

2022

Accessible Holiday Gift Guide

from the
Cerebral Palsy Foundation

Happy Holidays!

If you are looking for a great gift for someone with cerebral palsy or a related disability, we've got you covered with our 2022 Holiday Gift Guide. We've spent weeks picking out special gifts in all sorts of categories at a variety of price points for all ages and stages!

Let our Holiday Gift Guide help you find the perfect gift, complete with the links to buy each gift directly. Life with a disability can mean doing things a bit differently and finding creative solutions to everyday challenges. Sometimes, the best gift for a person with a disability is a useful one – something to make dressing, cooking or operating the electronics easier, but we also want to surprise and delight our loved ones and family members with things that are purely fun. Who needs a partridge in a pear tree when you can give one of these great gifts!

**From our CPF family to
yours....**

**Let's find the
perfect gift!**

Toys, Tools and Gadgets, Oh My!



Music Made Easy!

Make first-time music-making more playful and more intuitive for baby with the Lamaze Squeeze Beats First Drum Set.

[SHOP NOW](#)



Love Every

Take the guesswork out of toy shopping for your kids! Designed by experts for your child's developing brain, Love Every delivers age and stage based toys through their subscription service.

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Spinny Pins

Spin, wobble, sort, and discover! Each of the five colorful pins features fascinating textures to feel plus a weighted base that wobbles wonderfully.

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Lego Duplo

Children with CP often have involuntary movements, so toys with big parts can be easier to play with. At twice the normal size, these chunky DUPLO bricks fit the bill when it comes to awesome toys for kids.

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Inny Bin

The six chunky shape blocks are each designed with fascinating textures that are sure to thrill the fingers. There's a cube, a diamond, a sphere, a triangle, a flower, and more. As kids push the shapes through the cube, curiosity is sparked and young minds can't help but explore and discover.

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My Little Farm

My Little Farm is a hands-on, multi-sensory, interactive felt toy that can be used flat or easily transformed into a reversible 3-dimensional playset. Created by a speech pathologist to build early language skills, virtually every part of My Little Farm was designed with an educational purpose.

[SHOP NOW](#)

More Toys, Tools and Gadgets!



Farm Fresh Animal Blocks

Five adorable animals pop together, pull apart, and mix up in all kinds of exciting ways. Encourages sensory development, tactile strength, emotional connection

[SHOP NOW](#)



Life's a Beach

Who doesn't love making sand castles on the beach? And who hates cleaning up the sand? With this magic, moldable sensory sand, kids of all ages will enjoy creating masterpieces without the mess.

[SHOP NOW](#)



Spike the Fine Motor Hedgehog

Spike merges tactile exploration with innovative technology, actively engaging children in the learning process. Real Play, Real Learning, Real Fun!

[SHOP NOW](#)



Busy Boards

Children with CP often have difficulty with fine motor movement. The Original Busy board is a fun way to practice fine motor skills and experience success before the adding real world challenges.

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Silly Squigz!

A great stocking stuffer for kids with CP, Squigz are another fun way to sneak a little work into play! Kids of all ages can create all sorts of designs while working on reaching and grasping, pushing and pulling with these great little suction cup suckers!

[SHOP NOW](#)

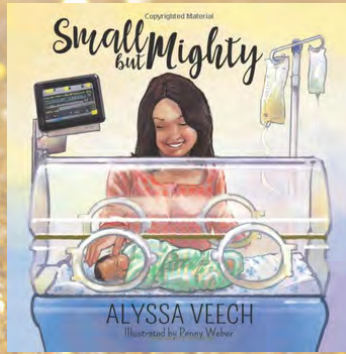


Thunder Tumbler

Children with limited movement can still enjoy and operate traditional-style toys that have been adapted to use with a special-needs switch. Just plug the easy-to-press switches (not included) into the switch port and watch it crash, tumble, go fast and more!

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Oh baby! Newborns a little self care



Small but Mighty

Written specifically to be read to the newborn baby in the NICU. Small But Mighty follows the journey of the new mom caring for her baby with all the joys, challenges and love that they experience together.

