

[Free read ebook] Getting Back in the Game: How to Regain Your Life After Disability

Getting Back in the Game: How to Regain Your Life After Disability

Mark E. Shepherd Sr

**Download PDF / ePub / DOC / audiobook / ebooks*

Getting Back *in the* Game

HOW TO REGAIN YOUR LIFE AFTER DISABILITY

MARK E.
SHEPHERD SR.

DOWNLOAD



READ ONLINE

#5504078 in Books Beckham Publications Group 2010-04-01 Original language: English 8.50 x .33 x 5.511, .41 #File Name: 0984199152142 pages | File size: 39.Mb

Mark E. Shepherd Sr : Getting Back in the Game: How to Regain Your Life After Disability before purchasing it in order to gauge whether or not it would be worth my time, and all praised Getting Back in the Game: How to Regain Your Life After Disability:

1 of 1 people found the following review helpful. This book is Direct and Honest - How refreshing !By MaryBeth

Nielsen Many books relating to disability and life, well, quite frankly, do not express truthful facts; they tend to wear rose-colored glasses. As a Physical Therapist for almost 20 years, I felt that Mr. Shepherd's insights were presented in a thoughtful and straight-forward manner. "The important goal is to re-establish yourself as a contributor and participant in our society. This also re-establishes your own self worth." (p.119) Professionally and personally, I try to motivate and teach skills to my patients so that life will not pass them by. Here's another quote that is simple and powerful: "Keep in mind that nobody owes you anything. Simply because you are disabled doesn't provide you a free pass to life. Getting back in the game means you must be willing to return to work, re-establish the value of collective contribution, and invest in your own future actively." (p. 123) The author offers good advice without an all-knowing attitude; he honestly wants to open eyes and to give guidance. "Whatever you choose, you must develop goals that force you to move in the right direction. You gain emotional leverage on yourself. You must view the pain of not doing something as more painful than making the attempt." (p.130). Much to my surprise, I learned several new things...most of what I learned I will share with patients, families and co-therapists. Other new insights will simply make me a better person. Perhaps, this book could extend its reach by being recorded on CD or electronic media. Best wishes !

1 of 1 people found the following review helpful. A Life Changing Event
By PJ This is an outstanding, must read book for anyone living with a spinal cord injury. I wish I would have had this book available as a resource after my injury. Mr Shepherd gives us an insightful and inspiring down to earth self-help guide to dealing with the physical and psychological trauma as a result of experiencing a spinal cord injury and resulting paraplegia. I applaud Mr. Shepherd for his boldness and sense of humor in dealing with such a significant life-changing event. This book is an outstanding resource for care-givers as well.

0 of 0 people found the following review helpful. Sage Return
By Nameless Warriorexcellent book on recovery from total game changer in life. Should be a companion to prevent self pity. It always takes one to know one. Puts you back in the leadership role you richly deserve as you overcome confusion and despair. It is not an overnight journey, but probably one of the best journeys you will ever be on. Well worth the read!

In 1986, Mark E. Shepherd became permanently paralyzed from the waist down when his automobile flipped out of control. In *Getting Back in the Game*, Mark Shepherd addresses those traumatically injured citizens who have become permanently disabled. *Getting Back in the Game* starts at the onset of disability and continues through the many stages of physical recovery, physical rehabilitation, and emotional revitalization.