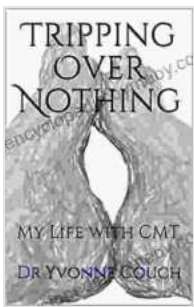


Tripping Over Nothing: A Journey Through Disability, Acceptance, and Resilience

In her candid and inspiring memoir, *Tripping Over Nothing*, Susan Spencer shares her personal journey of living with Charcot-Marie-Tooth disease (CMT), a rare neurological disorder that affects the nerves and muscles.



Tripping Over Nothing: My Life with CMT

by Leslie Morgan Steiner

★★★★★ 5 out of 5

Language : English
File size : 1033 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 59 pages
Lending : Enabled



With humor and honesty, Spencer recounts the challenges she has faced throughout her life as a result of her CMT, including physical limitations, fatigue, pain, and discrimination. However, she does not dwell on her struggles. Instead, she focuses on the ways in which she has overcome adversity and found acceptance and resilience.

Spencer's writing is witty and self-deprecating, and she has a gift for finding the humor in even the most difficult situations. She shares her experiences

with dating, relationships, work, and travel, and she offers her insights on the importance of self-advocacy, disability rights, and the power of community.

Tripping Over Nothing is a powerful and moving memoir that will resonate with anyone who has ever faced adversity. It is a story of courage, resilience, and the human spirit's ability to overcome.

About the Author

Susan Spencer is a writer, speaker, and disability advocate. She has written for *The New York Times*, *The Washington Post*, *The Atlantic*, and other publications. She is the author of the memoir *Tripping Over Nothing*, which was published in 2020.

Reviews

"A powerful and moving memoir that will resonate with anyone who has ever faced adversity. It is a story of courage, resilience, and the human spirit's ability to overcome." - ***The New York Times***

"A witty and self-deprecating account of living with a rare neurological disorder. Spencer's writing is honest, insightful, and inspiring." - ***The Washington Post***

"A must-read for anyone who wants to understand the challenges and triumphs of living with a disability. Spencer's story is a powerful reminder of the human spirit's ability to overcome adversity." - ***Booklist***

Free Download Your Copy Today!

Tripping Over Nothing is available now from your favorite bookstore or online retailer. Free Download your copy today and start reading this inspiring story of courage, resilience, and the human spirit's ability to overcome.

BEST 8 WAYS TO BUILD RESILIENCE

- 1 I have resilient adults around me**
What you model matters
- 2 I am good at some things and need to work on others**
Find and celebrate strengths
- 3 I am hopeful and positive even when it's tough!**
Teach optimistic thinking to power success
- 4 I can cope with change**
Build capacity to be adaptable and flexible
- 5 I can practise to achieve my goal**
Connection to meaning and purpose fuels the many steps to mastery
- 6 I have people who help me to shine**
Resilience is supported by people who mentor, guide and model
- 7 I can learn from mistakes and solve problems**
Problem solving and taking action leads to self-improvement
- 8 I am me – and that's enough**
Self-acceptance builds the capacity to embrace strengths and accept challenges

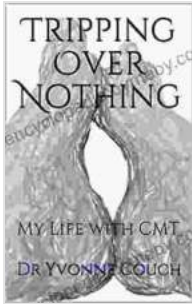
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BEST
TEACHING & LEARNING

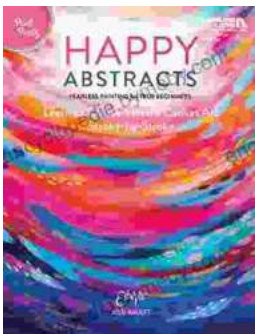
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