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Magnetic Onesie

Getting baby dressed is a breeze with these organic cotton, magnetic snap footies and they are pretty cute too!

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NICU Milestones Cards

Here are three easy and affordable products every NICU parent deserves to make the NICU experience easier, calmer, and more joyful. Includes: NICU Journey Journal, Milestone Cards, Art Cards, Keepsake Box.

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Cozy Up!

The HATCH-to-Hospital Box is filled with hospital essentials designed to take the guesswork out of packing. Includes a bamboo robe, bamboo nightgown, bamboo brief, and matching socks.

[SHOP NOW](#)



Self Care!

This bath and body gift set packed with safe, science-backed ingredients is made to be extra-safe and soothing for postpartum skin. It also includes a body brush for dry brushing, a technique for achieving glowing skin.

[SHOP NOW](#)



Sleep Tight!

Add some silk accessories to your sleep routine for some deep sleep in-between those midnight feedings and during a day time nap (or two).

[SHOP NOW](#)

Let's Get Moving

Bounce Bounce!

Turn your house into a bungee adventure! Or just bounce around....Great for promoting coordination, sensory processing, and motor skill development, bouncing around also happens to be fun, therapeutic and it never gets old!

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YBIKE Walking Buddy

A ride on, push toy, or a walker, Ybike provides the support needed to build strength and confidence to start pushing, walking, steering, and working on more complex motor skills. Can be used by children as young as 9 months.

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Floor Surfing

A fresh take on the classic balance board, the floor surfer challenges the core, the vestibular system and is just plain fun!

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Have a Ball!

The Fun & Function blow up ball pit is a great environment to help develop motor planning skills and to engage in touch therapy.

The ball pit is an awesome place for tots to roll, crawl, balance and burrow! It also allows for tactile and proprioceptive input for sensory seekers.

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Let's Get Moving



Need A Hand?
Sometimes it helps to have a hand a mitt that sticks! This toss and catch set makes it fun and easy to play catch with friends and family, anytime, anywhere!

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Just Hanging Out!

Every kid should have the experience of flying high on a swing! Big smiles, big air and great times with the whole family! And for kids who have CP, it can be a great way to stimulate the vestibular system and sneak in a little a therapy among all that fun!

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Teeter Popper

Hand kids a Teeter Popper and walk away... but don't look away. Kids find themselves teetering on the brink of perfect physical play. No special skills needed. In playful exploration, Teeter Popper improves core strength, stability, leg strength, balance, coordination and gross-motor skills.

[SHOP NOW](#)



[SHOP NOW](#)

Unwrap Some Holiday Cheer



Stretch, Squeeze and Pinch!
Pull, Stretch and Squeeze Balls! Reduce stress and have some fun, and makes a great stocking stuffer for all ages!

[SHOP NOW](#)



EZPZ
Make meal time fun and SAFE with these award winning mealtime cup, plate and utensil sets. It's EZPZ!

[SHOP NOW](#)



Fun Fidgets

Squeeze, Squish, Stretch and Snap! These BPA free, hypoallergenic, fidget bands can keep tight hands and fingers moving, calm stress, and can be used as a sensory teaching tool.

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Chewelry

Arch Therapeutic's line of sensory friendly oral motor "chewelry" is a great gift for kids who need the extra oral motor sensory needs. This fun line of products is made in the USA, comes in a huge selection of colors and styles and is therapist recommended.

[SHOP NOW](#)

Gadgets for Young & Old



Game Your Way with the Microsoft Xbox Adaptive Controller

When everybody plays, we all win! Designed primarily to meet the needs of gamers with limited mobility, the Xbox Adaptive Controller is a unified hub for devices helping to make gaming more accessible, more inclusive and more fun for everyone!

[SHOP NOW](#)

Do More with an Apple iPad
With an Apple iPad, you can take your ideas anywhere. Switch Control lets you navigate onscreen keyboards with a single tap. Siri lets you tackle everyday tasks with just your words. And with AssistiveTouch, you can turn a pinch into a tap or customize other gestures to fit your needs.

