinson assessed his life.

"I saw how people were measuring success and I felt I was failing at every level," he said. At the time, he was battling jet lag with the help of pills. He had spilled the entire contents of the bottle on the ground and considered taking all of them as the easy way to end it all.

"The next morning, a colleague recognized something was terribly wrong and said, 'Your problems need to be solved from the inside out.' It resonated with me," Wilkinson said. He had been poring through papers and books trying to solve his problems "from the inside out," taking responsibility for his actions and not blaming everyone else for things that were wrong in his life. He came to the realization that "I can make happiness happen. It's not scientific – it's practical and real world." By Wilkinson's own account, he became a whole new person and feels that sharing his personal success and program with the world is the right thing to do to.

Wilkinson's eight-step program is simple yet powerful, and costs nothing more than a deep-seeded desire to change and be happy. It starts with Perception and ends with Love. In between lie the integral steps to change the way one judges people, reacts to situations and throws out preconceived notions to arrive at a more peaceful and accepting place than was previously possible.

"They become a whole new person," Wilkinson said.

Wilkinson's jovial demeanor and insightful explanations are infectious, and serve him well as an author gearing up to support his first book. In addition to being employed full time with Hewlett Packard, he conducts seminars to show others how they too hold the key to their own personal happiness.

What makes Wilkinson happy?

"I genuinely love to help others," he said. In a world that is quick to judge and even quicker to medicate, he seeks to be the voice of positive, self-driven change.

Wilkinson's book is available at most major bookstores and through [www.Amazon.com](http://www.Amazon.com).

