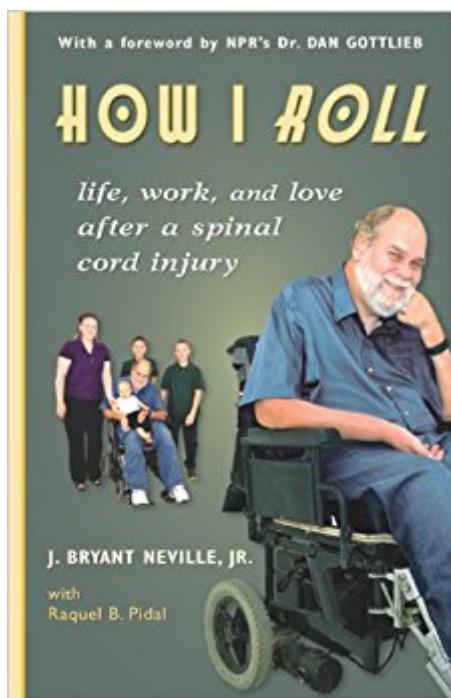


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# How I Roll: Life, Love, And Work After A Spinal Cord Injury



## Synopsis

An unflinching look at what it's like to be a quadriplegic.âœ Dan Gottlieb, PhD This is the inspiring story of a Virginia country boyâœ J. Bryant Neville, Jr.âœ who became a quadriplegic thirty years ago after a car wreck, and how he refused to accept the medical sentence of a life unrealized. Hard work, devoted family, a caring community, and a determination to live as fiercely as his body would allow helped Bryant Neville earn two college degrees, become a respected banking executive, a loving husband and provider, an adoptive parent, and a biological father. Some 250,000 Americans live with spinal cord injury and impairment. On average, thirty more sustain a spinal cord injury every day. Bryant Neville's story is a beacon of hope for anyone facing a physical setback who needs proof that life can go on and dreams can be realized, and a guide for those who love and care for them.

## Book Information

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## Customer Reviews

J. Bryant Neville Jr. was a high school junior in 1981 when he became paralyzed from the neck down as the result of a car accident. Defying doctors who told him he would remain bedridden the rest of his life, he learned to navigate life in a wheelchair, earned two college degrees, and was hired by a local bank in his Virginia hometown, and he rose up the ranks to become executive vice president and chief financial officer. In 2011, he defied the odds again, becoming a father by natural means with his wife, Tanya. They live in Virginia with their three sons, Zachary, Joseph, and Kenneth.

How I Roll by Bryant Neville Jr. is NOT the kind of book I normally pick to read. But I noted it on one of the Top 100 Kindle lists for inspirational books and decided to give it a try. I'm so glad that I did. I was inspired by Bryant's true life story of how he has faced his disability head-on, from the young age of 17, when he was involved in a car accident to the present day, at age 47. I learned a LOT about the reality of what it means to live life in a wheelchair and how a person with a disability like this must learn to adapt to so many "givens" that we take for granted, like going to the bathroom, bathing, showering... etc, are now dealt with. Although I'm rather a squeamish person, I did not find these references gross or anything like that. I thought the book was well written, in a realistic but still for the most part, sensitive way. Bryant has an incredible family who really helped him to get to where he has in life, in spite of his disability. I was touched by the love that he conveyed for all the people who are close to him, including many friends who stuck by him, through the years. In that respect, Bryant is blessed so much more, than many people in similar circumstances. There was only one sentence that I found a bit surprising and insensitive and this was not in relation to Bryant's injury. It was in reference to a weekend at the Daytona 500 when one of the drivers was tragically killed in a race. When asked by a friend after the weekend was over, how things had gone and if he had HAD FUN, Bryant replied: "Absolutely! The seats were amazing and everyone had a blast." Wow, that didn't sound right and it bothered me, reading this. My husband also read this and said the same thing. Other than that, a good book and one that I definitely think would help a lot of people who are struggling with big challenges and adjustments in life, as Bryant has so capably done. I did not find the book preachy or overly religious. I don't like that in a book either and I don't agree with some comments from other reviewers in this regard. Recommended! Read my full review of this ebook at: [myreallifereviews . com](http://myreallifereviews.com) Geraldine Helen Hartman author of Laughing AT the Grim Reaper! Gems of Wisdom for Aging Well

The author became a quadriplegic after a truck wreck at seventeen. He had three things going for him. The first was treatment at an outstanding facility in Virginia that specializes in working with wounded veterans. The second was a loving family and community that pulled together to get him back into his own home and to make it possible for him to attend college. The third was his own optimism and determination. This is a straight forward account of what it's like to live as a quadriplegic. Some people may find it TOO blunt and be disturbed by the details. It is also a story of what can be accomplished by even a severely disabled person given the necessary support. As a smaller percentage of elderly are ending up in nursing homes (due to better medical care and home

care options) those spaces are being filled by young men who have survived vehicle wrecks which left them paralyzed. Unless we can develop systems to help paraplegics and quadriplegics return to society as productive members, a great deal of human potential will be wasted. This man has written a valuable book.

An auto accident at 17 broke Mr. Neville's neck but, thankfully, did not sever his spinal cord. The injury was so severe- and so high up- that even his ability to breathe was impaired. One doctor callously told him that he'd always be bedridden. But Neville had no intention of accepting that. He tackled physical and occupational therapy with gusto and managed to get back mobility in his arms. He went on to finish high school on time, earn two college degrees, and become not just employed but highly successful. So much for bedridden! He has achieved all that he dreamed of as a young man. This is the story of how he accomplished all this. He had faith that his life had meaning and that giving up wasn't in the plan. He also had an incredible support system in his family and friends, who were there for him every minute. While what he achieved was his effort, his life would have been a lot more difficult without those people. He gives them full due. While the book is upbeat and positive, the author doesn't skip the grim details of what life as a quadriplegic (even though he has some use of his arms, he's not considered a paraplegic) is like; the physical therapy is brutal and the routines for emptying his bladder and bowels (and subsequent clean up) are challenging themselves. He was lucky in that computers were coming into common use when he was in college; an adaptive device allows him to do work on a keyboard that would be difficult otherwise. Neville is a man full of gratitude for whom the glass is definitely half full.

If you have ever wondered what life is REALLY like for a quadriplegic person this is THE book to read. Bryant holds nothing back in telling his story of a 17 year old typical teen boy who's life changes in an instant when he crashes his truck and becomes a quadriplegic. He writes straightforward with poignant style about his high school sweethearts reaction, the intimate details of bowel and bladder programs foreign and embarrassing to a young boy, and more. It is uplifting reading Bryant's story of this once carefree and self centered boy courageously become a selfless beautiful man.

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