[SHOP NOW](#)



Listen Up with these Bluedio HT Turbine Wireless Bluetooth 5.0 Stereo Headphones with Mic

Great for users of all mobility levels, these budget-priced headphones make a great gift. Wheelchair users in particular know the struggle of getting their headphone wires tangled in their wheels. These headphones eliminate all those struggles and are a breeze to use.

[SHOP NOW](#)



Echo Dot

The New Echo Dot has multiple capabilities to beyond playing just your favorite tunes! A new improved LED display shows you the time, alarms, weather, song titles and more. Ask Alexa to show you weather and song titles, set hands-free timers, get answers to your questions and even hear jokes. Control smart home devices and set new routines!

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More Gadgets for Young & Old



Fitbit Inspire 3

Meet Fitbit Inspire 3™—the health & fitness tracker that helps you do what you love and feel your best. All you have to do is wear it. We really like it for tracking sleep!

[SHOP NOW](#)



Keeps your drink cold and your cell phone close

This easy to use drink and cell phone holder easily straps on to wheelchairs, strollers, trikes and bikes! Designed to take a beating for those on the go!

[SHOP NOW](#)



Dance When You Want To!

Move, Mix and Create with RUKUSfx, a hand-held motion-controlled music mixer! With 4 simple moves— PUNCH, SWIPE, TWIST, and FLICK – creators can loop, mix, and remix customized music tracks sure to take performances to the next level.

[SHOP NOW](#)



Watcha Gonna Say?

Come up with your own fun buzzer sounds! Record silly messages, words, sounds, or music—the possibilities are endless! Record up to 7 seconds per buzzer. Just tap, record, tap, and listen!!

[SHOP NOW](#)

Gifts for the Workout Fan

Or for your New Year's Resolution!



Active Hands

Don't let limited dexterity stop you from breaking a sweat! With an active hands Gym Pack Deluxe, you can get a grip on any free weight, pull up bar, rowing machine, pulley machine and more...the only thing stopping you now, is you!

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Wrap'em Up

Get a little bit of resistance, a little bit of proprioception, a lot of comfort with these easy to wear, and easy to fit wrist weights. Training Lace Wrists Weights are great if you are looking to add a little bit of resistance to your daily activities or an incremental increase to your work out to build strength.

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Let's Get Physical

POWER TRAIN in the comfort of your own home with the Total Gym! Recommended by physical therapists, this home gym has a variety of low impact resistance exercises that can be done in a variety of positions to accommodate your physical needs! Pull and push your way to better health!

[SHOP NOW](#)

Work, Work, Work it Out!



Stretch it out!

Theraband Resistance bands are a go-to for therapists and personal trainers alike. These heavy duty bands are fantastic for individuals with Cerebral Palsy of all mobility levels to workout with added resistance and active stretches. Exercises can be performed seated, standing or lying down, allowing for maximum versatility...what's stopping you?

[SHOP NOW](#)



Water Works with HYDRO-FIT!

Take gravity out of the mix and get serious about resistance training, water running or water therapy, with the WET VEST® II and the HYDRO-FIT line aqua fitness products. For individuals with Cerebral Palsy, getting in the water gives you the freedom to move your body and get exercise without the limitations that you may experience with other work outs. These products are designed to be comfortable, keep you warm, and help you stay fit

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Roll with It!

Give the gift of fun and mobility with an adaptive bicycle or Frame Runner

An adaptive bicycle is designed for mobility, therapy, recreation, fun, and freedom! There are so many models now available that can accommodate all ability levels - from individuals with minor balance needs, to those who will have the most fun riding as a tandem companion. There are many thoughtfully designed bikes that can meet a variety of motor function needs and abilities.



FRAME RUNNING FUN!

Frame Running is a great sport for individuals with cerebral palsy of ALL ABILITIES! It provides enough support to allow you to run, walk or stroll with your friends and family or race as a Paralympic Athlete!

