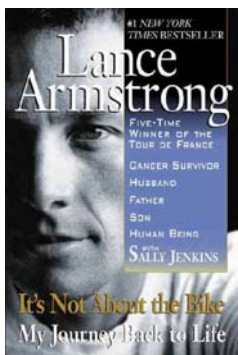


Book Reviews



It's not about the bike: *My journey back to life, Lance Armstrong.*

People everywhere will find real inspiration reading the story of Lance Armstrong. In 1996 the 24 year old was ranked the number one cyclist in the world, but that October he was diagnosed with cancer and was told that he had a 20 percent chance of survival. In this book he reveals his journey and how it changed his perspective on life forever. This book is not for the faint hearted it includes details of medical procedures, but it does however contain each triumph along his road to recovery.

'A Fortunate Accident - A Boy from Balranald' - Kevin Coombs

Published by: Aboriginal Affairs Victoria, 2005

When Aboriginal Affairs Minister Gavin Jennings launched Kevin Coombs' autobiography in July this year, he described it as an "optimistic and enthusiastic" retelling of how this five-time Paralympian and Aboriginal community elder rebuilt his life after shooting accident left him paralysed at the age of 12.

Coombs describes his early years within a large extended Koori family on the banks of the Murrumbidgee River in rural Victoria as 'ordinary'. After the accident, he spent a year lying on his stomach and endured extended periods in hospital before being given a wheelchair. It was during his recovery at the Austin Spinal Unit that Coombs discovered basketball - a sport that not only motivated him out of his sick bed would lead to a remarkable career.

In 1960, at just 19 years of age, Coombs was selected for the first Paralympics in Rome. He then went on to participate in four more Paralympic games, captain the basketball team in Germany in 1972 and the entire Australian Paralympic team in London in 1984. He is also one of only a few people in Australia to have carried both the Olympic and Paralympic torches.

Coombs has also been a leading figure in a wide range of Aboriginal and disability organisations.

He is currently chair of the indigenous taskforce on the 2006 Commonwealth Games and has been awarded an order of Australia for a lifetime's support and service to sport and the community.

A Test Of Will: One Mans Extraordinary Story Of Survival **Warren Macdonald**

On the night of April 9, 1997, Melbourne born Warren Macdonald took his last step as a "complete" human being. He had set out to climb Mt Bowen on

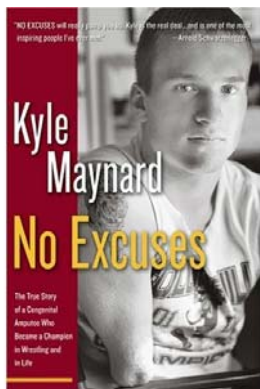


Hinchinbrook Island, but what began as a two day adventure suddenly turned into a nightmare. A massive slab of rock sheered off the mountain, crushing and trapping Macdonald beneath it for two horrendous days and nights while his companion hiked out for help. The accident would change MacDonald's life forever, and test the boundaries of human potential. A Test of Will is a gripping tale of profound courage, strength of spirit and sheer tenacity in the face of overwhelming odds—a story that will both haunt and inspire you from the first moment of catastrophe.

Visit Warren's website
www.partanimal.com

No Excuses - Kyle Maynard

No Excuses is the inspiring true story of a congenital amputee who became a champion in wrestling and in life.



When Kyle Maynard was born, he was missing his limbs below both elbows and both knees. However, neither he or his parents would allow this to interfere with his potential to excel in life. A few of Maynard's accomplishments include: playing football as a defensive line man, becoming a high school wrestling champion, and establishing a new world record for weightlifting.

This book shows that it is possible for anyone to live life to the fullest, demonstrating you can accomplish anything once you put your mind to it.

Website address: www.kmaynard.com

Life without limits - Helen O'Neill

David Pescud, founder of Sailors With DisAbilities - whose KAZ crew have set a record for circumnavigation of Australia - has always been at home on the water. Dyslexia locked him out of the world of print at an early age. Family tragedy and humiliations at school left him an angry, disturbed youth until, finally diagnosed with a 'legitimate' disability at the age of seventeen, he began to see himself in a different way.

