

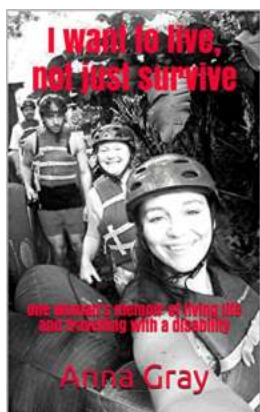
# One Woman Memoir Of Living Life And Travelling With Disability

**My entire life can be  
described in one  
sentence:  
It didn't go as planned,  
but that's ok.**

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Living with a disability is often seen as a challenge, but for one woman, it became an opportunity for self-discovery, empowerment, and a life full of adventure. Her memoir sheds light on the experiences she encountered, the places she visited, and the people she met during her inspiring journey.

The memoir takes readers on a rollercoaster of emotions, providing an intimate insight into the ups and downs of living with a disability and the determination required to overcome obstacles. From the initial shock of the diagnosis to embracing a newfound identity, the woman's story resonates with readers of all backgrounds.



## I want to live, not just survive: One woman's memoir of living life and travelling with a disability

by Anna Gray (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English  
File size : 1863 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 212 pages  
Lending : Enabled



## Discovering the World in a Different Light

After her diagnosis, the woman decided to embark on a journey of exploration. The memoir vividly describes the challenges she faced while navigating unfamiliar terrains and the unique perspectives gained from visiting different cultures. Through her writing, she aims to dispel common misconceptions about disability and emphasize the importance of inclusion in society.

The memoir encompasses countless travel experiences, from scuba diving in the Great Barrier Reef to trekking through the lush rainforests of Costa Rica. Each chapter immerses readers in breathtaking scenery, transporting them alongside

the woman on her ventures. The vivid imagery combined with her candid storytelling allows readers to experience the world through her eyes.

## **Inspirational Encounters and Overcoming Prejudice**

Along her travels, the woman encounters individuals from all walks of life. From fellow adventurers to locals in remote villages, these interactions are proof of the unifying power of humanity. Each encounter challenges preconceived notions about disability, proving that it does not define a person's worth or limit their potential.

The memoir captures heartfelt conversations, unearthing stories of resilience, compassion, and friendship. These tales serve as a reminder of the collective strength we possess and highlight the importance of empowering individuals with disabilities within our communities.

## **Empowering Others through Advocacy**

Throughout her memoir, the woman shares her experiences of advocating for disability rights and working towards inclusivity. By partnering with local organizations and volunteering her time, she actively contributes to the advancement of disability rights on a global scale.

The memoir outlines the numerous challenges faced when striving for change, but it also underscores the importance of perseverance and unity. It serves as a call to action, urging readers to actively work towards creating a world where disabilities are not seen as limitations but rather as aspects that contribute to the rich tapestry of human diversity.

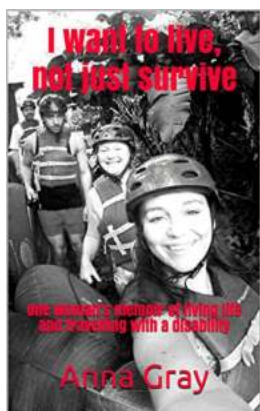
## **A Memoir that Inspires Change and Breaks Barriers**

With its captivating storytelling, breathtaking travel accounts, and thought-provoking message, this memoir has the power to inspire change. It provides a unique perspective on living life and traveling with a disability, challenging societal norms and fostering a more inclusive world.

One woman's journey serves as a testament to the resilience of the human spirit. Her experiences encourage readers to embrace their own unique journeys, overcome obstacles, and live life to the fullest, regardless of any perceived limitations.

As the memoir concludes, readers are left with a sense of gratitude for the journey they have just taken and a renewed perspective on what it means to truly live life without boundaries.

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'I want to live, not just survive' takes you on Anna's journey, of taking back control of her life. In 2015 the priority had been on her health but in 2016 the priorities were switched; from focusing on her health, to living life to the full and cramming in as much fun as possible. She goes on breaks away and fits in her hospital appointments around them and she begins to look forward to a better, more balanced life. She ticks off many things on her bucket list and she literally spends half of the year travelling away from home, on various trips both home and abroad. She takes as many holidays as she can, doing as much as her body would allow and then some. 2016 proved to be an amazing year for Anna; we see how the love of her family and friends has such a positive effect on her and enables her to fulfill her dream of travelling. She is still battling with her health but she is always aiming for it not to consume her; it was important for her to shift her focus, she didn't want to be seen as the 'sick person' who couldn't do anything. 'I want to live, not just survive' shows how, even with significant illness and disability, you can still achieve, you can still live your life and enjoy all that it brings. Reading this book will make you want to experience new things, to travel to different places and fill your life with as much enjoyment as possible, irrespective of your ability. Reviews from Amazon, for the first book in the series, 'You are my sunshine.' 'A truly inspirational read, that illustrates a person's suffering, trials and tribulations but still leaves you at the end of the book with a positive outlook on life, and feeling anything is achievable.' 'Very inspirational great reading. Couldn't put the book down.cant wait for the follow up book. Hope Anna is doing good.' 'Inspirational read by Anna. Written with obvious passion for her family and friends who are helping her through her illness. Complete insight to how she is coping with her illness and the accomplishments she has achieved whilst fighting this battle. Remarkable lady!' 'Anna's bravery and determination to beat her condition is inspirational! As a nurse and a mum I related with everything she said about her experiences and worry for her children! An amazing book and a must read. I will be expecting any student nurse who passes under me to read

this and will highly recommend it as it gives all perspectives. God bless Anna and the kids. Hoping for a happy ever after. ‘ Reviews from Amazon, for the second book in the series, ‘Learning to dance in the rain’ ‘I couldn't wait to read the second book, just hoping it was as good as the first. Well it truly was, yet another moving and inspirational story of one womans battle, how she adjusts to a different life and finds strength not only from herself but from her amazing children. Her story shows how you can find positives in every situation, she certainly did learn to dance in the rain!!!’ ‘I read this book in 2 days. An excellent follow on story of her battle of recovery after major surgery. Anna is an inspiration and her determination to remain positive even when she felt so poorly, continue with her studies, travel and be a role model to her children makes for a great read. Well done Anna Gray, I look forward to reading the next book.’ ‘A great sequel to the fabulous You Are My Sunshine. Anna Gray is inspiring and humorous and writes with honesty and grit about her fight back to health. Can't wait for Part 3!’



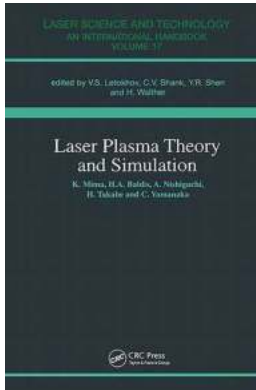
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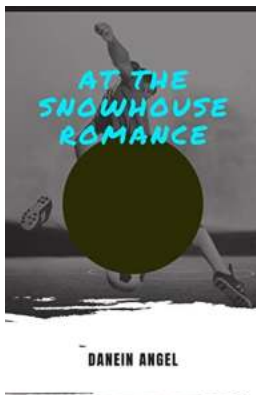
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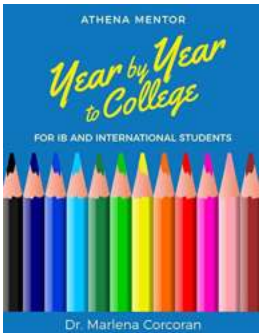
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