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Duet and Duet Plus

The Duet® is a unique combination of a comfortable wheelchair and a sturdy specialty bike that combined offer an enjoyable and extremely stable ride for passenger and rider. The passenger is always visible and in front of you!

[SHOP NOW](#)



Rifton Reimagined

A leader in adaptive equipment, Rifton has thought of everything with their newly redesigned adaptive bike! Designed for older kids and adults, this bike has great new features that allow for fun participation for all!

[SHOP NOW](#)

Experience the Great Outdoors



Surf, Sun, & Slopes!

The Hippocampe beach and all terrain wheelchair can get you from the surf to the slopes and everything in between. It floats, it has attachable skis and it can take a beating! This all terrain chair is a must have for families who enjoy adventure travel, or just a great day at the beach!

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Rock & Roll with Bailey Built!

Looking for a custom all-terrain power chair that is light weight, made for travel and built just for you? Bailey Built gets it done!

[SHOP NOW](#)



Uniroller

Is a transport chair what you need? What about one that is lightweight, durable, versatile and can accommodate existing seating and can go on a jog? This one has it all!

[SHOP NOW](#)



Serious About the Slopes?

Winter is fun for everyone! Great for cross country ski trails this adapted snow sled features a tubular metal-grip yoke system that provides lateral protection for riders with disabilities and much more!

[SHOP NOW](#)

A Little Self Care Goes a Long Way!



Foot Work!

We hold our stress in strange places and sometimes by shifting our focus to an extremity we pay the least attention to can provide some much needed relaxation. Naboso Splay will help you spread your toes wide and temporarily stop the tendency to curl them up and hold on to tightness. Put them on for 10 minutes, do some deep breathing, and feel the difference.

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Massage Cups

Did you know that cupping offers remarkable therapeutic benefits? This set of transparent medical grade silicone cups (8 cups in different sizes) can be used by a beginner or a pro to help relieve muscle and joint pain, soften scar tissue, and more. All you need is a little soapy water or massage oil to help with the suction and the amount of pressure you apply does all the rest.

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Therabody Wave Duo

A product of the popular Theragun Line of self massagers, this affordable Theragun Wave Duo is great for wheelchair users. It is ultra portable and can provide a great seated hamstring massage or relieve a tired back.

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Acupressure Pillow and Mat Set

Get the benefits of this ancient healing practice from the comfort of home. Relieve stress, tension and pain, and say hello to calm and wellbeing. Take a few moments for yourself with this great gift set!

[SHOP NOW](#)

Look Your Best! We've Got You Covered Head to Toe!



Straighten Your Locks with a Tool That Rocks

Straightening your hair when you have hand weakness is difficult! We found the Brush Crush by Drybar and it makes straightening and styling hair a whole lot easier. The cute packaging makes this a great holiday gift.

[SHOP NOW](#)



A Makeup Multi-Tool The Alleyoop Pen Pal

An eyeliner, lip liner, brow pencil, and highlighter in one easy-to-use (and easier-to-stash) click pen. Perfect when you're wanting to streamline your routine or are often on the go, and easy to use if you have limited dexterity!

[SHOP NOW](#)



Longing for Lashes?

Guide Beauty considered everything when they designed this universal applicator, GUIDE Ring, for their custom mascara. Get gorgeous length and volume in a few light strokes with a steady hand for mess free swiping.

[SHOP NOW](#)



Nail It! with The Poppy

Get the perfect mani every time with Olive and June's patented universal polish bottle handle. Pop it on top of your favorite polish for a comfy grip, more control, and even, steady strokes and make painting your own nails easier, faster, and better than ever. A great glamour gift!

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Gifts That Make Life a Little Easier

The Most Comfortable Straw You Will Ever Sip From!

These excellent straws designed using patent pending silicone drinking tips, ensuring you have an awesome & naturally comfortable drinking experience with every sip.

[SHOP NOW](#)



Hold on Tight with Gangsta Grippers

Makes a great stocking stuffer! These flexible universal cuffs attach securely to enable a comfortable grip on water bottles, Yeti mugs and more!

