

7 Life Lessons from a Guy Who Can't

Contact Blog

His Face

JON MORROW / Unstoppable / 285

7 1K

11K SHARES

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joke.

parts of my body I can move are my eyes and lips. My hands, feet, arms, and almost totally paralyzed, managing the occasional twitch and nothing more.

. I have an amazing life.

als and doctor's offices.

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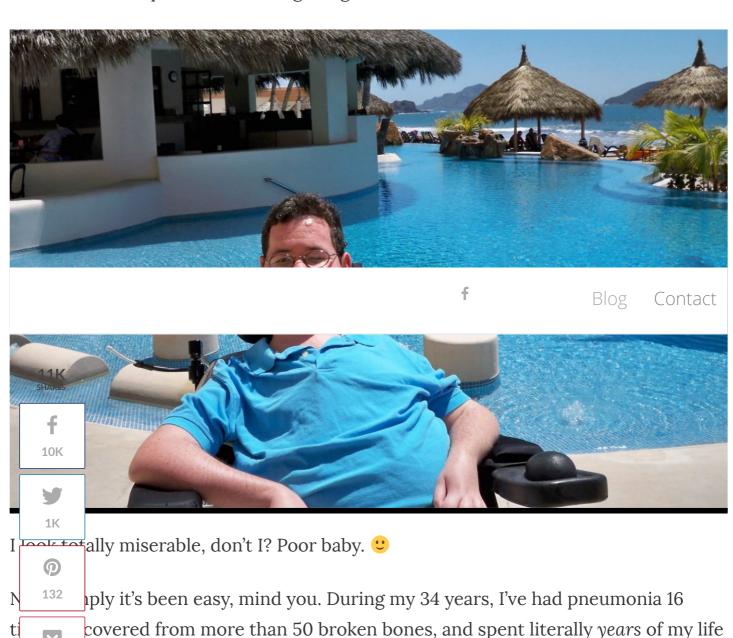
Pocket

Using speech recognition technology, I've written articles read by more than 5 million people. I've also built several online magazines that have, shockingly, made me a millionaire.

"This can't be real," you say. "You did all this, and you can't freaking move?"

Hard to believe, I know, but it's true. I do it all from home, sitting in my wheelchair, speaking into a microphone.

I've traveled a good bit too. I've lived in San Diego, Miami, Austin, and even Mazatlan, Mexico. Here's a photo of me living the good life south of the border:



Eill here. Not only have I survived my condition, but I've built a life most ply dream about.

And starting today, I want to talk about how.

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Over the coming months and years, I have a great deal to share with you, but I thought we would begin with the biggest lessons I've learned, lessons I've paid for in blood and tears, lessons that have saved my life, over and over and over again. Let's begin.

Lesson #1: If You Can't Win the Game, Change the Rules

About a decade ago, I was totally dependent on Medicaid, the U.S. government-run health insurance, to pay about \$120,000 per year in medical bills. On the one hand, I was immensely grateful, because without it, I would've certainly died, but I was also trapped by their benevolence.

You see, Medicaid has income limits. If I made more than \$700 per month, I would

had a college degree, plenty of ambition, and even a few job offers, but I couldn't accept any of them, because the government wouldn't let me.

It is a hopeless situation. If I got a job, I would lose my health insurance. If I dent as job, I'd be forced to live in poverty forever. There was no way to win the government wouldn't let me.

ger, but instead of accepting it, here's what I told them: "I'll work for you for

It pay me anything. The only catch is, sometime in the future, I'm going to or some favors, and if I do good work for you, I'd really appreciate your help." They agreed, so I spent the next two years working 40-80 hours per week, mostly free of charge, although they did find ways to throw a few dollars my way every now and again.

During that time, I explored moving to Mexico. By moving there, I could reduce my health expenses from \$120,000 to \$18,000 per year. \$102,000 in savings!

Eventually, I pulled the trigger. I called my boss and said, "Remember how I said I would ask for favors one day? Well, it's time. I'm starting a consulting practice, and I'd love some help getting clients." The next day, he allowed me to reach out to about 50,000 readers, and I filled my entire client roster within 24 hours.

Then I moved to Mexico, abandoning the U.S. healthcare system entirely. Within 30 days, I was making more than \$10,000 a month, living in a beachfront condo, and paying for all my own health care expenses.

How?

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By not playing the government's game. Instead, I created a different game, a game that worked by my rules, a game I could win.

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Bullshit. The options available to you right now may be hopeless, but you can always create new ones. It's not easy, but if you're strong enough, you can turn any situation dvantage. The key is to develop that strength in advance. Here's how:

l ♥ son #2: Pain is Power

point or another, life punches everyone in the face.

th may be hard, or it may be soft, but it's definitely coming, and your success is largely determined by the answer to a single question: how well can you



Do you roll around on the ground, weeping and moaning? Do you rock back on your heels but then keep going? Or have you been punched so many times already you don't even notice?

Personally, I'm a living example of the last one. If you want to know what it's like to live with a severe disability, just imagine that every morning six big guys sneak into your room and beat the hell out of you. Most days, the beating isn't so bad, and you can limp through your day. Every now and again though, they keep punching and kicking you until you're bleeding and broken, lose consciousness, and wake up in the hospital breathing through a tube.

That's the best way I know to describe my life. Since the day I was born, muscular dystrophy has given me a daily beating.

The upside?

It's made me incredibly strong. I can take any punch life throws at me without even breaking stride.

Lost \$100,000 on a business deal? No biggie. Key employee quits? Yawn. Getting

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mucus, none of it is honestly that big of a deal.

This, my friends, is the advantage of pain. The more you experience, the more you c f le in the future, and the less it knocks you off your game.

you respond to that pain is another matter, which we'll talk about in a

For now, the point I want to make is this: if you feel depressed and weak,

cope with the difficulties of life, it's not because you are a flawed human

b because you were unprepared for the pain you are experiencing. The

ironically, is that you haven't suffered enough.



