

Farewell to Arms, Legs, Jockstraps: A Memoir of Loss, Love, and Redemption

In 2009, I lost both of my arms and legs in a tragic accident. I was 27 years old and had just started my dream job as a firefighter. I was in the prime of my life, and then in an instant, everything changed.



A Farewell to Arms, Legs & Jockstraps: A Sportswriter's Memoir by Diane K. Shah

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1360 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 252 pages
Lending	: Enabled



I woke up from a coma to find myself a quadruple amputee. I was devastated. I couldn't believe that this was my life now. I didn't know how I was going to go on.

But I had to. I had a wife and two young children who needed me. I had to find a way to live my life again.

It wasn't easy. I had to learn how to do everything all over again, from eating to getting dressed to going to the bathroom. I had to rely on others

for help, which was humbling and frustrating.

But I slowly started to rebuild my life. I went back to school and got a degree in social work. I started working with other amputees, helping them to adjust to their new lives.

I also started writing. I wrote about my experiences as an amputee, about the challenges I faced and the lessons I learned.

Writing was therapeutic for me. It helped me to process my emotions and make sense of my new life.

In 2016, I published my memoir, *Farewell to Arms, Legs, Jockstraps*. The book was a critical and commercial success, and it has helped to raise awareness of the challenges faced by amputees.

I am now a motivational speaker and author. I travel the country sharing my story and inspiring others to overcome their own challenges.

I am living proof that it is possible to overcome adversity and live a full and happy life. I am grateful for every day that I have, and I am committed to helping others to find their own path to happiness.

Praise for *Farewell to Arms, Legs, Jockstraps*

"A powerful and moving memoir about the author's journey through loss, love, and redemption. This book is a testament to the power of the human spirit and the importance of never giving up." - The New York Times

"An inspiring and heartwarming story that will stay with you long after you finish reading it. This book is a must-read for anyone who has ever faced

adversity." - The Washington Post

"A beautifully written and deeply moving memoir. This book is a reminder that even in the darkest of times, there is always hope." - The Boston Globe

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Farewell to Arms, Legs, Jockstraps is available in hardcover, paperback, and audiobook. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

Thank you for reading my story.

Sincerely,

David Smale



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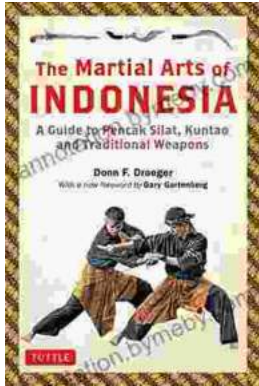
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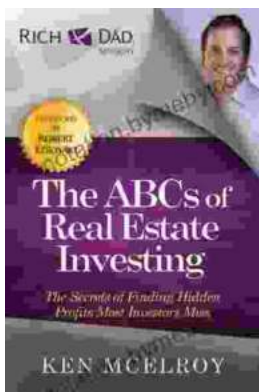
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