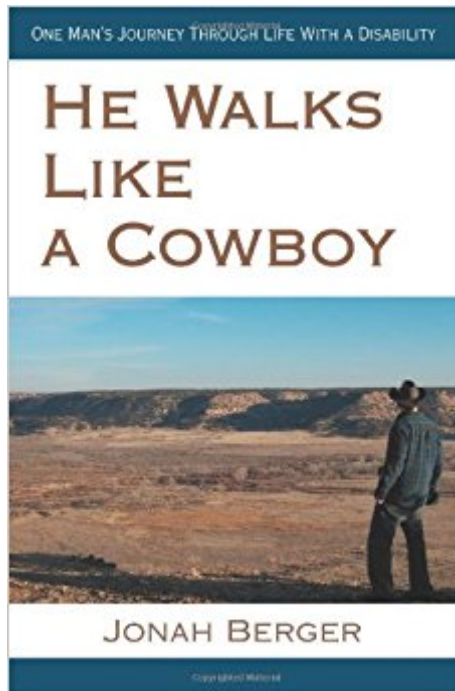


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# He Walks Like A Cowboy: One Man's Journey Through Life With A Disability



## Synopsis

In any one lifetime, part of the work of living is to go from figuring out what you got dealt, to accepting it. Learning to wield your unique situation to best get your point across. I have found through my life lived with a physical challenge that there are two versions of how a disability is dealt with. One is the version you show to others. The other is the version you are really and truly feeling inside. In my life, these two versions started out light-years apart. And over the span of 35 years, and the influence of many magic people, they have been growing closer all of the time. There is something incredibly free about showing the world what you have going on inside. It helps to keep the struggle of your situation confined to the actual challenge, and not intensified by shame. The pages of this book are a true marriage between my two versions. Charting the affect of a disability on the physical, emotional, and spiritual. Containing an honest view of how struggles can be beautiful, and strength can be found in the weakest of places.

## Book Information

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## Customer Reviews

I purchased this book from Jonah at the CMT Confrence in Palo Alto. It took me a year & half to read it. I wasn't ready for it at the time of purchase. I was too recently diagnosed with CMT and having a bit of a time coming to terms with it all.I spent most of Labor Day weekend with a tissue and a hi-lighter in one hand and Jonah's book in the other. The stories are very familiar and I could relate to many.Reading this book has really turned my attitude around. It's my legs that are weak, not my spirit.Jonah, you have enlightened me in a way that I will always be thankful for.As you say,

my weak muscles will only take me so far, my spirit and attitude will take me the rest of the way. I see now that I have this disease, it doesn't have me. This book will gently guide you thru this reality. I have set my bar higher than ever and I refuse to undermine myself or those around me by lowering it. I suggest anyone who is differently abled to read this book. It's packed with laughter, struggles and tears, blended with trials, triumphs and conquers. Jonah's book can teach you to first learn your rhythm, then walk it. Bless your mother Jonah, what an inspiration she is. Nice guys like you don't just happen, it's the love they receive from their mother. I need to get my own book started, She walks like a Cowgirl. Thank you Jonah for sharing.

I enjoyed Jonah Berger's "He Walks Like a Cowboy" because it told ordinary stories from an extraordinary standpoint. It is intimate and familiar, and confides in the reader with no trace of shame. The stories could have been mine, so familiar were the emotions borne of challenge. Perhaps it is just that we all have "disabilities;" some of ours are just less visible. I appreciated his humor and philosophical insights; the man certainly writes with a swagger!

He Walks Like a Cowboy is a rare opportunity to understand both the emotional and physical challenges of going through life with a disability. It is a personal story told with great love and heart, allowing the reader the chance to connect with who the author is, and not just the words. A great book and I am looking forward to more from Jonah Berger.

Jonah Berger presents a road map for people with disabilities, particularly those of us with progressive diseases. He demonstrate how to face the future with humor, humility, and how never to take today for granted. He discusses delicate topics like dating and the pain he lives with daily, with grace and his ever-present humor. The letters written by his family and friends are testaments to his incredible character and inspirational strenght.

I was truly impressed with Jonah Berger's first publication "He Walks Like a Cowboy" which focuses on his life with a disability. The eloquent flow of his writing makes it an easy read - I finished it in two sittings - and gives heartfelt insight into the challenges that all individuals face, but most profoundly those with a disability. Sections of the book made me laugh out loud; others made me cry. Berger's story is an inspiration to all - for we all face our own personal challenges and disabilities - and gives the reader some insight into a man who has learned to accept his limitations and continues down a righteous and happy road.

Jonah Berger's book, "He Walks Like A Cowboy" was a heartfelt account of his life living with a disability. What was particularly moving were the words of family, friends, and co-workers regarding their relationships with Jonah and their perceptions of him as a person. This book is certainly one that people struggling with disabilities need to read, as well as those that love and care about them.

The prior reviews are 'spot on' - Jonah's courage and transparency are inspiring and I have found myself quoting him during presentations. While it is not a 'long read,' I found it to be a read savored bit by bit.

I loved this book! It is extremely inspirational for anyone. The writer speaks from his heart making for an easy read. The challenges that he takes on are amazingly difficult, yet he makes those experiences hilarious. Jonah's attitude toward having an inherited disability known as CMT is healthy and positive. He considers it a blessing that has made him who he is, a compassionate man who gives love and encouragement to anyone struggling through life's struggles.

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