

**MEET THE MEMBER** by Glenn Steinberg

## **Mark Matteson**



*At first I thought an NFL linebacker was in the weight room when I first saw Mark Matteson. This guy is 6'-7" and 265 pounds of muscle. He doesn't look 55 years old, though the streaks of grey hair give him away.*

*I overheard Mark talking to another member as they pumped iron. He was telling someone that he failed high school english, went to only one year of junior college and just started to write on his own. Twenty years later, he is a bestselling author.*

*Curious, I introduced myself because I knew you needed to know this dynamic Harbor Square Athletic Club (HSAC) member.*

*Mark has authored five books and six e-books that are available online. His first book, "Freedom From Fear" has been translated into Japanese and French. He is also a motivational speaker for major corporations and speaks 75 times a year around the world.*

*I am reading his newest e-book "**It's About TIME**" (How To Get Twice As Much Done in Half The Time) It's packed with entertainment, high energy and time management information...just like Mark.*

*You really should go to his web site and see his video and check him out at = [www.sparkingsuccess.net](http://www.sparkingsuccess.net) . You can download the e-book from his bookstore for \$4.95. It's worth 1,000 times that in value!*

*Mark also impressed me with the fact he has lost 50 pounds and 10" off his waist the last three years. He practices what he preaches.*

*When he is not traveling to speak, he also enjoys bodybuilding, yoga, watching basketball (especially his sons who played in college and professionally), river rafting and spending time at his condo on Lake Chelan to jet ski, water ski and swim. In between all that, he writes books that change people's lives. I am guessing only a time management master like Mark could fit in all those things.*

*I asked Mark what he likes about HSAC. He wrote the following to me: "The quality of the people that work out at HSAC is at the top of the list. I think it's a reflection of the kind of community that exists in Edmonds. The diversity of ages and interests as well is a plus. Of course, I love the equipment, the pool, the BB Gym, the classes. I think you have to go to the Pro Club in Redmond or the WAC in Seattle to match the value that HSAC offers."*

*If you get a chance to meet Mark at HSAC he might just change your life.*

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