

# How a Broken Back and Broken Bike Led to a Wholehearted Life

In 2003, I was in a car accident that left me with a broken back. I was told I would never walk again. I was devastated. I had been an avid cyclist, and I couldn't imagine my life without cycling.



## Spoke by Spoke: How a Broken Back and a Broken Bike Led to a Wholehearted Life by Terry Chase

★★★★★ 5 out of 5

Language : English  
File size : 1052 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 158 pages  
Lending : Enabled



But I refused to give up. I went through months of rehabilitation, and I eventually learned to walk again. However, the accident had a profound impact on my life. I realized that life is too short to not go after your dreams.

So I decided to start cycling again. I bought a new bike, and I started training for long-distance rides. In 2007, I rode my bike across the United States. It was an incredible experience, and it helped me to heal both physically and emotionally.

Since then, I have continued to cycle. I have ridden my bike across Canada, Europe, and Asia. I have also climbed Mount Kilimanjaro and trekked to the Everest Base Camp.

My journey has taught me that anything is possible if you set your mind to it. I am now living a wholehearted life. I am grateful for every day that I have, and I am determined to make the most of it.

**In this book, I share my story of resilience, hope, and finding purpose in the midst of adversity. I hope that my story will inspire you to never give up on your dreams, no matter what obstacles you face.**

Here is a sneak peek of what you will find in this book:

- My story of how I overcame a broken back and a broken bike to live a wholehearted life.
- The lessons I learned about resilience, hope, and purpose.
- How to find your own purpose in life.
- How to overcome adversity and achieve your goals.

If you are ready to live a wholehearted life, then this book is for you.

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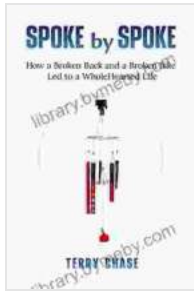
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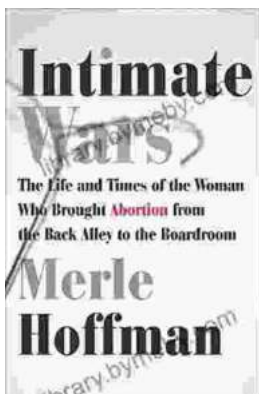


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