



Dancing on Your Disabilities: Never Say Impossible To Your Dreams

Ms. Myra Goldick

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Do you believe happiness is a birthright? I do! "Happiness is a choice" regardless of circumstances. People have proven this over and over again throughout time. "We can design our own future when we know and understand that the happiness in our lives is up to us no matter what adversity we face." Everybody wants to be happy no matter how old you are, regardless of your cultural background, religion, or gender. Sometimes happiness can be illusive when you are filled with extreme emotional or physical pain and your life long dreams are fading away as you battle a body or mind that simply will not listen to your commands, and your independence starts slipping away. Depression, disappointment, self-worthlessness, and frustration begin to interfere with your happiness. Your life and the lives of your family members begin to suffer under all the stress. What if you could change your sadness to happiness? It is possible if you are willing to open your mind to a new reality and dance in your heart and your mind. Dancing on Your Disabilities shares my story of how I fought to overcome a life long progressive physical challenge, which began at the age of 10. Within the pages of this book, I demonstrate that happiness is a choice. I explain in a metaphorical sense that you can spiritually dance through life, and why you should "Never Say Impossible to your Dreams." This inspiring book will help you discover:

- What true happiness means to you and why you may not be enjoying life?
- How to change feelings of discontentment into joy and appreciation
- Why old Ghosts can not hurt you unless you give in to fear
- How anyone can attract happiness into their world on demand, despite any existing adverse circumstances

My story may have begun on a down note, but I learned how to love my life with every breath I take. This book is my easy to follow Guide to Happiness ... I demonstrate by example that perseverance, creativity, acceptance, gratitude and Never Saying Impossible to your Dreams, can change your life and help you rekindle your passion and happiness. I learned to overcome a childhood filled with poverty, racial discrimination, divorce, domestic violence, rape, substance abuse, and polio. I survived ... and thrived by choosing happiness. You can as well, no matter what.

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Courtney O'Donnell:

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