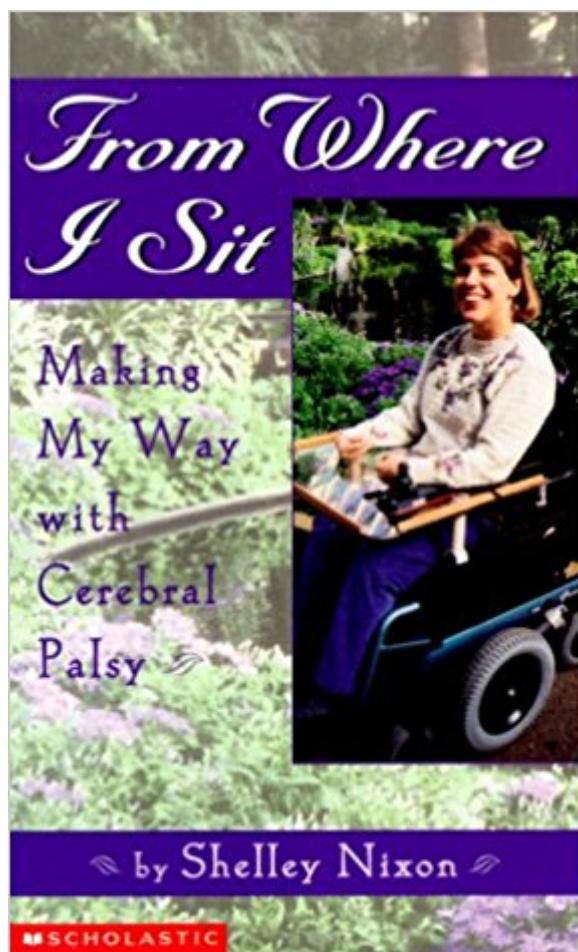


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# From Where I Sit: Making My Way With Cerebral Palsy



## **Synopsis**

This autobiographical account of a young woman explores how it feels to live with cerebral palsy while struggling to have a full life despite the challenges facing her every day. Original.

## **Book Information**

Age Range: 12 and up

Lexile Measure: 780L (What's this?)

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Average Customer Review: 4.1 out of 5 stars 10 customer reviews

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## **Customer Reviews**

Great read! The suspense is unbearable!

Based on the positive reviews I read here, I bought two copies, hoping to give one to a young girl with cp, struggling to cope. I was looking for a positive role model for her, someone with a hopeful outlook, who had developed as a person despite their disability. This book is not that. I will not give it to this girl, or give to other students to read. I found this book a very sad autobiography of a girl's life. It was mostly a chronological listing of her life's events. She only touched on the subject of her emotional struggle with cp, but she gives no advice to others in her shoes, leaving the reader to wonder if she herself has emotionally come to grips with her disability. Not a book of success despite adversity that would serve as a model for others in similar circumstances.

Shelley's story is emotional without being maudlin, funny without being silly, and serious without being dry. What you get from this book is a picture of a unique person who has a bunch of

characteristics, including, but not only, Cerebral Palsy. I read it to try to understand what my daughter will go through as she grows up with Cerebral Palsy. Shelley is a strong and talented woman and the book reflects that. I hope my daughter grows up as well!

I had the privilege of knowing Shelley and had also gone to school with her. Like most kids, I didn't fully understand her CP because it wasn't talked about or discussed in school. That was the biggest mistake the school made because I didn't find out until now that hers wasn't anything having to do with a mental disability, only a physical one. I can't believe it took me this long to come to understand Shelley wholly as a person. This book showed me what a brave and courageous mother she has who had pushed for her daughter in ways that only mothers can. This book also solidified my opinion of the health care system as it still is the same way today - not giving any information out and making patients be 150% proactive when the doctors don't give the help or info you need. It's a health care system that needs a serious overhaul for this reason. This book showed me what a loving family Shelley has - which I already knew, but never to the extent that I have found out. Since her CP was never brought up in school, and we were never required to take a class that explained it (I think health class briefly glossed over it), most of us didn't know what Shelley could and could not do. I, like many, believed that she was limited in everything - not knowing the real God's honest truth. This provided that horrible buffer, this not knowing, and made it harder for Shelley to navigate the social landscape of school. Knowledge is power and if only we, her classmates, knew, it would have made life easier on her as well as us! It's terrible to think of how much time went by before I could realize this gem of information. I loved her stories of her family and her humor. This was a very quick read and only because I am fascinated by this girl's strength. I would love to see this book as mandatory reading in schools. Kids need to understand and embrace differences - not just the cultural ones (which are stressed in schools) but other kinds of cultures as well (deaf, blind, gay & lesbian, developmental disabilities). I am so glad Shelley did so well with this book and is doing so well in life. I hope that she continues to write and lets us know how life has been since she turned 21!

Shelley Nixon was born with Cerebral Palsy. Many readers will expect an informative look at CP, along with an emotional description of dealing with a disability. Instead, we get a straightforward look at a young woman looking back on her childhood and adolescence. Shelley's CP is, of course, the catalyst for a lot of her life's events, but she refuses to devote her autobiography to her disability. Instead, she writes, with funny and honest prose, about childhood, friendships, family, crushes, and

art - all things important to her. She doesn't shy away from descriptions about her physical limitations and numerous surgeries (and the emotional struggles of dealing with her disability), but she refuses to be defined by Cerebral Palsy, in both her book and her life. She may not be as introspective in "From Where I Sit" as you might like, but insight can be found in her poetry, particularly "A Tree For Me." Shelley Nixon may one day write a book about her disability, but first, she chose to write about herself. That alone is a strong statement about embracing one's own abilities.

I am privileged to know Shelley and to work with her in a volunteer theater group to which we both belong. Shelley is one of the most uplifting, positive people I have ever met. She meets her disability and its challenges without hesitation every day. Shelley's poetry is often featured in the performances that the group does, and her writings are always greeted enthusiastically by the audience. The poetry in this book is honest, forthright and does not gloss over the hardships of being disabled. Instead, Shelley's book and her life offer other people a view of someone who deals realistically with CP every day, and does not let the disability hold her back from living her life fully.

As a woman with Cerebral Palsy myself, I was very interested in this book. I found it to be well-written, clear, and honest. It demonstrates maturity, and is a good treatment of many facets of life with a disability. In a previous review on this page, however, it was mistakenly assumed that Cerebral Palsy is a disease. Although this is more than understandable, I would like to point out that it is, rather, a condition caused by a lack of oxygen to the brain before, during, or after birth. Diseases are generally progressive, and many can be fatal. Although the mobility level of a child with CP often decreases with maturity (due to growth) CP is neither progressive nor fatal, and a full understanding of both the book and the disability is greatly helped by the knowledge of this.

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