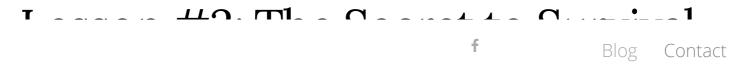
T site is also true. If you want to become a stronger and more capable person, test thing you can do is systematically (and safely) increase your pain tolerance.

For example, Tim Ferriss recommends lying down in the middle of a crowded public place like a supermarket or a coffee shop. You'll feel like a fool, but the experience will condition you to deal with embarrassment and discomfort in the future.

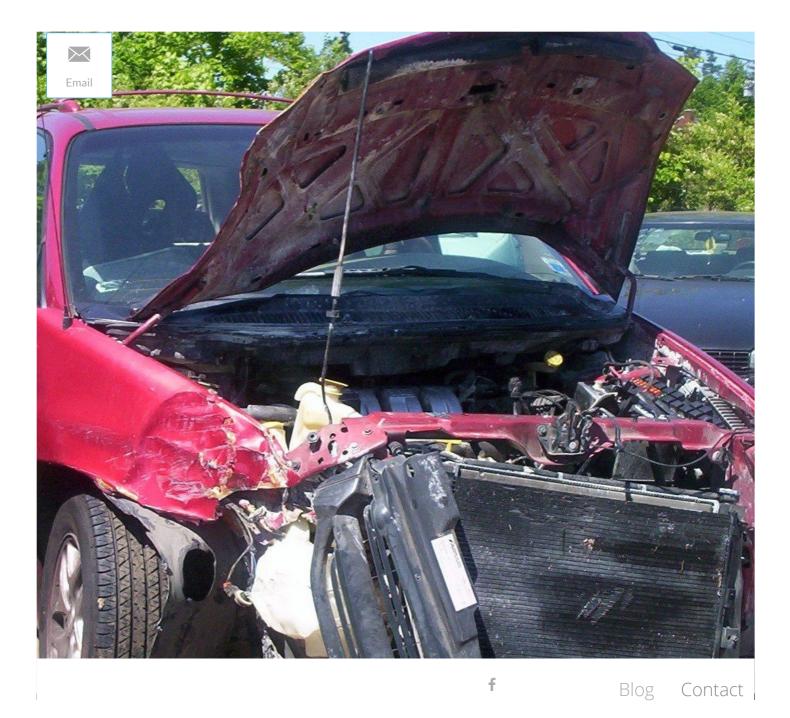
The bottom line?

The degree of success you achieve in life is directly proportional to the amount of pain you can tolerate. If you ever want to accomplish big things like building a successful business, becoming the best in your field, or changing the world in some way, you need to start training yourself to endure the pain all those things require. It'll also prepare you for the next time life punches you in the face, which is inevitable.

The only caveat is you have to keep the right mindset. If you respond to pain the wrong way, it makes you weaker, not stronger. Let's talk about how to make sure that doesn't happen...



In 2006, a teenager who we'll call Bill was late to work at Wendy's. Worried that his bossawas going to fire him, he decided to floor it, driving through the city at 85 miles weaving in and out of traffic, running red lights, and squealing around At first, everything went fine, but then something happened... 10K y F d into my minivan going through an intersection. He was going so fast that 1K ripped the entire front end of the van off, spinning me like a top in the it y head went through the window, knocking me out, and when I woke up, I S ed underneath the dashboard, my 300 pound wheelchair lying on top of me, 132 uirting out of my head, my legs shattered from my toes to my hips. b Pocket



I spent the next month in the hospital. The bill was about \$130,000, and not surprisingly, I discovered good ol' Bill had crappy insurance, paying out a maximum of \$20.000 for the accident. To top it off, doctors predicted it would take an entire cover enough to work or go back to school.

In words, I was fucked.

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As n re wasn't enough that I was already dealing with Medicaid, poverty, and muscular y. Life decided to pile on a little extra, just to see how much I could take.

estly? It was a miracle I didn't crack.



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would it have been to sink into despair? Or rage against the unfairness? Or ren take a little bit too much morphine one day and end it all?

But I didn't. Mostly, I was able to handle it because I'd been conditioned by all the other difficulties of my life, but it was also because I deliberately shifted my perspective.

The people who struggle most are the ones who can't accept the incessant unfairness of life. They become so consumed with what *should* have happened, the way other people *should* have behaved that they become incapable of dealing with reality.

If I allowed myself to be angry at Bill for even one moment, I may have sunk into a pit of rage and despair so deep I would've never climbed out of it. Instead, I forced myself to say, "Okay, this is my life now. What's next?" After all, I couldn't change what happened. The only thing I had control over was how I responded to that change, and the first and most critical response was total and complete acceptance.

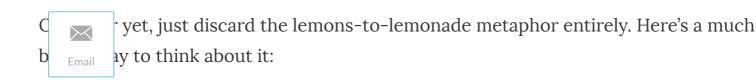
A lot of people view acceptance as weakness. They think that, if they accept what's happened to them, they'll be admitting defeat.

But it's the opposite. It's only by acknowledging reality that you can create a plan to

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Following the accident, I hired an attorney who fought the insurance companies, the hospital, everyone. It took months, but he eventually settled my medical bills and gove me cnough money to purchase a new car, totally debt-free. Meanwhile, I f on my rehab, completing it in six months instead of the year doctors 10K 1, and I resumed my life even healthier than I was before the accident. Y Τ t? 1K **(7)** heard the cliché about turning lemons into lemonade, but to do that, you 132 bissed off at the lemons, go into denial about the existence of the lemons, or ssed because you're tired of making lemonade. You just have to grab a g

d squeeze the shit out of the motherfucker.



Lesson #4: The Art of the Counterpunch

Remember how we talked about the importance of being able to take a punch?

Well, it's only the first step. Once you've built some endurance, it's time to learn how to fight back.

Consider this:

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In boxing, every beginner learns the importance of the counterpunch. By attacking you, your opponent has to let his guard down, and it creates a brief but very real opportunity for you to sneak in a blow. You just have to train yourself to spot the opening.

