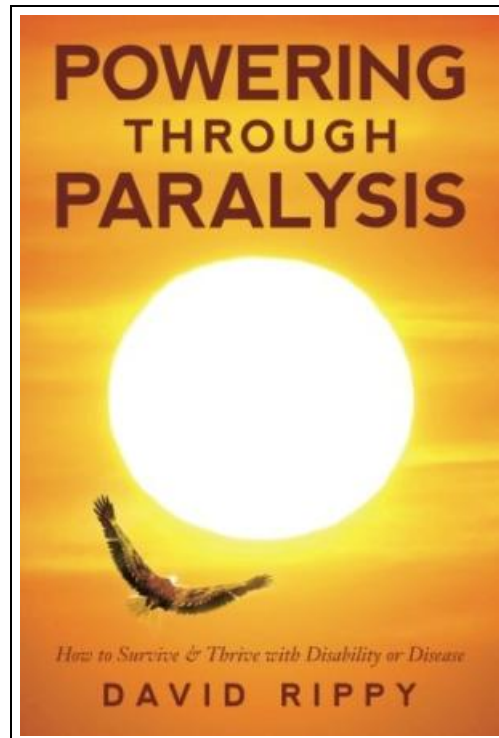


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When David Rippy was looking for information or a practical guide to help him cope with his major disability, he was shocked by the lack of selection. Rippy was recovering from an accident that left him paralyzed from the neck down and wanted a book that could help him deal with both the physical and emotional challenges he was now facing. Among many other things, he would need to know how to survive, let alone thrive living with a high-level spinal-cord injury. After discovering and learning various techniques he found successful over many years and going on to enjoy great success in his career, Rippy decided to write his own book and share his findings. This one-of-a-kind guide brings his knowledge, insights, and experience to others living with disability or disease. Powering through Paralysis will help you reach your dreams in the face of tremendous physical obstacles. Rippy addresses many of these obstacles while including information on: Hiring a dependable healthcare assistant Approaching accessibility concerns Finding affordable and accessible transportation to fit your disability or disease by converting cars or vans Setting reachable goals Coping with frustration and impatience Building your self-confidence Maintaining a positive attitude Forming healthy habits Working with meditation and creative imagery Using hypnosis to cope with pain and trauma Overcoming everyday challenges Rippy, who worked for many years as a money manager after his accident, also includes a section on professional development and navigating the workplace. The exercises and resources he has provided will help you find the confidence to pursue your goals and dreams, no matter what.



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