



I Still Run In My Dreams: A Physical and Spiritual Journey Through Quadriplegia

By Mr David R Moore

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I Still Run In My Dreams: A Physical and Spiritual Journey Through Quadriplegia By Mr David R Moore

End over end the car tumbled down the steep ravine, coming to an abrupt and tumultuous stop. Dave peered down to his body sprawled across the front seat. It appeared undamaged, but at the same time seemed eerily as if it was not his. Strangely, every attempt to move arms or legs proved futile. Doctors soon confirmed what already seemed obvious, a broken neck and spinal cord damage. Labeled a Quadriplegic and told he would never walk again, a long and grueling rehabilitation program ensued. The journey would lead to the realization that finding happiness is appreciating what you have rather than what you lack, and that the most important things in life occur from the neck up, not from the shoulders down. Learning to be truly happy and content doesn't require a life changing injury, it only requires gratitude for all you have, and empathy to know you are not alone with your pain.

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Editorial Review

About the Author

David Moore grew up in Illinois where he played college tennis and qualified for Nationals. A couple years later he was battling to overcome Spinal Cord damage from a car accident. He went on to coach for 25 years where he was named conference Coach of the Year five times and now enters 1/2 and full Marathons.

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