Ironic, isn't it? The best time to attack your opponent turns out to be right after he

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And it's true for more than just boxing. In life, every difficulty carries with it a corresponding opportunity of equal size.

ple, let's go back to the car accident from the last section. I mentioned how ttorney to settle the medical bills and dedicated myself to rehab, or it in half the time, but I didn't tell you the best part of the story.

en rehab visits, I had a lot of free time on my hands. A lot of people would've lown in front of the TV and zoned out, but thankfully, I had the presence of ecognize the opportunity. I'd always wanted to write more, but I'd never had



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.. until the accident. So, I seized the opportunity and got my gimpy ass to

At first, it was only a journal, a way of jotting down my thoughts and emotions as a way to cope with the trauma. I enjoyed it so much I decided to start a blog, and within 60 days, it got nominated as one of the best blogs in the world. Following the nomination, I got an offer to help run an up-and-coming magazine, the one that eventually helped me launch my consulting practice when I got to Mexico, allowing me to live the life of my dreams.

Was it luck? A mere twist of fate that turned tragedy into triumph?

Not at all. It was a deliberate counterpunch, a way of taking the force of the blow life had dealt me and turning it to my advantage.

It's just one of many throughout my life. Here are some more:

Punch: None of the cool kids in school want to be friends with me, because the wheelchair makes them uncomfortable. I become an outcast.

Counterpunch: I hang out with the other outcasts: nerds. They teach me how to code, and I'm writing my own software by the age of 12.

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Counterpunch: To keep from going crazy, I read half a dozen books a week. By **11K**the time I graduate high school, I've read more than most of my teachers.

Inch: I get accepted into MIT, but I'm dirt poor. For a year, I beg for help, but eryone ignores me. I have to turn down the offer.

punterpunch: I apply to my somewhat crappy local university, and they offer e a full scholarship. I graduate debt-free.

ooks like luck, but it's not. The people we call "lucky" are ruled by the same of fate as everyone else. The difference: when that hand turns against by look around, and they spot the opening.

T al of the story:

The next time life punches you in the face, stop for a moment and ask yourself this simple question:

What's the counterpunch?

No matter how bad the situation, no matter how hopeless it seems, there is always an opportunity to turn it to your advantage. You just have to discipline yourself to spot the opening, and then find the courage to use it.

Lesson #5: How to Find the Courage to Face Anything

The heart monitor flatlined.

I was lying in a shabby little bed in a nursing home you've never heard of. For years, I'd drifted toward death, and blessedly, mercifully, it was finally here. My heart stopped, my limbs quivered, and my bowels let loose, filling the air with a sickly stand. One last breath escaped my line, and I was some

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Pulling out her clipboard, she glanced at her watch and wrote down the time of dealth. Next, she pulled out her phone and called the morgue. "Got another one for y n 305," she told them. With that, she pulled a sheet over my head and left to the days later, they cremated me, and that, as they say, was that.

Pressing, right?

y, none of this ever happened. I wouldn't be writing right now if it did.

But ld've happened. Years ago, if I'd made different decisions, I could've easily in a nursing home somewhere. Crazily, it could still happen now. A few n Pocket and I could lose everything, dying broken, useless, and alone.

e straight up with you:

It scares the hell out of me. More than anything. You could pull out a gun, shove the barrel in my mouth, and start counting, and it wouldn't even come *close* to scaring me as much as the scene I described.

Dying is one thing. A pointless death where no one notices or cares is quite another. To me at least.

Here's why I am telling you this:

Every now and again, somebody asks me how I found the courage to move to Mexico with no money, no friends, and no backup plan. There are a gazillion different ways it could have gone wrong. I could've been robbed and murdered by thieves along the highway, scammed by immigration officials, or starved to death because I couldn't afford food. Let's face it, Mexico is a dangerous place, and moving there in my condition was absolute insanity.

I knew this. I've never been one of those delusional people who thinks nothing bad will ever happen to them. On the contrary, I was pretty sure I was about to die, and I was scared shitless. When we drove across the border, I was sweating and shaking so much I was worried that immigration guys would think I was on drugs.

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Well my thought process went like this:

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orry: I could be scammed by immigration officials.

sponse: True, but that's still better than dying in a nursing home.

orry: I could be killed by robbers along the highway

sponse: True, but that's still better than dying in a nursing home.

orry: I could starve to death because I can't afford food.

sponse: True, but that's still better than dying in a nursing home.

words... yes, I was terrified, but a sad, quiet little death in a nursing home to me more. I consciously and deliberately harnessed that fear, using it to propel me to do things everyone thought were insane.

And that's how courage works. The people we think of as heroes don't have a mystical ability to transcend fear. To them, the alternative to taking action is simply unacceptable. They do what needs to be done, not because they want to, but because they feel there is no other choice.

Same for me. To get myself to take action, I didn't meditate, clear my mind, and proceed to do the impossible with calmness and confidence. I woke up each morning and pictured what would happen if I *didn't* act. I envisioned the heart monitor, the nurse, my body being pushed into the flames. I deliberately put myself into a state of such intense terror that everything I had to do felt manageable by comparison.

It's dark, I know, but it's also an immense secret. If you find yourself paralyzed by fear, the only way out is often to find something that scares you *more*. Imagine what will happen if you do nothing, make it so real in your mind that you're about to jump out of your skin, and then harness that energy to do the crazy things you need to do.

To be clear, I'm not suggesting you live your life in fear. The moment you've faced down the impossible situation, stop torturing yourself. Adopt a positive attitude, and

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But if you're just trying to survive?

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FOOT is fivel. So burn, baby, burn.

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SON #6: Embrace the Crazy

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The world is full of people who will tell you to "be reasonable." You should have reasonable goals, reasonable expectations, a reasonable attitude.

Dust liston

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country not exactly known for its stellar medical care?

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asonable to work 40+ hours a week for a company that didn't pay me a dime?

