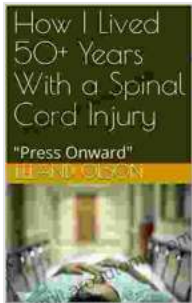


# How I Lived 50 Years With Spinal Cord Injury: An Inspiring Story of Resilience and Triumph



## How I Lived 50+ Years With a Spinal Cord Injury: "Press Onward" by Leland Olson

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1357 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 145 pages
Lending	: Enabled



On a sunny day in 1972, I was involved in a car accident that changed my life forever. I was just 22 years old, and I had my whole life ahead of me. But in an instant, everything changed. I was paralyzed from the waist down.

I was devastated. I couldn't believe that I would never be able to walk again. I thought my life was over. But then I realized that I had a choice. I could either give up and let my injury define me, or I could fight to live a full and happy life.

I chose to fight.

It wasn't easy. There were many times when I wanted to give up. But I had a lot of people who supported me, and I knew that I had to keep going.

I started by setting small goals for myself. I wanted to be able to get out of bed on my own. I wanted to be able to go to the bathroom without help. I wanted to be able to drive a car.

One by one, I achieved my goals. It took time and hard work, but I never gave up.

Today, I am 72 years old, and I am living a full and happy life. I am married, I have children and grandchildren, and I have a successful career. I am a paraplegic, but I am not defined by my disability. I am a survivor.

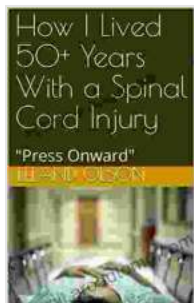
My story is a story of hope and inspiration. It is a story about the power of the human spirit. It is a story about never giving up on your dreams, no matter what challenges you face.

### **Here are some of the things I have learned over the past 50 years:**

- **Life is precious.** Cherish every moment you have.
- **Never give up on your dreams.** No matter what challenges you face, never stop believing in yourself.
- **Surround yourself with positive people.** The people you spend time with will have a big impact on your life.
- **Don't be afraid to ask for help.** There are many people who are willing to help you achieve your goals.
- **Be grateful for what you have.** Even though you may have challenges, there are many things to be grateful for.
- **Live your life to the fullest.** Don't let your disability define you. Get out there and live your life to the fullest.

I hope my story inspires you to never give up on your dreams. No matter what challenges you face, you can overcome them and live a full and happy life.

To learn more about my story, please read my book, "How I Lived 50 Years With Spinal Cord Injury."



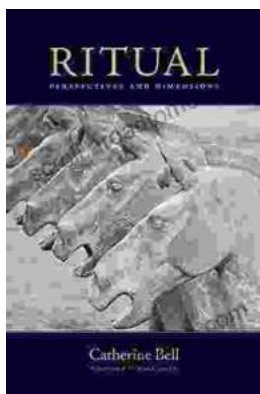
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