He went on to achieve success in business and through his passion to bring the joys of sailing to disabled adventurers. His SWD team, which included a blind man, an amputee and a twelve-year-old dyslexic boy, survived the nightmarish 1998 Sydney to Hobart Race, coming in ninth overall and winning their category.

Award-winning journalist Helen O'Neill, noting the irony of writing the story that her subject will never read, captures Pescud's honest, humorous and colourful voice, passionate and caring personality, and his inspiring spirit of adventure. This story will

change how you see print, as well as how you see disability.

Life without Limits, the David Pescud Story (Random House Australia) was published in 2003

It's Just a Matter of Balance *Kevin S. Garrison*



Kevin Garrison shares his very personal story of becoming an amputee at age 17 due to cancer.

His experience eventually leads him to study prosthetics. Here he finds the skills to help other amputees adjust, and within this journey, he also finds a much deeper understanding about his own life as an amputee.

There is a wonderful sincerity within this book.

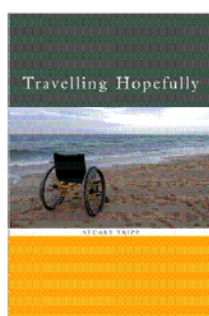
Living with a below knee amputation: A unique insight from a prosthetist/Amputee



This book provides an insightful look at the entire spectrum of the below knee experience from amputation to rehabilitation. As a prosthetist for 22 years, author Richard Riley uses real life examples to answer many of the questions facing amputees.

The information is structured in a manner that permits quick, easy access to an array of topics. *Living with a Below-Knee Amputation* not only discusses the psychosocial and physical issues; it also clearly explains the role of the medical professional and the complexities of constructing a prosthetic device during each phase of rehabilitation. Images are also included to display all of the available options and components of an artificial leg.

'Travelling Hopefully' a book by Stuart Tripp



One October evening a car flew off a bend on a country road and finished wrapped around a tree, forever changing the life of the young man within.

Travelling Hopefully is the first book in a two book series telling the

story of Stuart Tripp. At twenty-four years of age, Stuart like other young people was establishing his career, had enjoyed his first taste of world travel and was eager for more. All that came to a halt in October 1994. Instead Stuart awoke after weeks in a coma to discover the results of the accident: head trauma, crushed legs, kidneys in failure and a memory full of black holes.

This was only the start of the road ahead for Stuart, months of confinement, multiple operations, indescribable physical pain, emotional anguish and finally, the loss of his leg.

Drawing on every positive influence in his life, Stuart decided that the loss of his leg would not impact on the quality of his life. He visualised his future and planned action steps to get there.

In this first book, Stuart Tripp reveals that travelling hopefully is really about the journey and not the final destination.

To order a copy go to: www.travellinghopefully.com

One Unknown - Gill Hicks



Australian-born Gill Hicks was on her way to work on a Piccadilly line train on 7 July 2005 when a terrorist bomb exploded in the carriage in which she was travelling. Amazingly, and against all the odds, she survived the blast, but due to the injuries she sustained her legs had to be amputated.

In this moving memoir Gill recounts the events of that day, from facing the very real prospect that she might die and her subsequent fight to live, to later coming to terms with losing her legs and living life as a disabled person. The book includes excerpts from the diary she wrote during her rehabilitation, an account of her wedding day in December 2005, and traces the journey of her extraordinary recovery.

Having survived this life-shattering experience, Gill asks important questions about how we set our priorities and the way we live our lives. She motivates readers to "seize the day" and live life to the full while striving for a better, more tolerant world. Her powerful message has a broader audience than most "ordinary" motivational books because of the experience out of which it was borne. This moving account is told with great integrity and honesty, and Gill's lack of self-pity and keen sense of humour lighten the tone and make this book very special indeed.

One Unknown is available at all good book stores



1300 782 231