V 10K

asonable for me to start a business when failure would've meant starving to

d

the streets of Mexico?

Nor mane slightest. It was actually pretty crazy.

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e thing, though:



If in a crazy situation a means, but it's no

n a crazy situation, sometimes the only way out is to make a bold move that nsane, but it's not, because the alternative is worse.

For instance, I'll readily admit that working for a company full-time without asking for a penny in return is a dumb idea *most* of the time. Compared to the alternative of not working at all though, it's actually a smart move.

The problem is, we're not used to thinking that way. We're so used to evaluating options on their own merits that we become paralyzed in situations where all the options are bad.

The solution is to train yourself to at least acknowledge the crazy alternatives. Whenever you're making a decision, ask yourself, "What are the options I'm not considering because they seem too crazy?" You don't have to choose the crazy option, but you should still train yourself to recognize it, because there might come a day when you need it.

Here's a current example from my life:

I cope with a fair amount of back pain. This surprises some people, because they assume I can't feel anything from the neck down, but I can. My disease only affects the motor neurons, not the sensory ones, so I'm able to feel just as much as anyone.

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The typical treatment options: narcotics, anti-inflammatories, herbal therapies, sur**ger**, exercise, stretching, chiropractic adjustments, acupuncture, a new wheelebair seating system, and lots of other reasonable things.

are the unreasonable options?

of increasing craziness, I could...

\$5,000 bed that's like floating on a pocket of air, lie down in it, and never again, conducting all my business from bed for the rest of my life.



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oy all the nerve endings in my back, making it totally numb. Believe it or not, an actual medical procedure. It's called denervation.

- Sever my spine, losing not only sensation but also the ability to breathe without a respirator. Obvious drawbacks, and I'm not sure I could get a doctor to do it, but still better than the last option...
- Suicide

Am I seriously considering any of these options?

Hell no! The pain isn't nearly bad enough to take such drastic measures.

But it's also comforting to be prepared for the worst. No matter how bad it gets, I always know I have options. If I'm forced to explore those options, I've prepared in advance, so I'm not trying to figure it all out in the moment.

The bottom line?

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No matter how impossible the situation seems, you're never trapped. There are always options.

And that brings us to the final lesson...

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LOSOII # 1. INCVCI, IICVCI, IICVCI SIVC

My moth er rammed her hands into my ribs, forcing the air from my lungs. I coughed, to it rattling deep in my chest.

I screamed.

A rew we eks earlier, I'd caught pneumonia, a respiratory infection that's dangerous thy person and a near-death sentence for someone like me. I didn't have the

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to cough the mucus up myself, so doctors taught my mother to thrust her to my ribs, supplying the necessary force.

And it worked, but then something terrible happened:

My ribs cracked. Worse, the bones would grind together and fracture a little more every time my mother helped me cough.

But we couldn't stop. If we did, doctors were absolutely certain I would suffocate and die.

So, literally hundreds of times per day, my mother would shove on my broken ribs. I screamed, I cried, I begged her to stop. Still a child, I couldn't understand why she had to hurt me so much. Even today, I marvel that she could bring herself to do it.

But she did. For weeks.

One night, when I was lying in bed, wheezing and whimpering, she brought this little plaque of a quote from Winston Churchill and put it on the table beside me. It sits on my desk now.

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"White et them, then," she said, and so I did. Every night, she would push on my ribs a description in the message of them is the message of them. The said is the message of them is the message of them. The said is the message of them is the message of them. The said is the message of the m

ver, never give up.

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es, but it worked. I never gave up, not because I was strong or brave or ut because my mother wouldn't let me.

A I want to do the same for you.

r later, we all reach a point in life where our trials become unbearable.

Lemail pation turns to despair, self-confidence becomes self-pity, and our hope for a better tomorrow dwindles and dies, replaced by a grim certainty that our life is over.

But it's not. We simply need someone to remind us that triumph over adversity isn't about being the strongest or the smartest, the "perfect" human being who can overcome anything life throws at them. On the contrary, the greatest victories are won by the weakest people, living in the darkest times, facing monsters that make even the stoutest heroes cower and run.

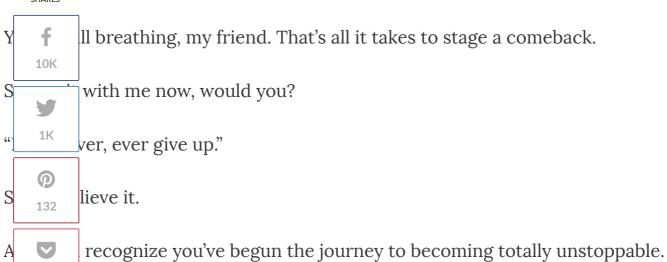
And yet they prevail. Not through riches or genius or even luck, but by setting their jaw, bracing their feet, and weathering the storm. They don't defeat misfortune; they outlast it, clinging stubbornly to their spot, absorbing blow after blow, roaring their defiance into the wind until their lips crack and their voice breaks, and yet still they find the strength to whisper, "I will never, ever give up."

You can be one of those people. I know you can, and so I came here to tell you...

Today, you might feel too poor or sick or unlucky to reach for your dreams, but you're not.

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Today, you might feel like an outcast, forgotten by your friends or family or anyone who the ight help you, but again, you are not.



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285 COMMENTS

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Alana K. Haase // Dec 30, 2016 @ 5:19 pm

REPLY

Jon, I am going to be a complete sappy female and say it, "I LOVE YOU!" You are so inspiring! I have been a nurse for over 25 years. Taking care of people is my HEART not my paycheck so when I was involved in a potentially career ending injury earlier this year the demons of despair and depression have been trying their best to sink their claws into me. NO NO NO! I have a bracelet that says, "you were given this life to live because you are strong enough to live it. NEVER GIVE UP!" So I managed to get my first book published and started a blog! And now that I have time to write, my writing has improved 110% because I took one of your classes! You are an incredible human being and a treasure to everyone who is blessed enough to come in contact with you! Thank you for all you do and share with us all! Let's throw some more counter punches together! Let me know if you need a private duty nurse! I love

f Blog Contact

Trudy Van Buskirk // Dec 30, 2016 @ 5:39 pm

REPLY

Alana. I had a debilitating ataxic stroke in 2005 and have always believed that you need to "Get up and get going" as my to-be-published title says. Like Jon 'm unstoppable!