[SHOP NOW](#)

No Messes

Suction cup sippy cups make it easy for kids to practice reaching and grasping without spilling. It's clean and fun!



[SHOP NOW](#)

Brush Up!

Brushing is a breeze with this easy grip toothbrush handle and Sonic Vibrations, helping you keep your pearly whites bright and cavity free



[SHOP NOW](#)



[SHOP NOW](#)

Winter Wonderland!



Chic Adaptive Fashion from Target!

Check out this chic wheelchair friendly raincoat for women, teens, or tweens. Stay dry while looking your best!

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Baby It's Kool Outside

Enjoy the great outdoors while staying warm and cozy with a custom Kool-Kape from Koolway Sports. Koolway products are designed with the ease of dressing in mind and saving time for families & caregivers. Custom made to fit the user's body frame & wheelchair configurations including half backs, full zippered sleeves, zippered hoods, hidden G - J tubes and shoulder harness openings.

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Stay Cozy in These Fashionable Designs with YOU in mind!

Corduroy Shirt Jacket and Puffy Jacket from Tommy Hilfiger Adaptive



[SHOP NOW](#)



[SHOP NOW](#)

Seated Fit Mockneck Sweater for Girls

[SHOP NOW](#)



Loungewear Galore!

Slick Chicks Zipper
Accessible Joggers



[SHOP NOW](#)

Slick Chicks
Accessible Crop Top



[SHOP NOW](#)



[SHOP NOW](#)

Kohls
Adaptive
for Teens
and
Tweens

BeFree
Adaptive
Clothing



[SHOP NOW](#)

Adaptive Bras & Underwear

Lingerie should be beautiful, comfortable and accessible for every body. And it makes great gifts! Check out these brands to find your perfect fit.



LIBERARE

[SHOP NOW](#)



SKIMS

[SHOP NOW](#)



SLICK CHICKS

[SHOP NOW](#)

Forward by Design! FFORA ACTIVE BAG

FFORA believes in designing a world that's made for everyone. They utilize the power of functional design and real-life experiences to create beautiful products that just work. Be the first to own one of their active bags that attaches to most manual wheelchairs. Designed with functionality and style in mind, this exclusive new bag features a hard shell for easy cleaning, genuine leather trim and detail, and a two-way zipper with thumb pulls.

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Who Doesn't Love to Accessorize?!



Accessorize Your Wheels!

A sporty and durable backpack for all seasons and all phases of life. A chic accessory for your wheelchair, scooter, or wear it while biking on on a walk.

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Belt it Out!

Myself Belts™ are designed with independence in mind and provides children with an “I did it by myself!” moment and parents with peace of mind. This collection of easy to use and fun to wear belts boasts styles to fit every member of the family.

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Watch Me!

If you have an apple watch, fitbit, or galaxy watch, astra straps offers a nearly handsfree watchband with magnetic closure. Available in silicone and leather options.

[SHOP NOW](#)



Put Your Best Foot Forward in Adaptive Footwear

Having cerebral palsy can mean challenges finding well-fitting shoes that can fit over AFO's or work with various types of feet at all ages. A new pair of holiday shoes that fit may be just the ticket! Here are some of our favorites for all ages.



Hatchbacks
Footwear

[SHOP NOW](#)



Billy
Footwear

[SHOP NOW](#)



Sorel
Adaptive

[SHOP NOW](#)



Kizik
Shoes

[SHOP NOW](#)

For the Young Book Lovers on Your List

Elementary School

Sam's Super Seats by Keah Brown

Sam loves herself, learning, and making her family and friends laugh. She also loves comfortable seats, including a graceful couch named after Misty Copeland and Laney, the sassy backseat of Mom's car.

After a busy morning of rest, Sam and her friends try on cute outfits at the mall and imagine what the new school year might bring. It's not until Sam feels tired, and the new seat she meets isn't so super, that she discovers what might be her best idea all day.

What Happened to You?

by James Catchpole

Imagine you were asked the same question again and again throughout your life . . .

