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# Cycle Of Hope: My Journey From Paralysis To Possibility



## Synopsis

Strength. Courage. Perseverance. At thirty-one, Tricia Downing was in the best shape of her life. In the summer of 2000, Tricia, an avid cyclist, drove across the country for what amounted to eighteen races in twenty-three days. She returned from her adventure to a fresh start: a new job awaited her, and, determined to make the next summer the year she would make her mark on the world of cycling, she began a rigorous training strategy. But on September 17, 2000, Tricia Downing's life took a detour. While training on her bicycle one sunny Colorado afternoon, Tricia collides with a car that turns directly in her path, and instantly becomes paralyzed from the chest down. As a competitive road and track cyclist and lifelong athlete, losing the use of her legs is devastating on all accounts. As she re-learns to do everything from sitting straight up to navigating through her house in a wheelchair to returning to work and operating a handcycle, her grueling recovery takes her to the very core of her athletic mettle. This inner strength helps her to not only learn how to live life as a paraplegic-a label that takes time to grow accustomed to-but to have the courage to return to the competitive sport she loves and almost lost. Determined to live life on her terms, Tricia turns her misfortune into opportunity, and is now a wheelchair racer, competing regularly in triathlons around the globe. Cycle of Hope chronicles Tricia's journey from the first terrifying moments of impact with the car through rehab and her emergence as a world-class athlete.

## Book Information

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## Customer Reviews

I am impressed by the author's honesty in showing the reality of her injury, both the inspirations and

the victories as well as the disappointments and the loss of her previous lifestyle. It is good to see such a story from a woman athlete with physical challenges, as most of what we see and hear are about men's sports. I enjoyed the book, found it interesting and compelling. She is a remarkable woman who has adapted to her new life with grace and courage, while still being human enough to show how much the loss has affected her.

This book was easy to read and very hard to put down. It will inspire you to get out there and challenge yourself in whatever goals you set for yourself. If I had one percent of this woman's strength, tenacity and fighting spirit, I would be doing very well. Tricia, the author, is just an amazing woman and also very human in the way she describes everything she went through from her accident and onwards. You will enjoy this read, for sure.

I was drawn to this book by the story of hope and the ability of living a life in possibility. The reviews I had read were very helpful with my decision to read this book. Living in a community of triathletes and hosting the Ironman and being a participant myself as an able-bodied athlete, I was able to look beyond my shortcomings and negative thoughts of my experiences.

A well-written book and powerful story. Proof that attitude and spirit determine our ability to reach our goals despite life's challenges. Ms. Downing is an incredible person of strength and character.

If Trish Downing can achieve these amazing feats, what can I do? This is the type of book that grabs your attention right from the start. I was hooked from the first few lines, and having met Trish in person, I really wanted to know her story even more. I quickly tore through the pages and found myself being amazed at the human spirit. This book isn't just about Trish's journey, as she says, from Paralysis to Possibility, but a reminder that we can all do more, overcome more, and achieve more than we ever think possible. For me, it was a reminder that how we view life is a choice, that we all have obstacles whether physical, mental, spiritual, or whatever, but the most important thing is our will. Beautifully written. I highly recommend this book!

Being a paraplegic, I found this book refreshingly truthful in the details of paraplegia and its treatment. Ms. Downing has framed a window that exposes the pain and loss of paraplegia and how easy it would be to give in to everyday trauma. But in a world defined by males, Ms. Downing shows a woman can defeat trauma and accomplish a goal that literally seems impossible -- becoming a

world-class athlete. Ms. Downing tells her story in a simple yet engaging way. You would never know that Ms. Downing is a first time writer. I started reading her book expecting another book about the human spirit overcoming difficult odds, but what I found was a book about the contrast of human suffering and success. The result is a book that is impossible to stop reading, and a story that will haunt the reader for a long while.

Most often my favorites include fictional giants from the New York Times best sellers list. This memoir from page one had me enticed. Tricia Downing before her life altering accident was ambitious. After the accident the real testament to her character was revealed. Even when faced with a losing battle and unapologetic negativity from naysayers she persevered. A tremendously moving section in book was when Tricia was in last place and thought, "I'm not an athlete anymore....I don't belong out here." But through the sweat and tears she passed that finish line. All the obstacles Tricia blazed through makes me want to imitate that determination.

I bought this book after hearing Tricia speak at a conference I attended. It was inspiring.

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