



# From There to Here: Stories of Adjustment to Spinal Cord Injury

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## From There to Here: Stories of Adjustment to Spinal Cord **Injury**

#### From There to Here: Stories of Adjustment to Spinal Cord Injury

Forty-five people. Forty-five diverse yet personal life stories. All of them are connected by a powerful, shared life experience - spinal cord injury.

From There To Here: Stories of Adjustment To Spinal Cord Injury is certainly about hope -- but not by way of mere inspiration. These essays are the stuff of whole human lives, and illustrate the real and complex process of how people respond to sudden and overwhelming change. They start from trauma and confusion, their vision of the future challenged to the core, and ultimately arrive at a place that each of them in their own way calls "adjustment." A place that none of them could have imagined when they were There. The heart of these stories is what happened in between - the actual journey to adjustment, acceptance, meaning, and possibility. The journey to Here.



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