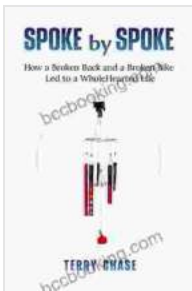


How Broken Back And Broken Bike Led To Wholehearted Life

In 2015, I was involved in a life-changing accident. I was riding my bike when I was hit by a car. I broke my back in two places and had to undergo major surgery. I was told that I would never walk again.



Spoke by Spoke: How a Broken Back and a Broken Bike Led to a Wholehearted Life by Terry Chase

★★★★★ 5 out of 5

Language : English
File size : 1052 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 158 pages
Lending : Enabled



I was devastated. I had always been an active person, and I couldn't imagine my life without being able to walk. I went through a period of deep depression and self-pity.

But eventually, I realized that I had a choice. I could either give up on life, or I could choose to live my life to the fullest, despite my disability.

I chose to live. I started by setting small goals for myself. I worked hard to regain my strength and mobility. I went to physical therapy and occupational therapy. I started swimming and biking again.

It wasn't easy, but I slowly started to make progress. I was able to walk again, and I was able to do things that I never thought I would be able to do again.

My accident changed my life in many ways. It taught me the importance of perseverance, resilience, and gratitude. It also taught me the importance of living each day to the fullest.

I am now living a full and happy life. I am grateful for every day that I have. I am grateful for my friends and family, who have supported me through this journey. I am grateful for my ability to walk and to do the things that I love.

My accident was a turning point in my life. It led me to a path of self-discovery and resilience. I am now living a wholehearted life, and I am grateful for every moment.

How Broken Back And Broken Bike Led To Wholehearted Life

This book is a memoir of my journey from a broken back and broken bike to a wholehearted life. It is a story of hope, resilience, and self-discovery.

In this book, I share my story of how I overcame the challenges of my accident and found a new way to live.

I hope that my story will inspire you to never give up on your dreams, no matter what obstacles you face.

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