And thank you for being a nurse for so many years $\begin{tabular}{c} \end{tabular}$



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Shadrack Ansah Mensah // Dec 31, 2016 @ 3:58 amREPLY

It is well with your soul. Remain blessed and favoured.

Denise Cole // Dec 31, 2016 @ 9:41 am

REPLY

WOW!!!!

Williesha Morris // Dec 30, 2016 @ 5:21 pm

REPLY

I'm so excited to be part of something new with you. Congratulations! (I got to the final stages of a position over at SmartBlogger a few moons ago.)

Ronald Sier // Dec 30, 2016 @ 5:21 pm

REPLY

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auretta Zucchetti // Dec 30, 2016 @ 5:40 pm

REPLY

are such an inspiration to all of us. But I guess you already know that. What not know is that with this email you stopped me from doing something nking and believing that MY life was, oh, so miserable. Thank you thank you.

people love you, and now you have one more, me!



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Every single time I read through this article I cry. Not because it is so sad that I am unable to contain my sadness but because it is so damn relevant to my life at this moment. So thank you, legitimately this is something I needed to read at this point in my journey. I will not miss another post. I am not as eloquently spoken as you, nor as insightful, but today I am encouraged to not fall into the path that is expected or "reasonable" but to forge the unique path of which I know, deep down I am capable. Thank you a million times.

I will never, ever give up.

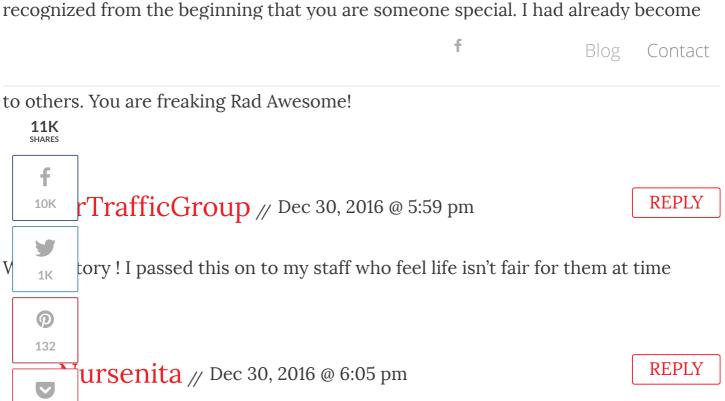
Kimberly Clay // Dec 30, 2016 @ 5:46 pm

REPLY

Jon,

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I started following you about a year ago, or maybe it hasn't quite been that long. I recognized from the beginning that you are someone special. I had already become



(scular Nurse) Your story was so touching; I forward your story to a th) who has awesome skills as a writer but she hasn't hit her goal yet, but I know this story will provide fuel to her passion which is writing ..

thanks NurseNita

Trent Arnold // Dec 30, 2016 @ 6:20 pm

REPLY

Jon, thanks for sharing your story! I was so inspired, I shared the link with my (adult) children. I look forward to reading more of your posts & wish you a Happy New Year!

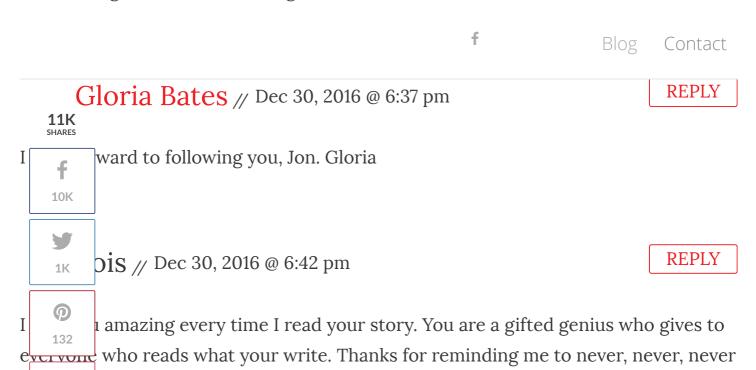
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Ria // Dec 30, 2016 @ 6:31 pm

REPLY

Crying by the end of this. Incredible post, Jon. Thank you for the encouragement!! And looking forward to following this new site. Cheers!!



Your mother is also a gifted genius, I hope she is still hear to be with you.

REPLY

All I can say is, Wow, this came right on time. Your message spoke right to my heart. You are an earth angel for sure. Great, great, authenticity at its best. Courage is your middle name. You are very very special and thank you. I did not take any of this advice lightly, it is sooo very true and I am going to apply it. Thank YOU!

Kathryn // Dec 30, 2016 @ 6:49 pm

REPLY

Jon, thank you for sharing your story. I will share it in hopes of inspiration to others. Survival, survivor, driven, the plethora of words cannot fully describe the internal drive to keep on keeping on. I look forward to following you. Hugs.

Cheers and Happy New Year.

Rune Ellingsen // Dec 30, 2016 @ 6:52 pm

REPLY

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resonate with struggles, not a surprise, but the way you place the words, the correct oness. It is not meet that specific correct order makes your message come through so clear. As you don't take action when fallen down, what is the option? Keep lying Not an option for you. And if it were, it would be only a way to wither. It's not meet the same chanic choice, to just breathe. To live is be here with a passion. You nuch! I am humbled by you. Your mother is a total badass by the way!!! You all the success you are having and more. Kickin' ass and takin' names, making a y" person feel bloated. Down to earth here we go. Thank you!



ayna // Dec 30, 2016 @ 6:56 pm

REPLY



Thanks for sharing your story. It resonates very deeply with me. I have CRPS/RSD, Myofascial Pain Syndrome 24/7 pain no cure and no hope as well as 23 other diagnosed conditions including Manic Depression / Bipolar Disorder. I bought the razor blades to end my life last February and having medical training knew how to carry things out. I had a friend step in and I was lucky.

