



# Defiant: A Broken Body Is Not a Broken Person

*Janine Shepherd*

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*"As I looked back over the landscape of my life, and the many setbacks I had endured, I saw that every loss also offered a gift, even if I didn't recognize it at the time. Whenever I was called upon to loosen my grip on some cherished part of my life, I was consequently given the opportunity to start again, to create anew something of value . . . every ending carried the seeds of possibility, a chance to start over."* --Janine Shepherd

*Defiant* chronicles the remarkable life of Janine Shepherd, an elite ski racer whose bid to represent Australia in the Olympics was cut short by a tragic accident. She recalls the ten days she hovered between life and death, faced with the difficult choice to let go or return to a body that would never be whole again. After six months in hospital battling to rehabilitate her permanent disabilities, she not only taught herself to walk again--she earned her wings as both a pilot and an aerobatics instructor.

Happily married and raising three children, her life was again upended when she was forced to face a painful divorce, the loss of her home, and financial ruin. Undaunted, Janine persevered in managing her again-reinvented life as a single mom, as well as celebrated author and international speaker.

Janine Shepherd shares with candor and compassion the practical lessons she has learned throughout her continuing journey. *Defiant* offers hope and encouragement for anyone facing a life challenge, sharing the author's hard-won wisdom and priceless advice for navigating one's way from loss to healing.

## Defiant: A Broken Body Is Not a Broken Person Details

Date : Published November 1st 2016 by Sounds True

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Author : Janine Shepherd

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# **From Reader Review Defiant: A Broken Body Is Not a Broken Person for online ebook**

## **Sharlyn Zimmerman-Tollefson says**

It was a very descriptive, intense book showing the strength of character that Ms. Shepherd had, but I did find it a bit long and must confess that I skipped the aerobics flying chapters. It was medically quite graphic and maybe a bit much for some. Overall, a good read and I will be passing it on to another to read. I admire her strength of character as a partial paraplegic as my cousin was a partial quadriplegic after he was hit by a texting driver. He also showed huge strength of character as did his family, as John went on to speak and inspire others to "Put away that phone and don't text and drive."

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## **Kimberly Kay Sanders says**

### **An inspiring read**

There are many aspects of this book that are inspiring. Choose what works for you. The most interesting part for me was the second half. If you google the authors TED talk, her narrative will come alive. Seeing her upright and speaking enhances her writing style.

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## **Mr. Brightside says**

I heard of Janine Sheperd through a podcast I was listening to. There is no doubt that her story is profound and inspirational. Janine "The Machine" is an apt nickname for a former Olympic cross-country skier who overcame physical tragedy to reinvent her life as a pilot, horseback rider, mom of three, and motivational speaker. Janine's story is a testament to how human spirit and will can overcome the impossible. Reading the first part of the book, I never thought that Janine could ever walk again. But after watching her TED Talk and seeing her walk across the stage, it felt surreal on how she overcame her accident.

Her writing is in prose, like how bloggers write, so do not expect literary adeptness. But her detailed account of her accident to her success as a pilot and other endeavors make this book a great read. The last part of the book is also as good as the first part because Janine showed vulnerability and honesty which a lot of people at the top of their fields would not even divulge to the public.

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## **Ren says**

Janine is an incredible woman. Her strength and resilience never cease to amaze and inspire. Even though I was familiar with her story from attending one of her talks, I couldn't put this book down. She is a talented writer and at times had me in tears or laughing out loud, sometimes simultaneously! Defiant is well worth a read.

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## **Michael says**

Janine has a remarkable life story that she chronicled in this touching memoir. Although having never properly met, I now address the author by first name because *Defiant* is written in a way that made me feel that I had been there along side her though it all, courageously facing daunting challenges, navigating setbacks, celebrating victories of all sizes. Have you read any good books lately? Here's one!

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## **Merryll says**

I read her first book when it originally came out and found that I remembered most of those events mentioned which took up more than half in this latest one.  
Still a good read. Sorry to read that the ensuing years have been so difficult for Janine. I wish her well.

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## **Ketti says**

Very interesting story, the title compelled me to read this book. The author was a bit lacking in her writing, but I kept reading.

Favorite quotes:

“I later learned that I’d lost the innate ability to perceive the placement or movement in an extremity. For someone who is able-bodied, the mind is always tuned in to where any given part of the body is in relation to the rest of the body, a hardwired ability known as pro-prospection. That’s how we walk without the need to look at or think about our feet. But the damage to my spinal cord interfered with my brain’s messages to my legs. I would have to consciously create a new mind-to-extremity pathway to know where to place each foot, one shuffling motion at a time.”

“It was possible for other nerves to take over for the damaged ones (called “neuroplasticity”). Uncertain about the prognosis, they couldn’t yet predict the extent of expected recovery.”

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## **Sue says**

I received this book from Good Reads.

The author's writing style is lacking; however, when you read her story, it becomes clear as to why.

Endurance, tenacity and grit are her virtues!

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## **Neil says**

I received a free copy via Netgalley in exchange for a honest review.

What an amazing life story by an amazing Woman.

Showing what can really be achieved if you don't accept no.  
Brilliant.

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### **Beck says**

As a long time follower of Janine's story, progress and achievements, I was more than a little excited that she was releasing an updated memoir. And as a reader of her previous books, I had very high expectations for this. As I sat - crying, laughing, and awed - through the story again, Janine's latest book, Defiant, does not disappoint. Her story is phenomenal but her telling of the story is just as inspirational as the journey itself. Janine's writing is vulnerable, emotionally intelligent, and intimate with her brilliant Australian humour thrown into the mix. Janine is a beacon of what's possible for trauma sufferers, spinal injury patients, and women as a whole. Kudos to this remarkable, yet humble, Australian. Get your hands on this book and be prepared to be reminded of your own personal power because Janine has an uncanny ability to tell her extraordinary story in such a way as to remind us all that we have the capacity to make the most of lives, even in trying circumstances.

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### **Lily Yunoc says**

I first heard about Janine Shepherd in James Whittaker's book 'Think and Grow Rich: The Legacy.' It's a remarkable story of resilience, courage and gratitude. What a journey, what a woman. Highly recommended for for all those facing adversity or as a gift for someone in a difficult stage of life.

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### **Esther Bradley-detally says**

Outstanding on every level. Janine Shepherd is a fierce and brave spirit with a wide awareness of life and capacity building. I opened this book at the end of a work day, and didn't shut it until i finished reading the whole book.

Well written and inspiring

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