



MEET TJ NELLIGAN

Entrepreneur, Advocate, and former Chairman & CEO of the 2014 Special Olympics USA Games

 TJNelligan.com

TJ Nelligan



TJ'S STORY:

An entrepreneur, advocate, and former Chairman & CEO of the 2014 Special Olympics USA Games, TJ Nelligan is a man of action who has made it his life's mission to benefit others. Inspired after his son's sudden passing, *Live Like Sean* provides a first-person perspective of seeing the world through the eyes of his special-needs son, who taught the world more than it could ever teach him.

When TJ began this journey as the parent of a child with special needs, he was filled with anger and disappointment wondering how he would raise a child with so many issues. TJ never realized how many lessons Sean would ultimately teach him.



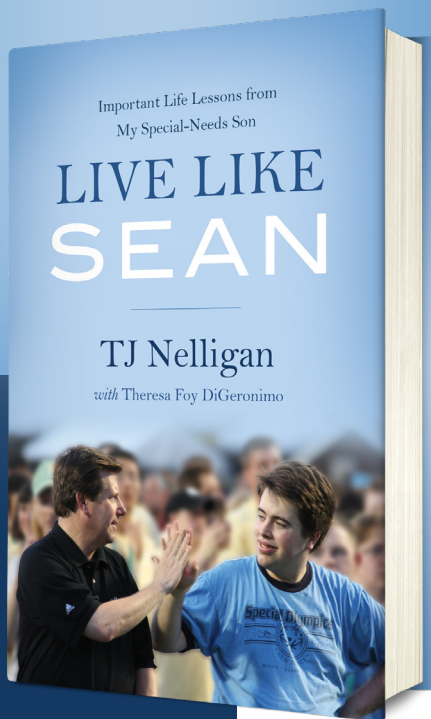
SEAN'S STORY:

Sean Nelligan was born with intellectual disabilities that never prevented him from living a full, rich life or from profoundly touching the lives of everyone around him.

With each chapter, readers learn major lessons Sean teaches us about life through a series of engaging, funny, and uplifting stories. *Live Like Sean* describes how the experience of being Sean's father changed TJ's life for the better, and offers readers the chance to let Sean's love, kindness, and gratitude touch their lives, too.

To learn more about the book *Live Like Sean* please visit:

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*Live Like Sean is the
timely, positive story we need
to put life in perspective.*

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BOOK DESCRIPTION:

In *Live Like Sean*, entrepreneur, advocate, and former Chairman & CEO of the 2014 Special Olympics USA Games TJ Nelligan, reflects on the remarkable life of his beloved special-needs son, Sean, who passed away in 2019. Sean was born with intellectual disabilities that never prevented him from living a full, rich life or from profoundly touching the lives of everyone around him. With each chapter, the author reveals a vital lesson that Sean taught him about life, told through engaging, funny, and uplifting stories. Nelligan describes how the experience of being Sean's father changed his life for the better, and offers readers the chance to let Sean's love, kindness, and gratitude touch their lives, too.



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TOP MESSAGES TO TAKE FROM *LIVE LIKE SEAN*



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Live Like Sean uniquely shares the story about TJ's son that is very relatable to other parents with special-needs children and how their lives may not be what we had originally planned, but that does not make them any less spectacular. As soon as we begin to view the world through their eyes, we can see more clearly.

It took TJ years of climbing the corporate ladder of success to learn that happiness is not a future destination. A life built on the expectation of future rewards makes it difficult to enjoy the journey because the end is never reached.



QUESTIONS TO ASK TJ

1. Why did you write *Live Like Sean*?
2. Tell us about Sean's legacy and impact on others?
3. What was it like seeing Sean compete in Special Olympics?
4. What are the top 2-3 lessons Sean taught you?
5. Describe your experience as the parent of a special-needs child?
6. What are misconceptions about those with special needs?
7. What do you hope others take away from *Live Like Sean*?
8. Why do people need to read a book such as *Live Like Sean* now?
9. What advice would you offer other parents who lost a child recently?
10. How do you plan to continue Sean's legacy?

To learn more about the book *Live Like Sean* please visit:

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