Imagine if it was a question that didn't bring about the happiest of memories . . . This is the experience of one-legged Joe, a child who just wants to have fun in the playground . . . Constantly seen first for his disability, Joe is fed up of only ever being asked about his leg. All he wants to do is play Pirates. But as usual, one after the other, all the children ask him the same question they always ask, "What happened to you?" Understandably Joe gets increasingly angry! Until finally the penny drops and the children realize that it's a question Joe just doesn't want to answer . . . and that Joe is playing a rather good game . . . one that they can join in with if they can stop fixating on his missing leg . . . Because children are children, after all. Based on experiences the disabled author had as a young child, WHAT HAPPENED TO YOU? genuinely reflects a disabled child's perspective for both disabled & able-bodied readers.

You Are Brave by Dr. Hannah Alarm

Ally loves to read, and she loves to spend time with her dog, Zak. But when her teacher asks her to list some of her other hobbies, she's stumped! Ally decides that it's time to try something new. With Zak at her side, she sets out to find a new hobby. She watches her classmates play basketball, use adapted devices to swim, and even make art in the park. But every time she thinks about joining them, Ally feels a nervous flutter in her chest. You are Brave is a book for every kid who has ever thought, "What if I'm not brave enough?" It's about the courage we find within ourselves, and the wonderful possibilities that open up when we have the confidence to try something new.

Young Adult

Rolling Warrior

by Judith Heumann & Kristen Joiner

Judy Heumann was only 5 years old when she was first denied her right to attend school. Paralyzed from polio and raised by her Holocaust-surviving parents in New York City, Judy had a drive for equality that was instilled early in life. In this young readers' edition of her acclaimed memoir, Being Heumann, Judy shares her journey of battling for equal access in an unequal world. Judy's bravery, persistence, and signature rebellious streak will speak to every person fighting to belong and fighting for social justice

For Book Lovers of any age...

Perspective

Disability Visibility: First-Person Stories from the Twenty-First Century

Edited by Alice Wong

One in five people in the United States lives with a disability. Some disabilities are visible, others less apparent--but all are underrepresented in media and popular culture. Activist Alice Wong brings together this urgent, galvanizing collection of contemporary essays by disabled people, just in time for the thirtieth anniversary of the Americans with Disabilities Act. From Harriet McBryde Johnson's account of her debate with Peter Singer over her own personhood to original pieces by authors like Keah Brown and Haben Girma; from blog posts, manifestos, and eulogies to Congressional testimonies, and beyond: this anthology gives a glimpse into the rich complexity of the disabled experience, highlighting the passions, talents, and everyday lives of this community. It invites readers to question their own understandings. It celebrates and documents disability culture in the now. It looks to the future and the past with hope and love.

Education

Demystifying Disability: What to Know, What to Say, and How to Be an Ally

by Emily Ladau

An approachable guide to being a thoughtful, informed ally to disabled people, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place.

Adventure

The Impossible Mile: The Power of Living One Step at a Time

by Johnny Agar

An incredible story of Johnny Agar, born with cerebral palsy and whom doctors thought would never walk, overcoming the odds to compete in Ironman triathlons. Featured on ESPN, NBC Nightly News, The Today Show, and other media outlets, Johnny delivers a moving memoir that is a testament to the power of family, faith, and extraordinary courage.

Insight

Sitting Pretty: The View from My Ordinary Resilient Disabled Body

by Rebekah Taussig

Writing about the rhythms and textures of what it means to live in a body that doesn't fit, Rebekah reflects on everything from the complications of kindness and charity, living both independently and dependently, experiencing intimacy, and how the pervasiveness of ableism in our everyday media directly translates to everyday life.

Disability affects all of us, directly or indirectly, at one point or another. By exploring this truth in poignant and lyrical essays, Taussig illustrates the need for more stories and more voices to understand the diversity of humanity. *Sitting Pretty* challenges us as a society to be patient and vigilant, practical and imaginative, kind and relentless, as we set to work to write an entirely different story.