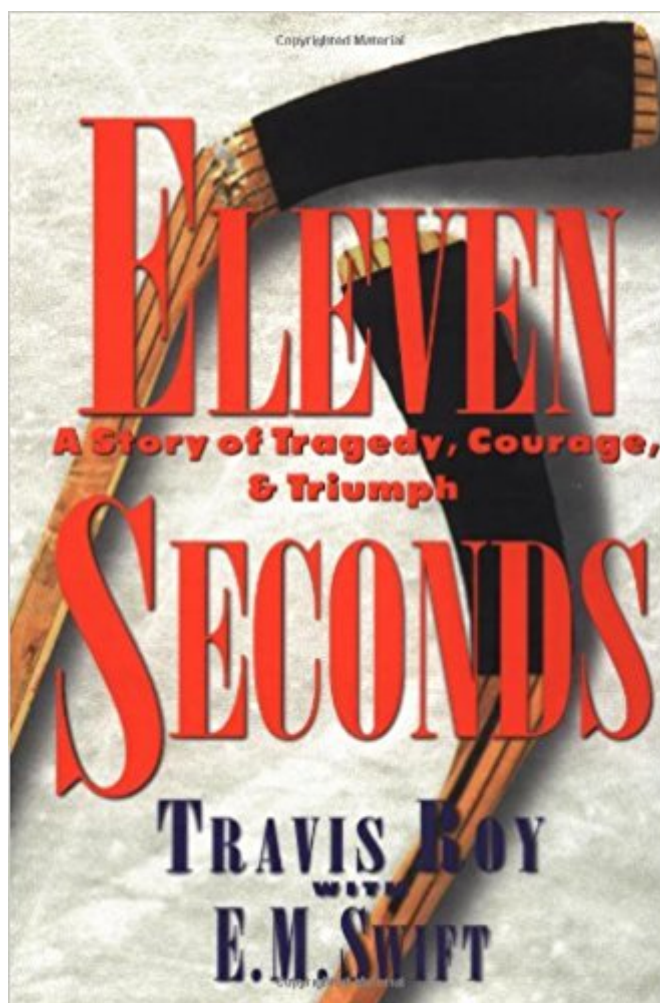


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Eleven Seconds: A Story Of Tragedy, Courage & Triumph



Synopsis

In this heartfelt testament to the power of love and the strength of the human spirit, Travis Roy, who suffered a devastating injury eleven seconds into his first college hockey game, reveals how he has managed to cope after the accident and, with the help of family and friends, overcome tremendous barriers to begin a new life.

Book Information

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Customer Reviews

Within the 11 seconds that inspired this memoir, Travis Roy realized his dream, then smashed into his nightmare. On an October night in 1995, Roy, a talented young hockey player, skated onto the ice for his varsity debut with Boston University. Eleven fateful seconds later, he was paralyzed from the neck down. Aided by the sure touch of Sports Illustrated hockey writer E.M. Swift, Roy's moving account of his accident and his rehabilitation--confined to a wheelchair, he's gotten some use of his right arm back--avoids the maudlin. Instead, *Eleven Seconds* is filled with grit, hope, humor, and a thoughtful young man's introspection on the meaning of sports and the adjustments that follow when the ability to play them is taken away.

In October 1995, ready to play his first game as a member of the Boston University hockey team, Travis Roy looked forward to the biggest day of his life. It was big but for all the wrong reasons. Eleven seconds into the game, he cracked his fourth vertebra and was paralyzed from the neck down. With coauthor Swift, Roy tells the inspirational story of his life after the accident. He still can't walk but has regained some mobility in his right arm and has come to realize that his life is worth living. As he describes the stages of his rehabilitation, the agonizing slowness of the process

emerges vividly. So does his sense of humor; he recalls, for example, the time he and his fellow patients at Atlanta's Shepherd Center giddily stole some potato chips, only to realize that none of them possessed the dexterity to eat their booty. This is an informative, clear-eyed examination of what it takes to fight back from personal tragedy. Wes Lukowsky

One of the most inspiring books that you will ever read. I first read this book eight years ago when I met Travis Roy at a speaking engagement and he gave me a copy of it. It is a poignant reminder of how much more powerful the human spirit is over any adversity that we face in life. Travis and I have traveled very similar paths both suffering disabilities in our freshman year of college, a year apart, and both sharing the same philosophies in that eventually we find a way that makes all things possible and a positive attitude will take you further in life than any other skill you can have. That and cultivating an attitude of gratitude is the best medicine. If you want to feel inspired, uplifted and grateful for all you have, no matter what you are facing, then this book is a must read!

