



# **You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability.**

*Ed Penniman*

Download now

[Click here](#) if your download doesn't start automatically

# **You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability.**

*Ed Penniman*

**You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability.** Ed Penniman

What does it take to go through physical trauma and have everything taken away from you and come back to be a better you than before with more joy in your life? Ed Penniman did this and tells you how with art, stories and unusual but powerful recommendations. Although aimed at people who have had physical trauma, this book can help anyone who has challenges and has to face dramatic change.

Author's comments:

This book is about not falling prey to a negative self-concept after trauma. It is about redefining how you see yourself, how to take your personal challenge and learn the valuable embedded lesson it may offer. I evolved as a person because I was made aware that I could be a better me after being stripped of my limited ideas of myself. I was given an opportunity to renew and rebrand myself - to live from a deeper and evolving image of who I am.

Come to grips with vulnerability. The past, the present and the future--these are all things I had a lot of time to think about when I was in the hospital. It took me a few weeks until what was happening to me started to sink in. There was so much activity surrounding me in the hospital that I got caught up in being a patient, rather than being myself. I slowly started to understand that I was a quadriplegic.

Self preservation. Coming to terms with your disability means losing your innocence. It is a rite of passage and an initiation into a new and higher level of awareness and sensitivity. While in the initiation process the moment-to-moment unfolding of events requires one to rely on one's self, measure the situation carefully, get information and safely guide the self through obstacles as they present themselves.

Courage, patience and self-reliance. I needed to learn how to say "no" for my own welfare and to stop acting like I was OK. At that point I started to be more realistic about my time for visits. I visited with those who I knew, wanted to see, and only when I wanted to see them. It was empowering to be able to control, at last, my expenditure of energy.

Feel comfortable in your own skin. Early in my disability, I turned feeling sorry for myself into an art form. Being confined not only to a hospital bed, but to a body that had no response was a completely foreign experience. It was like double paralysis. And it was taking its toll on my mind as I tried to make some kind of sense out of my situation. I found myself trying out a multitude of personality coping styles and behaviors.

Positivity, re-branding and your new self. Your attitude is like the breath you choose to take. If you unconsciously take shallow breath, you will feel weak, but if you consciously breathe in full, nourishing breaths, you'll feel instantly clear-headed and healthy. You can automatically dwell on the past and scorn fate, or you can mindfully gather up what you have left, claim your strength, and go forward with the belief that not only will you be OK, but you will prevail and perhaps even inspire others to see that one can have dignity in the face of a life-changing trial.

Others may call what you do heroic. So perhaps the most heroic action is the choice to make the best of your

situation. We either adjust to our new circumstances or we don't. If we do make an adjustment and reinvent our self-images within our new world, then survival becomes much easier. You must have vision, learn, create, dream, and feel; you must innovate a new self for a new life. If we don't adapt, we will live in the past, measuring our new world by our old one. What is truly heroic is your decision to pivot, to change, and to embrace your struggle and the unknown ancillary gifts it may bestow upon you. You may now choose to pick up the remaining pieces of your life and go forward to build a new one.

 [Download You Are Up to You.: Innovate a New Self for a New ...pdf](#)

 [Read Online You Are Up to You.: Innovate a New Self for a Ne ...pdf](#)

## **Download and Read Free Online You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. Ed Penniman**

---

### **From reader reviews:**

#### **Shannon Batiste:**

What do you regarding book? It is not important to you? Or just adding material when you require something to explain what the ones you have problem? How about your spare time? Or are you busy particular person? If you don't have spare time to try and do others business, it is make you feel bored faster. And you have extra time? What did you do? Everybody has many questions above. They should answer that question simply because just their can do this. It said that about e-book. Book is familiar on every person. Yes, it is correct. Because start from on pre-school until university need this kind of You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. to read.

#### **Barbara Jones:**

The feeling that you get from You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. is the more deep you digging the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. giving you joy feeling of reading. The writer conveys their point in selected way that can be understood simply by anyone who read it because the author of this reserve is well-known enough. This specific book also makes your current vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We advise you for having this specific You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. instantly.

#### **Archie Moriarty:**

Information is provisions for folks to get better life, information nowadays can get by anyone on everywhere. The information can be a know-how or any news even a concern. What people must be consider whenever those information which is from the former life are difficult to be find than now is taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you have the unstable resource then you get it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. as the daily resource information.

#### **Scott Anderson:**

The publication untitled You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. is the guide that recommended to you to study. You can see the quality of the reserve content that will be shown to you. The language that publisher use to explained their ideas are easily to understand. The article writer was did a lot of exploration when write the book, and so the information that they share for you is absolutely accurate. You also can get the e-book of You Are Up to

You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. from the publisher to make you far more enjoy free time.

**Download and Read Online You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. Ed Penniman #KGACHQ039W8**

## **Read You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman for online ebook**

You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman books to read online.

## **Online You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman ebook PDF download**

**You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman Doc**

**You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman Mobipocket**

**You Are Up to You.: Innovate a New Self for a New Life. Feel Spiritually Whole Again After Trauma and Disability. by Ed Penniman EPub**