

TIM WOTTON BIO

Born in 1971, Tim has lived in South London for the last twenty years and is married to Katie with a son Felix. Tim is a full-time communications consultant, award-winning author, international public speaker and has played field hockey for England. His eyes and heart have been opened by his health struggle with cystic fibrosis (CF) and CF-related diabetes which has been a huge factor in his life, but not one that defines it.



AUTHOR

Cystic fibrosis (CF) is one of the UK's most common life-threatening diseases, affecting over 10,000 people and 70,000 around the world. There's currently no cure. Not all that long ago, a CF diagnosis meant an early death. Tim Wotton is one such sufferer, who was told from an early age that he would not live beyond his 17th birthday. One of the oldest survivors of this crippling disease, *How Have I Cheated Death?* is a diary of his 39th year, a countdown to the illusive 40.

A story of triumph over adversity, this compelling chronicle, the first book written by a CF sufferer at 40, offers hope and inspiration, demonstrating what cannot be cured needs to be endured. Written with great honesty and humour with an enlightening Foreword by the actress Jenny Agutter, this profound account is a testament to the daily dedication required to deal with CF and diabetes while managing a normal family life.

Tim's memoir won the 'Best Achievement' award at the 2015 UK People's Book Prize.



PUBLIC SPEAKER

Tim is a successful national and international public and keynote speaker across both public and private sectors, having presented at Shell, Roche, Vertex, Cystic Fibrosis charities and at the Houses of Parliament.

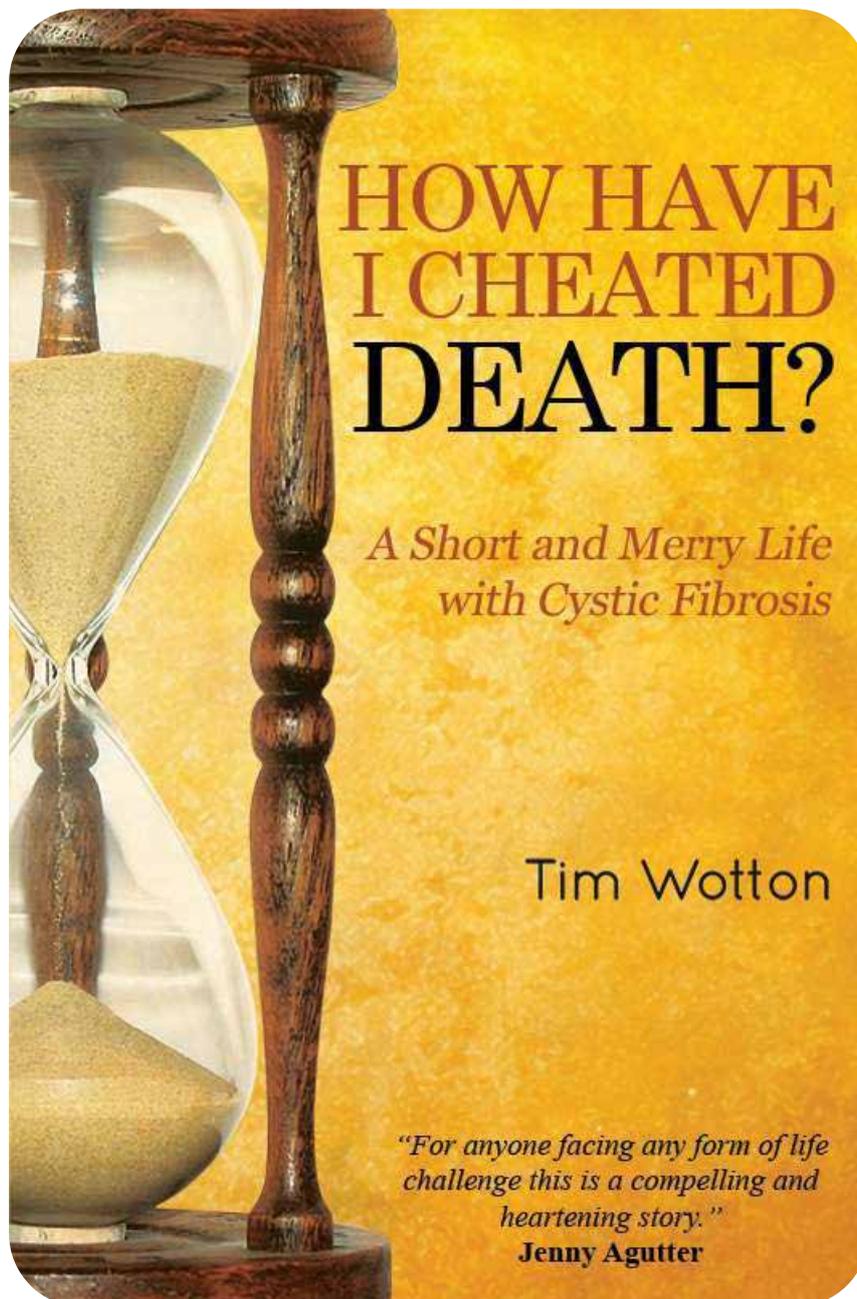
Tim unpicks his CF survival, living and working with a disability and the transformative power of medicine, while demonstrating the resilience required every day to endure what cannot be cured. He also stresses the importance of physical and mental wellbeing to business performance, life and work purpose and the importance of leaving a lasting legacy by living for every moment.

Tim's candid, authentic and humorous speeches are thoroughly engaging, thought-provoking and live a long time in the memory.



HOW HAVE I CHEATED DEATH? A SHORT AND MERRY LIFE WITH CYSTIC FIBROSIS

TIM WOTTON



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