



It's Cool to be Conscious

Harry O'Brien

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Harry O'Brien is widely recognised as an elite professional football player in the AFL. Less known is the fact that ... deep down ... Harry is a philosopher at heart.

There have been many obstacles in Harry's personal life. In dealing with these, Harry has developed an appreciation that his story may inspire others to overcome their own challenges.

It's Cool to be Conscious includes personal stories from Harry's life, both on and off the field. He shares the four pillars that he believes can help anyone to achieve their very best:

- Seek a wide range of experiences
- Believe you can control the outcomes in your life
- Be open to the potential that life has to offer
- Meditate to clear the mind and calm your thoughts

With the same passion that he applies to AFL football, Harry now wants to help others. His frank and engaging story just may be the inspiration you need you to follow your dreams, forge your own path and kick some goals!

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