After reading your article I can truthfully say I will always keep a printed copy nearby for when my mind goes that direction again....to end things.....and I know now your article will forever stop my attempts.

I am forever grateful to you for sharing your battles and explaining about counter punches too. I've always been a fighter my entire life.....like you, I have survived so much. Those counter punches you talked about and how they open doors or you find opportunities in them......with your article you have blown the doors right off for me and my mind is now wide open.

Thank you, Thank you, Thank you!! Blessings Be Jon......Blessings Be. 🙂



11K
I have never commented on a blog post before... ever.

story is so inspiring and the tenets you outline match my modus operandi

ng anything hold you back is the only way to live life – wishing you all the



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Thank you, Jon, for this empowering piece. God bless you!

Peter Brodie // Dec 30, 2016 @ 8:08 pm

REPLY

Coincidence? Well, let's just say I was contemplating how to overcome my permanent discomfort due to my spine collapsing in the two places affected by radiotherapy 40 years ago.

Next!

Thanks Jon. Amazing!

Enock Glidden // Dec 30, 2016 @ 8:21 pm

REPLY

f Blog Contact

and with the examples from your life. I started a blog also a couple years ago about my adventures and have been working to try to start a life of adventure and be able re. I recently completed an ascent of El Capitan and am working toward solve. I look forward to reading more from you and hope you might plog interesting as well. I would also love some pointers or honest feedback if the look forward to reading more from you and hope you might the log interesting as well. I would also love some pointers or honest feedback if the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and be able to the look forward to reading more from you and hope you might have been working to try to start a life of adventure and the look forward to reading more from you and hope you might have been working to try to start a

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Pocket

hris Ellis // Dec 30, 2016 @ 8:35 pm

REPLY

hanks for another beautiful although sometimes hard to read tickle. You are ge inspiration and I love that you turn everything around so you can help us. Dang that is pretty Saint like. Thank you for everything you do. XO Chris

Mark Thompson // Dec 30, 2016 @ 8:41 pm

REPLY

Jon, totally inspirational. Passed this on to several people.

Kathy G Lynch // Dec 30, 2016 @ 8:56 pm

REPLY

THANK YOU JON. for the inspiration to keep going in spite of my pain, for showing me I must have the GUTS to Grab the Urge To Survive no matter how difficult it is.

Kathy G Lynch // Dec 30, 2016 @ 8:59 pm

REPLY

How do I subscribe to your blog after reading your post and not signing up at the

f Blog Contact

11K Picky Powell // Dec 30, 2016 @ 9:00 pm

REPLY

pletely rock, Jon! I admire your attitude, spirit and unstoppable way of being.

I head a program called, "My Awesome Life Starts Now," and would love to you, (if that's a possibility). In the meantime, I'll be sharing this with the



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REPLY



10K

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You are an inspiration to us all.

Making the world a better place, a day a time, is the best we can do. Lots of people do just that, which is great, but with your leadership and new blog, many more will be inspired to join or to do more of it. The state the world is in, just what the doctor ordered.

With thanks for encouraging me in so many ways, I wish you and your blog much success in 2017 and beyond.

Sam / / Dec 30, 2016 @ 9:32 pm

REPLY

Very inspiring! Thank you for this! It came at the right time.

Allan // Dec 30, 2016 @ 9:52 pm

REPLY

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Blog

Contact

I hall he privilege to talk to you in your Bootstrapper's Bootcamp with Johnny B few years back. It remains to be one of the highlights of my career online.

per mentioning it was around 2 am my time and you said something like we better deliver". And you didn't disappoint then until now.

inspiration to me and I always share your story with my audience. Keep

I Pocket get a chance to talk to you one day again.



MELLINA COWAN // Dec 30, 2016 @ 9:54 pm

REPLY

YES, JON!! YOU ARE ABSOLUTELY RIGHT!!

Linda Susan Nichols // Dec 30, 2016 @ 10:01 pm

REPLY

Thank you for this. have A husband who has COPD and is on Oxygen.this is just one of the health problems he has had over the 40 years we have been together. I love the above story. It was my email at the right time. I have total knee replacement surgery 10-17-2016 had a few hitches in my get along with meds, blood preasure. So today 12-30-2016 they had to go in and make my knee bend. I managing and doing ok. Like I said My husband Has COPD. and gets down i dealt with a lot of the bad addittudes . I am always telling him lesson 7. I tell him where there is a will there is always a way. The story above proves that. Again thank you.

f Blog Contact

What an amazing story. I knew that you were disabled – and even got the idea from the photos I'd seen that yours was a sort of Steven Hawking story – but the way your ve lived your life, since you were a child (!) is absolutely inspiring. I'm generally ose people who thinks "Even on my worst days, my life is a whole lot better y, many, many people in this world. When I'm feeling sorry for myself, that's I need to remember just how GOOD my life really is." Thank you for writing You've inspired me – at least for today. What a great year-end gift to take in as a reason to never, never, never give up!!!

Pocket anjay Banerjee // Dec 30, 2016 @ 10:41 pm

REPLY

Jodi Dills // Dec 30, 2016 @ 10:45 pm

REPLY

Thank you, Jon. I will never, ever give up. I'm making that promise to you.

Eric Sparkman // Dec 31, 2016 @ 12:04 am

REPLY

Jon, I woke up each morning and pictured what would happen if I didn't act You have really helped put things into perspective, I have taken a few punches and thrown a few counter-punches; but I have never thought of it in such elegant and inspiring terms. Thank you, I want you to know that your pain is helping me 'judo-throw' mine into pure unadulterated determination. Thank you again, because I can't say it enough; "NEVER GIVE UP!".

