

Q & A with Daniel Bax, Inspirational Speaker, Author, Recovery Coach, and ABI Survivor



Daniel Bax is a motivational speaker and recovery coach who was injured in a motor vehicle accident in 2005. Daniel has an amazing story and loves to share his experiences with others. Motivated by his own struggles and successes, Daniel now gives talks to medical professionals, rehabilitation providers, traumatic injury survivors and more. I was able to ask Daniel a few questions about his experience with acquired brain injury and this is what he had to say:

Can you describe how you sustained your brain injury?

In 2005, I had a massive motorcycle accident. I collided with the back end of a van that was making a left hand turn. I blew through the back window, and was tossed over a streetlight 30 feet in the air and equally far down the road. I landed face first. I smashed my helmet and body. EMS scraped me off ground and air lifted me to the trauma hospital. I sustained a brain injury and multiple injuries. I was without air for 30 minutes, technically dying. I was assessed with the Glasgow Coma Scale and given a score of 3 out of 15 (Note: 15 being completely conscious and alert). I endured three severe strokes and four massive heart attacks during surgery.

It's been 10 years since your brain injury. For those ABI survivors who are just beginning their recovery journey, what advice would you give?

My advice would be: you must have an innate burning desire, fueled by faith in the knowledge that you will be healed. You must have relentless determination.

What was your greatest struggle since your ABI?

Realizing that I can't do it all on my own. Embracing the need for a community and team, and being humble about it.

Who inspired you?

*Anthony Robbins.
Napolean Hill.*

Do you find that there is a stigma associated with ABI? If so, how have you dealt with it?

*Yes. They assume that we can't help ourselves or ever heal, that we are stuck, since the human brain is still "unknown".
I don't "deal" with it. I choose to live life to the fullest!*

What can health professionals involved in ABI care do better?

Have faith in the knowing that humans have "Endless Potential" and all is possible.

Communicate to the survivor to have faith in the knowing "that healing is a possibility" v.s advising to accept your current condition as a way of life.

What makes a great Rehab Support worker?

- * Kind*
- * Empathetic*
- * Open to communicating and working with you, in the mental state you're in v.s talking to you like a child or a fully healed adult.*

If you could go back and change anything about your recovery, what would it be?

I would change the perspective that insurance companies hold regarding natural healing modalities.

Tell me about your role as a Trauma Recovery Strategist. What does that entail?

Helping people break through their mental blocks and physical restrictions. By helping people gain a new perspective of where they are, providing them with an entirely new perception of what is possible.

Tell me a bit about your work as a speaker and coach.

I inspire people by my story and coach people through the chapters of my book “The Life of Your Choice”.

Wonderful opportunities have blossomed and I am grateful.

How has your work with ABI survivors affected you as a person?

One word: inspiring. To help people tap into their “Endless Potential” and gain clarity on what is possible.

What goals do you have for the next ten years?

- *Create a downloadable coaching program*
- *Write another book*
- *To cycle across the country raising awareness for Brain Injury.*
- *Share the stage with Anthony Robbins and other successful leaders.*

Here a few thoughts from Daniel’s book “The Life of Your Choice”:

- On positivity: Daniel points out that being positive leads to a fuller life, one that allows you to find purpose. Being optimistic shifts you “from a reactive to a creative mindset” which allows you to be a better problem solver.
- On “stepping back”: Daniel writes about the challenge of re-envisioning one’s life post-brain injury. The process of taking stock of one’s current situation and coming to terms with one’s reality can be scary and daunting. But for Daniel it also meant an opportunity to create a new future, one that would be vastly different but perhaps even more meaningful.
- On doing for others: The value of helping others is something that Daniel believes strongly in. During the healing process after a traumatic event, the survivor is often focused solely on his or her self, on rehab, and on getting better. This is a necessary mode to be in. However, by looking to help others, it helps the survivor begin to take those important steps outside of his world and begin to recognize there is more to life than rehab. Helping others can give meaning to one’s life, it can remind the survivor that they are a valued member of the community, and it can help the survivor learn about who they are and who they wish to be.
- On gratitude: Daniel writes of the importance of taking the time to be grateful for what you have. While recovering from a traumatic injury feeling grateful might seem strange, but Daniel believes it can be of great benefit. Taking time to think of the things for which you are grateful helps to change your mindset, making you

a happier person. If a person only thinks of that which he doesn't have, then he can never be happy.

- On “choosing your thoughts”: Often our thoughts are automatic, and unintentional. Daniel writes of the importance of paying attention to our thoughts, and making them intentional. How are you approaching your life? What is your self-talk saying about how you see the world? Be sure to have your thoughts reflect what you want from life.

Daniel's book, **“The Life of Your Choice: Moving from “Oh, No!” to “Oh Wow!”**” is an inspirational account of surviving and thriving post brain injury. He pulls words of wisdom from many authors and thinkers and lends stories from his own experiences. Importantly, the advice and concepts within his book are applicable to people in all walks of life, be they traumatic injury survivors or not.

Thanks to Daniel for taking the time to answer my questions, and congratulations to him as he celebrates his 10th year post-accident!

Go to danielbaxspeaks.com if you'd like more information or to purchase a copy of his book.

To see an interview that Daniel did, check out:

<https://www.youtube.com/watch?v=qEOIs5rwWZ8&feature=youtu.be>