



## The Little Big Things: The Inspirational Memoir of the Year (Hardback)

By Henry Fraser

Orion Publishing Co, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. THE SUNDAY TIMES BESTSELLER Henry Fraser is one of the most remarkable people I ve ever met J.K. Rowling What a story of transformation, inner power and inspiration Jonny Wilkinson The memoir of the year by Henry Fraser, motivational speaker and mouth artist with a foreword by J.K. Rowling. Being challenged in life is inevitable, but being defeated is optional. Henry Fraser was 17 years old when a tragic accident severely crushed his spinal cord. Paralysed from the shoulders down, he has conquered unimaginable difficulty to embrace life and a new way of living. Through challenging adversity, he has found the opportunity to grow and inspire others. This book combines his wisdom and insight into finding the gifts in life s challenges, and will resonate with anyone facing an obstacle, no matter how big or small. It includes Henry s thoughts on how to look at the right things and avoid the wrong, finding progress in whatever you do, and acknowledging and accepting the darkness when it comes. Right at the heart of Henry s inspiring philosophy is his belief that every day is a good day.



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