

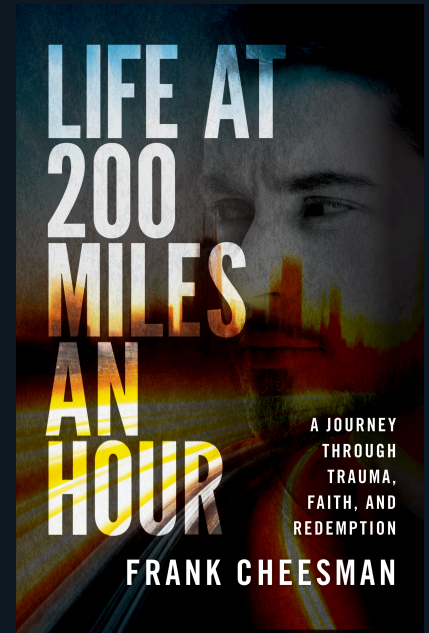
THE BOOK · THE STORY · THE SPEAKER

Life at 200 Miles an Hour

A Journey Through Trauma,
Faith, and Redemption

Some people run toward success. Others run from pain. In this raw, hope-filled memoir, Frank Cheesman explores trauma, identity, marriage, and faith—and the grace that moves us from merely surviving to truly living.

12 CHAPTERS. ONE HONEST, HOPE-FILLED JOURNEY.



AUTHOR · PASTOR · SURVIVOR

Frank Cheesman

Founder & Pastor, Men of God Ministries

Frank leads a global outreach sharing the gospel, feeding orphans, and delivering medications and wheelchairs worldwide. Based in Edmond, Oklahoma, he teaches fatherhood through COPE Family Support and consults in batterer intervention.

A survivor of childhood trauma, abuse, and life-altering physical setbacks, Frank brings lived experience, biblical wisdom, and compassion to conversations about healing, identity, and God's relentless grace.

Your past may explain you,
but it never has to define you.

SPEAKING TOPICS THAT MEET PEOPLE WHERE THEY ARE

Life at 200 MPH

When constant motion hides unresolved pain.

Breaking Generational Cycles

Interrupting inherited patterns of trauma and abuse.

From the Floor to Freedom

Finding hope and identity through the grace of God.

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