Christopher Makomere // Dec 31, 2016 @ 12:47 am

REPLY

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Blog

Contact

Jon**11/6** u're heaven sent.



ake away, 'If you can't win the game, change the rules' and Never ever give unit come a millionaire, I'll come to meet you because I owe it all to you.



132

1K

lichael // Dec 31, 2016 @ 1:10 am

REPLY



vithout a doubt the biggest inspiration to anyone out there including me. Ive anted to write for outdoors magazine's! Now I'm definitely going to do



Ted Dahmus // Dec 31, 2016 @ 1:14 am

REPLY

Jon- Thank you for this read, wow.

Thank you

Pat // Dec 31, 2016 @ 1:25 am

REPLY

Jon, Just the push I needed to jump in feet first and go for it. A challenge I want to tackle, but needed a big nudge. You are the nudge and and the inspiration that will help propel me forward. Thank you big time for sharing all these insights. I'm off and running. If I score this one, I will let you know!

Angela Tahara // Dec 31, 2016 @ 1:27 am

REPLY

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Blog

Contact

I so the eded you in my life right now. What a blessing. As with many others here, a of chronic pain that never ends and no cure. With that, emotional criminal of the past that play in my head when I least expect it and a new one this ti 10K year 1 am a sweet kind person and I often ask what did I do in my past life to deserve y and is there a purpose for me in my life. This year was the hardest keeping a 1K above water and I look for books on inspiration and the authors think that n d r a death is a trauma. They don't know what trauma is. Like you said, being b 132 p every day. You have given me something concrete and valuable to think d focus on. My work is not useless and neither am I. Thank you, hun. You are a ıl. Angela Tahara Pocket

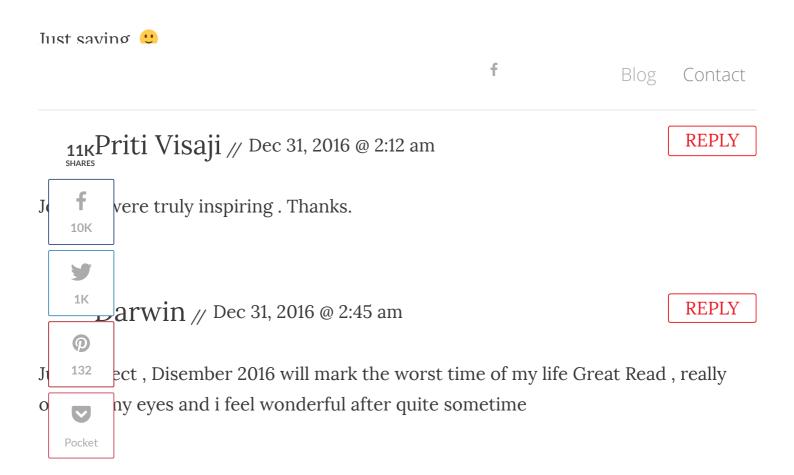
Jon,

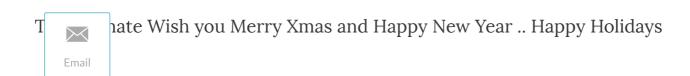
I can relate on so many levels. Each and every point is true and I've lived it and am living it myself. My circumstances are very different, born 48 yrs ago at 25 weeks gestation, Spastic Diplegic Cerebral Palsy, Post Impairment Syndrome, failed surgeries, chronic severe and ever increasing pain.

My motto is: Onwards...Regardless!

I'll leave my business website, there's a video there you can watch, if you wish.

As you know, you're not alone...we're all on this journey. It just varies in its degrees and some of us have been in the refiner's fire for our entire lives. Once the refiner takes us out...well, it's all silver and gold.





Alex van Oostveen // Dec 31, 2016 @ 3:21 am

REPLY

Thank you. You are an inspiration!

Tariq Ziyad // Dec 31, 2016 @ 3:40 am

REPLY

Thank you Jon, truly inspiring words

Darcy // Dec 31, 2016 @ 3:55 am

REPLY

WOW. SIMPLY WOW. That's what I thought when giving this article a read over. So much to learn and it made me think "if this guy can do it, then anyone can do it." Shared! And never give up!

f

Blog Contact

 $\begin{array}{c} \textbf{11K} \\ \text{Ne} \textbf{VOMES} \\ \text{Ever Give Up} \end{array}$



1K

Pocket

ararta // Dec 31, 2016 @ 4:39 am

REPLY

this on the day before you make those Resolutions for Next Year. Have a goal been working on...just about decided to Give Up and dig a hole somewhere exercised in. NOT. Never, Never, Never give up. Find another Counter Punch. Begin n't wait for 1-1-2017. Inspiring? Yes.



doesn't work. You must plant the seed inside yourself and nurture it." ~me.

Thank you Jon.

$Mickey\ Nilsen\ /\!\!/\ Dec\ 31,\ 2016\ @\ 6:00\ am$

REPLY

You saved my life tonight. 6 years of debilitating intractable, SPREADING nerve pain that is killing me bit by bit. You got to me. Never, never, never, give up. Thank you.

Judy // Dec 31, 2016 @ 6:56 am

REPLY

What a great story and at such a fitting time for me in my journey. You are a true inspiration as many have posted already.

When I was young I was called stubborn and then I learned the word tenacious. I prefer to think of myself as tenacious. The word just sound nicer to me. You are definitely tenacious and amazing.

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Blog Contact

inspiration to me as a writer. Thank you so much for sharing your courage with the worldk

f

SHARES

iane Matthews // Dec 31, 2016 @ 6:58 am

REPLY

Jenson Sew Year's Eve here in Australia. I've had a crap few years culminating in my cut my son loose after fruitless attempts to get him to see how his father emotionally abusing him and turning him against me. Birthdays and other ccasions are painful instead of joyous because my son has turned against me n't visit me and everything twisted to be my fault.

annoyed with myself because I am a fighter and usually comeback like a relation of the aggressor to catapult myself to success. Why couldn't I this time? I'd feebily made up my mind that at the stroke of midnight this was going to end and I was going to let my son go and I was going to use this situation to make a success of myself in the areas that I have chosen and nothing was going to stop it – I would have tunnel vision to get the success I was after. But somehow the stubborn resolve still was here.

