

Al Duncan is the leading motivational speaker for at-risk youth and troubled young people. An award-winning columnist and internationally recognized authority on youth development and empowerment, Al has delivered **Duncan Nuggets™**, live and in-person, to over one million young people around the world.

Frequently called upon by the media to share his expertise, Al is the author of ***My Success Journal for Young People (3<sup>rd</sup> Edition)***, ***Get ALL Fired Up! (Revised Edition)***, and ***Big Money Student™*** (April 2011). He has been awarded the President's Call to Service Award and The National PTA Life Achievement Award, for his outstanding service in the field of youth development and empowerment.

Growing up in a dangerous, poverty stricken neighborhood, being molested as a child, and drug abuse in his immediate family, by today's standards, Al would've been labeled an at-risk student.

**Devastated, but not defeated**, He went on to enjoy careers as a professional saxophone player, a professional chef, and he is the former executive producer and host of his own television show. At the age of 24 he walked away from his musical career and took on the tremendous responsibility of raising his youngest brother who was 12 years old at the time.

**Duncan Nugget #11:** “You are guaranteed to win once you defeat the enemy within because... It's ALL mental!”