



Warrior Mom

Kay Ledson

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"That's the problem -- mothers like you," the surgeon said.

But rather than accept that her 18 year old son would spend the rest of his life in bed, Kay built and managed a team of healers that worked on Josh immediately after his accident.

This is Kay's story, told by her in her own words. The mental, physical, and financial stress that comes with those with spinal cord injuries and their families is something most of us can only imagine. How Kay and her team helped Josh not only get out of bed, but actually walk unaided again is a story of hope and inspiration to all.

Josh has called on all his athletic abilities and strengths to battle the paralysis, and, even now, living with unending pain, maintains a strict health regimen of exercise and diet.

The author is careful to point out that everyone and every injury is different, and not all patients will have the same results. But the important thing is to have HOPE, which was entirely lacking from the medical staff. The injured should be encouraged to try, in hopes that little by little some functions may be regained.

This book is important for everyone to read. First of all, one never knows when one's life will be changed in an instant, and at that point it is too late to make insurance purchases that could have prevented financial disaster. Second, Kay and Josh's experiences will make everyone appreciate what they have, and how precious a normal life is.

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