Living in NH, my family was privy to the rise of Travis Roy. Our television antenna received Maine stations and we became familiar with his local fame. We felt pride for his accomplishments in receiving a place with the Boston University hockey team. I can still remember the heart sinking moment when I flicked on the news the night after his accident. That eleven seconds was played and re-played over and over again. As a parent, tears of empathy streamed down my face as Travis' dad made his way onto the ice. Travis recently came to speak at my son's high school. The audience was riveted by this young man who had found his way from tragedy to triumph. The love of his family had become a pivotal point in his struggle to maintain dignity, courage and strength. I was humbled that my son was given the opportunity to bear witness to such inspiration. This whole experience struck home when my dear friend's son would suffer a similar fate. Standing on the edge of beautiful Lake Geneva, less than 24 hours into his semester abroad, this 20 year old boy would dive into shallow water and hit bottom. His head struck with such force that he shattered C6 and rose to the water's surface as a quadraplegic. My husband and I have read Eleven Seconds to gain perspective in understanding "the new normal", as my friend puts it. The astronomical health costs and consideration to life time care. It is a daunting process that literally becomes a full time job. Travis allows insight to all aspects to the world of quadraplegia. He is completely forthcoming and generously honest. This gives the reader front seat vision to his journey. Something as simple as drawing a breath of air and clearing your throat becomes an obstacle to conquer. Amazing grace. I recommend this book to anyone who suffers internal conflict. We are all given opportunity to make

choices, good and bad, everyday. Therefore, each day is ripe with possibility. Eleven Seconds provokes the reader to look inside his/her own heart and realize its power. Make each day count.

I have read many stories of "inspiring" people with spinal cord injuries, but never one as honest and emotionally open as this one. Roy shares not only the medical details of his injury, but his deepest feelings about what happened to him; and how he continues to deal with it on a day to day basis. Instead of just giving uplifting blather about having a relentlessly positive attitude, he admits to bouts of self-pity; he talks about how other "well meaning" but patronizing people sometimes make him feel. It gave me a lot of insight into the difficult life of a quadriplegic, and definitely made me want to reach out more when I see someone in a wheelchair, and not to treat them as if they are invisible, which is often what happens in our society. I had read another book called [I think], "Miracles Happen," by Brooke Ellison, who was rendered a ventilator dependent quadriplegic at age 11, and went on to graduate from Harvard. While I found Ellison very inspiring, her sugar-coated, surface description of her life and emotions somehow left me cold. In contrast to that, Travis Roy lays it all out there: everything he was and is thinking and feeling, whether or not those thoughts and feelings were "admirable." He even talks about how awkward it is to be an "inspiring" celebrity just by virtue of breaking his neck; and how he'd trade places any time with a normally abled anonymous person. This is a fast read, and I would highly recommend it.

as expected

I'm a huge hockey fan & I just started reading this book as my summer reading assignment for school. I just started it the other day & I'm in love with it. Only on Chapter 3 & I love it. Highly recommend for huge hockey fans & players!

Very inspiring! My 9 yr old hockey player, especially, has been moved and inspired. The book proves life doesn't have to end when tragedy occurs. For some, that "tragedy" is really just a great beginning to something new.

cheap and served its purpose for summer reading

Missed an opportunity to hear Travis speak at a fundraiser held at work (so bummed!). So, I bought the book to find out more about his story. It was fantastic -- and I'm not a hockey fan. What a

wonderful man! How courageous!

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