



## FUTURIZE YOURSELF (2nd Edition) – Press Information

Author: Tom Meyers (Brussels, Belgium)

### Target readership

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- **Adults** (25–65) who feel stress, uncertainty or stagnation in their work, relationships or health – including both high-functioning ‘golden cage’ readers and those whose life has become messy or unstable.
- **Readers interested in personal development** that is practical, reflective and psychologically realistic (not guru-like).
- **Coaches and therapists** who want a usable framework with prompts to support clients through change.

### Back cover blurb (flap text)

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If you feel stuck – whether your life looks fine on the outside or it’s falling apart – you’re not alone. The world is moving fast. Careers are less predictable, relationships are under pressure, attention is constantly hijacked, and fear can creep in: becoming irrelevant, unwell, or trapped in a life that no longer fits.

Futurize Yourself is a grounded, practical guide built from lived experience. It begins with a real turning point: an existential crisis at 29, triggered by a failing business and a prison-like feeling from which there seemed no escape. What followed was a guided process of rebuilding from the inside out – question by question and step by step.

In this second edition, Tom Meyers distils that lived process into a clear framework with reflection prompts and practical steps. You’ll learn how to recognise the mismatch, step out of stress loops and limiting beliefs, define a future that genuinely fits you, and translate it into choices, habits, and actions you can sustain. Build stability through change – and shape what comes next.

### Short synthesis / contents overview

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#### Structure

**Part One** is personal – the author takes the reader through his own journey of transformation: the struggles, the insights that changed everything, and the practical steps that helped him move forward. Reflection moments are included throughout to help the reader connect the story to their own life.

**Part Two** shifts the focus to the reader – a guided, step-by-step application of the Futurizing Yourself framework, with structured questions designed to support real change.

#### Content

**Part One:** Backstory and context – a narrative of crisis and recovery that introduces the core idea: the mismatch between our inner world and our outer reality – a conflict often fuelled by a tug-of-war between the past we carry, the present we’re trying to manage, and the future we fear or avoid – and how a future-led approach can return a sense of agency.

**Part Two:** The Futurizing framework (step-by-step) – a practical pathway that helps readers translate insight into action. It starts by clarifying the specific mismatch they want to resolve, then guides them through structured questions, choice-making, and habit-building so they can shift from being driven by the past and overwhelmed by the present to being guided by a chosen future.

**Outcomes for the reader** – clearer direction, more grounded decision-making, fewer stress-driven reactions, and a realistic way to keep moving forward in a fast-changing world – without hype or perfectionism.

### **Strengths vs comparable books in the genre**

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- **Clear positioning:** not ‘manifestation’ or vague inspiration – a structured, question-led method grounded in lived experience.
- **Protopian tone:** realistic, humane and achievable – focused on gradual progress and “stability through change”.
- **Highly usable:** reflection prompts and a step-by-step path designed for self-application and for professional use with clients.
- **Contemporary relevance:** directly addresses modern pressures – speed of change, attention hijacking, fear of irrelevance and future anxiety.
- **Distinct voice and language:** a future-focused approach that connects personal growth with responsibility towards others (the ‘y’our’ perspective).

### **About the author**

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Tom Meyers was born in Antwerp, Belgium, in 1970. His life has been eventful, to say the least, but it came to an abrupt halt at 29 when his gourmet deli business failed, tipping him into an existential crisis. A series of questions – and the step-like process that followed – became his way out of the downward spiral. Years later, he distilled that lived experience into what he now calls Futurizing Yourself: a practical framework for overcoming limiting beliefs and designing a life you can live from, with and on purpose. Today, Tom divides his time between his Brussels-based osteopathy practice,

where he specialises in autonomic regulation, and his international work as a speaker and the founder and instructor of The Reaset Approach – a regulation-first method that helps manual therapists bring themselves and their skills into the 21st century. Driven by a clear mission as a Fitfull Futures Explorer, he bridges health, longevity, and future readiness to help people flourish and thrive in a fast-changing world.

### **Previous publications**

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- The Futures Effect – Change Your Story, Change Y’our Future! (published)

- Futurize Yourself – Design Your Life on Purpose (first edition) OUT OF STOCK