Then I read your story – what have I got to whinge about? I'm not the first or last mother to be in my position. Thanks for the kick up the butt. Happy New Year!

andrew akindele // Dec 31, 2016 @ 7:31 am

REPLY

thanks for the inspiration , i was feeling sorry for myself , since i am stuck in a wheelchair , with MS . Trying to come put with themes for the new year, and goals for the new year, your story gives me inspiration and ideas . I will read over and over whenever i am depressed , thank you thank you thank you . Next step , trying to become Facebook friends with you and subscribe to your blog, and then pick your brains about voice recognition technology . Thanks again

f Blog Contact

$_{11K}Mary~E.~Ulrich$ // Dec 31, 2016 @ 8:16 am

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REPLY

spiring story and solid advice. Can't wait to read your next post. And as thank you for acknowledging the love of mothers.

Aaron, my son with autism, was abused and neglected by his "caregivers". I ll, screamed and shouted but it was hopeless. Because of funding... we were d by fear", "punched in the face" again and again. Like you, I had nightmares at would happen if we DIDN'T do something crazy. So, in order to be close ther (and future guardian) we gave up our son's Medicaid in OH (doesn't

states) and are in the process of moving where he had NO Benefits, long sts, and poor adult services. And then the miracles started to happen. We found advocates to help us. Aaron moved into a new place Nov. 14th. He became a resident of the state and got Medicaid. He is in a MUCH BETTER situation. Yesterday we sold our house in OH and are moving ASAP so we can be close to Aaron and his brother. Aaron's living situation is only temporary–another risk we had to take, but as you said that is how courage works. We faced our monsters, we took action–actually crazy–crazy action. Now our family has a future, shaky right now, but we're out of the quicksand, at least for today. We don't know how everything will work out, we're scared as hell. But we took the counter–punch. We took action.

Thanks for sharing your story, leading by example, and helping us "Embrace the Crazy."

Nancy Darling Handler // Dec 31, 2016 @ 9:41 am

REPLY

Dear Jon, You are very inspiring. Although I am not in a wheelchair (yet) I am pretty old (78) and dealing with an autoimmune disease nobody every heard of and it keeps me on low energy and high maintenance although I'm sure your maintenance is

f Blog Contact

For the last 2 years I have done little real estate due to resistance and also my health issues. I need to ramp up my real estate biz to pay bills, pay off credit cards, etc while my art biz or some other business (passive income would be nice.) I'm also a od writer but not sure how to make money with that. I'm going to read this post or vours every day for a while and hopefully more posts from your blog. Thank y with Nancy Darling

ommy Brown // Dec 31, 2016 @ 10:17 am

REPLY



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of this year and here I am typing this crap. Glad to meet ya sort of that is, r stuff. I too am like all these other losers. Hurting, needing to yell out at the frigging world. But mainly at those that have given up on me and called me lazy, when I knew in my heart I wasn't. I finally had my open heart surgery from those 2 heart attacks that no one knew I had. Only time now and my cardio rehab for the next 3 months will determine what my next move will be. Even joining the zipper club has given me absolutely no satisfaction at all yet. I say in my heart hundreds of times a day, "I told you so" it don't help at all. I need to punch something. Talk later I presume, or why even type a word, right? L8R Dude.

Jihane Guettar // Dec 31, 2016 @ 10:54 am

Pocket

REPLY

Thank you for never giving up and being a beautiful and kind human being to share your story and inspire people. And all my respect to your rocking and amazing mother. Wishing you a blessed and healthy new year.

Steven Hughes // Dec 31, 2016 @ 11:30 am

REPLY

Blog Contact

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SHARES
POTT. Sadiku Jamiu Abiola // Dec 31, 2016 @ 11:31 am

REPLY

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eally a wonderful creation of God. You are so inspiring and amazing being.

eally a role model. Am much grateful for your word of inspiration and gement.

etty // Dec 31, 2016 @ 11:34 am

REPLY

I just read your article 12-30-16. I know you probably don't remember us. I in the nursery at Grace Covenant and you went to school with our youngest daughter, Amanda. Thank you for the inspiration! My husband, Gary was diagnosed with stage 4 prostate cancer metastasis to his bones in 2000. He was only 48. They told us to do what we wanted because he would be gone in 6-12 months. There was nothing to be done for him. He is still here. We have struggled and are surviving cancer, cardiac death, respiratory arrest, bone tumors, bone breaks, pneumonia, diabetes, Charcot syndrome...... we are so very tired. We have not given up. We are weary from the 'punches' and pain in this journey. We are not giving up. We have become dependent on Medicare and pay for a supplement. You have inspired me. I hope Gary will read as take your article to heart. He is very smart and educated, thinks outside the box. Any consul would be appreciated. God bless you.

 $Steve \ /\!\!/ \ Dec \ 31, \ 2016 \ @ \ 11:42 \ am$

REPLY

You Sir are an inspiration, Thank you so much for sharing your journey with us. We are all able to do so much more.

Thank you again, Im Unstoppable!

Pocket

f Blog Contact

 $_{\mathtt{11K}}Wayne\ Olson\ /\!/\ \mathrm{Dec}\ 31,\ 2016\ @\ 12:13\ \mathrm{pm}$

REPLY

tenacity in your soul with which you live your life every day, is astounding.

T to sage you gave me is, "how utterly ridiculous it is that I have not already

shed my goals." You have managed to kick me solidly in the butt.....bet you

ow your right foot could do that, did you Jon?.....well, it just did.

stoppable" mindset you so graciously give us through the 7 lessons, is because the tenacity. I see "Unstoppable" as a template for me to use to make a change in my own pursuits......no longer will I allow anything stop me.

