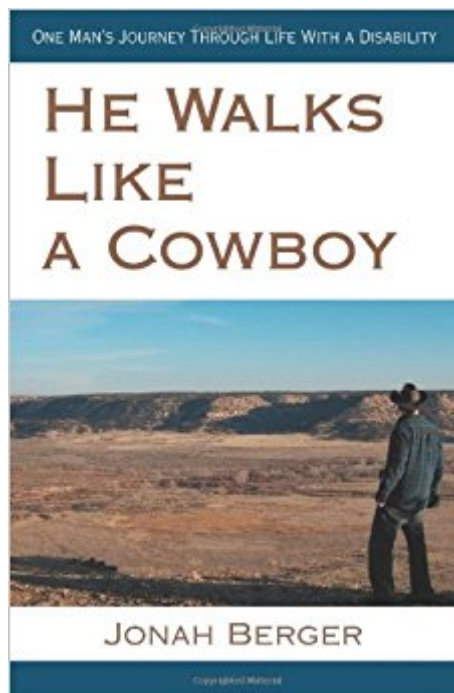




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He Walks Like A Cowboy: One Man's Journey Through Life With A Disability



Synopsis

In any one lifetime, part of the work of living is to go from figuring out what you got dealt, to accepting it. Learning to wield your unique situation to best get your point across. I have found through my life lived with a physical challenge that there are two versions of how a disability is dealt with. One is the version you show to others. The other is the version you are really and truly feeling inside. In my life, these two versions started out light-years apart. And over the span of 35 years, and the influence of many magic people, they have been growing closer all of the time. There is something incredibly free about showing the world what you have going on inside. It helps to keep the struggle of your situation confined to the actual challenge, and not intensified by shame. The pages of this book are a true marriage between my two versions. Charting the affect of a disability on the physical, emotional, and spiritual. Containing an honest view of how struggles can be beautiful, and strength can be found in the weakest of places.

Book Information

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Customer Reviews

Jonah Berger is a 35 year old native of Rockville, Maryland who has spent the last 8 years enjoying life in Denver, Colorado. He founded and runs a business called The Rhythm Within; a therapeutic mentoring service for children and young adults with special needs.

I took Jonah's book to me to the gym and read it while walking around on the track and while on the exercise bike! It somehow felt extra appropriate to read while I was challenging myself to exercise.

The only problem was I would sometimes tear up while walking around the track. Very moving. Great personal stories. I felt like I was climbing the mountain with Jonah. It is great to see a growing collection of books on and about CMT by people with CMT. Their personal motivation to find their way forward in life in spite of the circumstances uplifts us all. Read this book while working out--unless you need to look down to not trip!

Helpful in understanding how CMT affects individuals. Written from author's own experience. Encouraging, funny at times, informative.

Well worth reading if you are or know someone or just care about people who have to overcome some kind of disability.

I loved this book! It is extremely inspirational for anyone. The writer speaks from his heart making for an easy read. The challenges that he takes on are amazingly difficult, yet he makes those experiences hilarious. Jonah's attitude toward having an inherited disability known as CMT is healthy and positive. He considers it a blessing that has made him who he is, a compassionate man who gives love and encouragement to anyone struggling through life's struggles.

The prior reviews are 'spot on' - Jonah's courage and transparency are inspiring and I have found myself quoting him during presentations. While it is not a 'long read,' I found it to be a read savored bit by bit.

Jonah Berger's book, "He Walks Like A Cowboy" was a heartfelt account of his life living with a disability. What was particularly moving were the words of family, friends, and co-workers regarding their relationships with Jonah and their perceptions of him as a person. This book is certainly one that people struggling with disabilities need to read, as well as those that love and care about them.

Anyone that is familiar with MDA world really enjoy this book. I ordered it for my 25 year old son that is battling this disease daily and I believe this book was a very good purchase for him. He has enjoyed it.

One of the best books I have ever read. Jonah really let's the reader feel what it's like to walk in his shoes through childhood, the awkward teenage years and early adulthood. The book is quite

moving at times and the lessons I took from the book I will carry with me the rest of my life. I highly recommend this book.

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