

READ WOKE

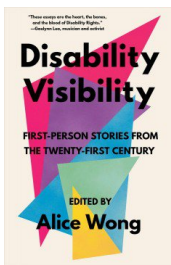
reading challenge



Living with disabilities | Adult Nonfiction available through York Public Library

"Read Woke is a movement. It is a feeling. It is a style. It is a form of education. It is a call to action; it is our right as lifelong learners. It means arming yourself with knowledge in order to better protect your rights. Knowledge is power and no one can take it away. It means learning about others so that you can treat people with the respect and dignity that they deserve no matter their religion, race, creed, or color."

Cicely Lewis, creator of the Read Woke reading challenge

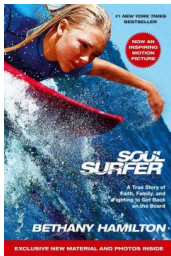


Disability visibility : first-person stories from the twenty-first century

by Alice Wong

This collection of essays from contemporary disabled writers celebrating the thirtieth anniversary of the Americans with Disabilities Act focuses on issues such as disabled performers in

the theater and the everyday lives of the community. Original.

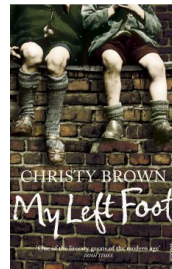


Soul surfer : a true story of faith, family, and fighting to get back on the board

by Bethany Hamilton

The teenage surfer who lost her arm in a shark attack in 2003 describes how she has coped with this life-altering event, how her faith has inspired her to keep going, how her life has changed, and how

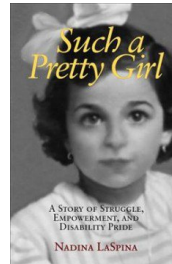
her own dreams of surfing success has led her to return to the sport she loves. Reissue. 125,000 first printing.



My left foot

by Christy Brown

Christy Brown was born in Dublin in 1932 with cerebral palsy. Behind the helpless child, who many people wrote off, was an articulate, imaginative writer. His mother always believed in him and helped him to learn to communicate against the odds. This is his autobiography.

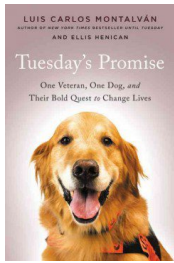


Such a pretty girl : a story of struggle, empowerment, and disability pride

by Nadina LaSpina

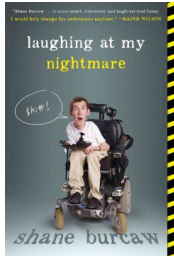
LaSpina's story—from her early years in her native Sicily, where still a baby she contracts polio, a fact that makes her the object of well-meaning pity and the target of messages of hopelessness; to her

adolescence and youth in America, spent almost entirely in hospitals, where she is tortured in the quest for a cure and made to feel that her body no longer belongs to her; to her rebellion and her activism in the disability rights movement



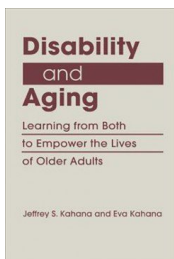
Tuesday's promise : one veteran, one dog, and their bold quest to change lives

by Luis Carlos Montalván
A decorated former Army Captain describes his ongoing battles with PTSD and the importance of his beloved Golden Retriever service dog, Tuesday, and his help in bringing healing to himself and other veterans.



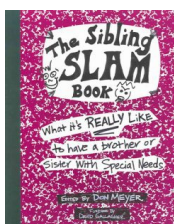
Laughing at my nightmare

by Shane Burcaw
A twenty-one-year-old with spinal muscular atrophy describes the challenges he faces in completing everyday tasks and shares stories about growing up and living with this rare neuromuscular disease



Disability and aging : learning from both to empower the lives of older adults

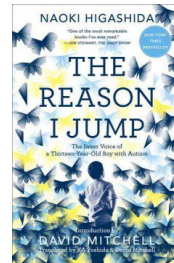
by Jeffrey Steven Kahana
The world of late-life disability -- Contextualizing aging and disability -- Learning from gerontology -- A life course perspective -- Adventurous aging through international travel -- Managing the physical environment -- Enhancing care in the nursing home environment -- The experience of disability at the end of life -- Toward better public policies -- The promise of convergence in gerontology and disability studies.



The sibling slam book : what it's really like to have a brother or sister with special needs

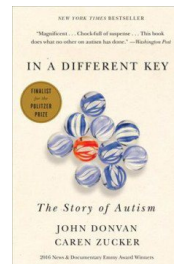
by Donald J. Meyer
Siblings of special-needs children discuss hopes, fears, frustrations, resentment, and triumphs regarding their life with their

siblings



The reason I jump : the inner voice of a thirteen-year-old boy with autism

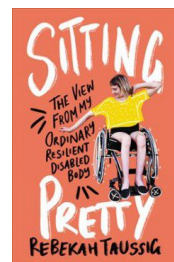
by Naoki Higashida
Co-translated by the Man Booker Prize finalist author of Cloud Atlas, a journey into the mind of a remarkable 13-year-old Japanese boy with severe autism shares firsthand insights into a variety of experiences associated with the disorder, from behavioral traits and misconceptions to perceptions about the world and social awareness.



In a different key : the story of autism

by John Donvan
The story of the discovery of autism and the first child diagnosed with the disorder draws on extensive research to trace how understandings about the condition have evolved through eight decades and how it has affected families in different historical

periods



Sitting pretty : the view from my ordinary resilient disabled body

by Rebekah Taussig
The disability advocate and creator of the Instagram account @sitting_pretty offers an honest look at disability and its effects on identity, love, money and self-worth by processing a lifetime of memories to paint

a beautiful portrait of a body that looks and moves differently.

If you really love me, throw me off the mountain: a memoir

by Erin Clark
If you really love me, throw me off the mountain is a memoir of love and adventure. It tells of one very whole woman's experience of being disabled in a world that cannot imagine her being anything other than broken. In 2014, aerial dancer Erin Clark moves from Canada to command the stages of New York City. When her wheelchair breaks, sepsis nearly kills her, and her marriage ends, she is flung out of her life and into a dramatic series of events which culminates with her moving to Spain to join a paragliding school and master one of the world's most dangerous sports. When she falls in love in the Andalusian mountains, she learns that a flying wheelchair might not be the biggest risk of all.