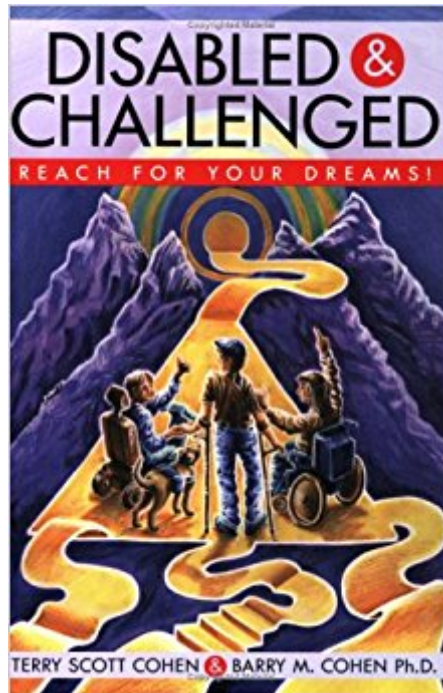




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# Disabled & Challenged: Reach For Your Dreams!



## Synopsis

My Disability Isn't In Charge of My Life. I am. These are the wise words of Terry Scott Cohen, who from a very young age began learning to accept and conquer the many challenges he faces with myotonic muscular dystrophy. It has never been easy, but Terry has met his challenges with great determination and hard work. Now, with his psychologist dad, Barry M. Cohen, Ph.D., Terry has written an inspiring book for young people who are facing life-long disabilities of all kinds - and for those who love and care for them as well. Terry shares his experiences and know-how for reaching a full life. He speaks frankly and in a language that children and young adults can easily understand and enjoy, peppering sage advice amid personal anecdotes to help others cope with the many challenges ahead... - Getting your doctors to stop talking over your head and scaring you - Finding healthcare buddies who really care about you, not just your disability - Making good friends - Interviewing and landing a job - What to do with people who don't give you a chance or expect next to nothing of you - Having fun - enjoying your life despite your limitations - Planning your future - living the life you want

## Book Information

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## Customer Reviews

TERRY SCOTT COHEN has myotonic muscular dystrophy (MMD), and has been meeting physical, mental and emotional challenges throughout his young life. He graduated from high school, did restaurant work for a short time, and then enrolled in a program for young adults with disabilities, where he spent six years successfully learning how to live independently. He resides in Clearwater, Florida, where he shares his home with Buddy, his bichon frise. BARRY M. COHEN, Ph.D.

completed his graduate training in psychology at Columbia University and his doctorate at the University of Tennessee. A nationally recognized psychologist who counsels leaders in business and industry, and whose clients have included global leaders and individuals at many of the largest U.S. corporations, Dr. Cohen has several published articles to his credit as well as many national awards.

It took me until the second chapter, but then "I Got It!" The author's gentle simplicity causes the message to be more understandable, more easily understood, and more profound! This book will help many people to realize that they are not alone! I look forward to the author's next book! Kathryn Price, M.D.

This is a book to be read by all of us. We will learn the real value and purpose of life. We will see challenges as an opportunity to grow as a human being, as Terry and his father did.

Good insights into a terrible disease.

As a teacher and a tutor of challenged students, I feel as if many of my questions have been answered. I have always made an effort to walk in the footsteps of my students ,and the Cohen Family has invited me to do so in DISABLED & CHALLENGED .I applaud you for your sincere honesty in sharing the rewards and challenges of your lives. I highly recommend this deep and heartfelt book .It is a gift to be shared among all .My sincere thanks and hopes that one day we will meet . YOU Terry Cohen, use your abilities to the fullest . One day ,I will shake your hand !Sincerely, Judie Curry

This book has been very helpful in understanding what many physical and emotional life challenges people with disabilities might face. As wife to a man living with a disability and mother to two children also living with a disability, this book has given me a new perspective and appreciation, as well as respect for my loved ones who daily struggle with things that come easy for me. It has shown them how they can take control of their life, rather than their disability(ies) controlling them. This is a must read not only for those living with a disability, but to all who care about them.

This is one of the greatest resources regarding MMD that we have found so far. Hearing Terry's challenges and his positive attitude about the cards he has been dealt have been a great inspiration

to myself and my son, who also has MMD. Terry's positive attitude and ability to always find the good in every situation really encourages my son, and would appeal to anyone with any type of disability. We would be interested in any future books the author may write as well. This book is very easy to read and understand as well. We have read it many times.

"Disabled and Challenged" is a well-written personal account of Terry's successful struggle with a severe disability. As Terry and Dr. Cohen so aptly put it, Terry is a person with a disability, not a disabled person. Terry's medical problems do not define "who he is", but rather, Terry defines who he is by how he deals with his disabilities and, like all of us, seeks fulfillment and happiness in life. A great read, I couldn't put it down. Gerald M. Groe, Ph.D.

This book brings courage, heart and wisdom to living with disabilities and challenge' and reminds everyone to do so with their own lives. Terry shares his story, his thinking, and feelings profoundly and so offers a real perspective on what impacts disabilities may have. And his strategies, realistic thinking, and commitment to live his dream are inspiring. A great collaboration of father and son.

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