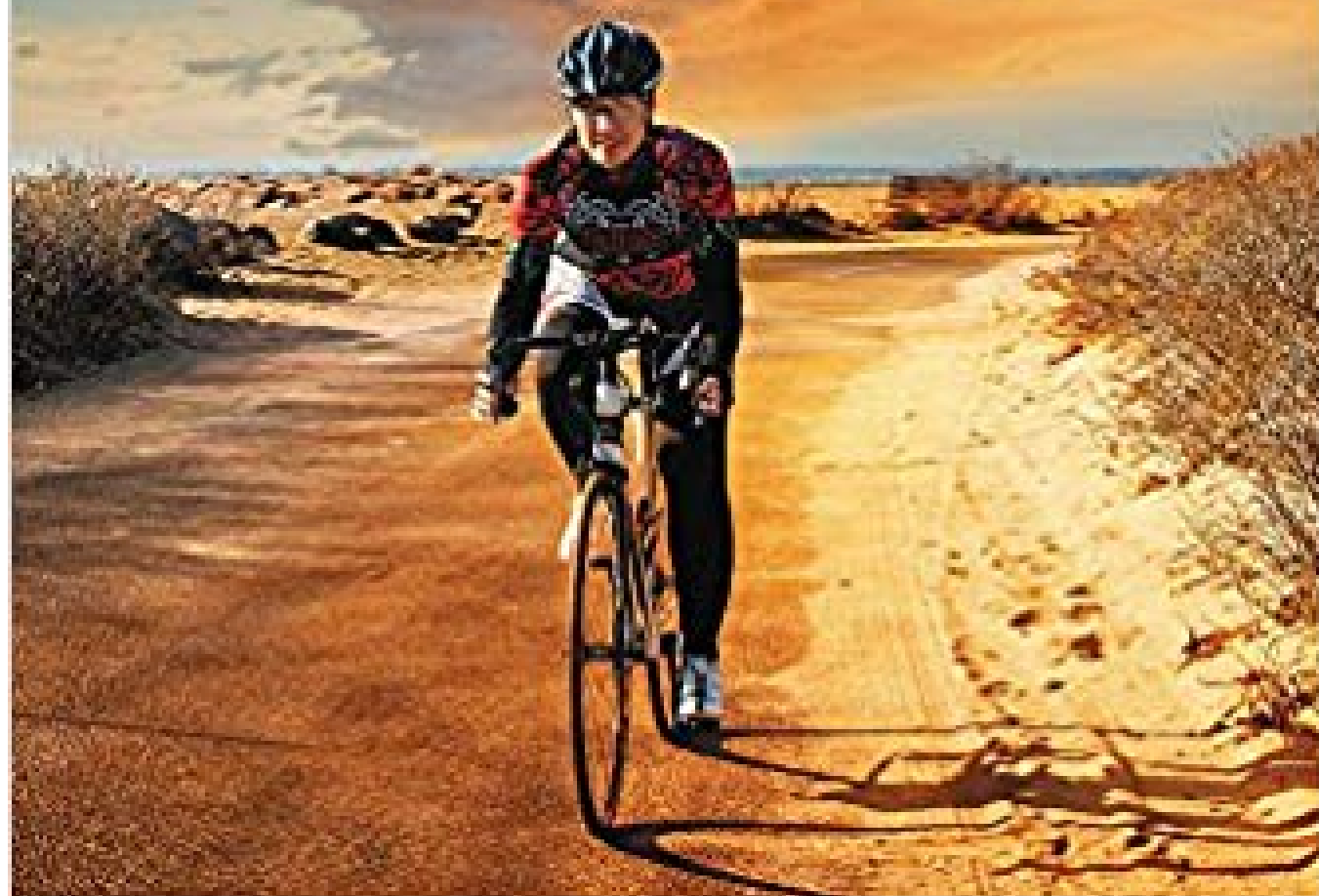


**COLLEEN ALEXANDER**

WITH JENNA GLATZER

# GRATITUDE IN MOTION

A TRUE STORY OF HOPE, DETERMINATION, AND THE  
EVERYDAY HEROES AROUND US



Colleen Kelly Alexander

## Gratitude in Motion: A True Story of Hope, Determination, and the Everyday Heroes Around Us



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It was a lovely fall time in Connecticut when Colleen Kelly Alexander, a lifelong athlete, rode her bicycle home from work. She acquired survived both a diagnosis of lupus and mind surgery, had a fulfilling career, and was married at last to the like of her life. Everything was good as she coasted along, meeting the eye of a truck driver as he approached the stop indication beside her. Since that time Colleen has run fifty races and finished forty triathlons, including four half-Ironman events. The truck hit Colleen, operating over her lower body with front and back again tires and dragging her across the pavement. An EMT herself, Colleen knew she had to stay awake. As she bled out in the pub, nearby strangers surrounded her and the driver attempted to get away. "I've simply been reconnected with my soulmate," she told the physician. She decided she'd run once again and dedicate her race medals to the everyday heroes around us, including the medical staff and bloodstream donors who saved her life. Today a spokesperson for the Crimson Cross, Colleen shares her incredible inspirational story to encourage others to consider that first step forward. Please don't let me die."Five weeks in a coma and twenty-nine surgeries later, Colleen survived. Instead of let the trauma and PTSD control her lifestyle, she became decided to locate a way to create something positive from her discomfort. "You want to have a baby.He didn't stop. I cannot die now.



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Authentic, Gritty, and Full of Hope I actually appreciate the stark authenticity of the book. Colleen is certainly gritty and comprehensive in her descriptions of the trauma and recovery, that i appreciate, yet she never loses an eye on her overarching designs of gratitude and human connection. She doesn't shy from intimate information on what she has been through and is certainly going through with regards to her physical, mental, and emotional trauma, yet she manages to inspire awe and hope in the reader. The narrative is told through Colleen's engaging and consistent voice. She reminds us that people are human;. In a period when society appears to be so polarized and people appear to be divided by chasms therefore wide, we have no idea how to bridge them, she discovers methods to bring people jointly. This isn't a self-help treatise - it's a genuine story that may grab you using its plain-spoken, candid observations and recollections.. Most of us bleed red. This tale is not for the faint of heart - she shares intimate details of her injuries and the aftermath those accidents cause. Gripping and uplifting. Not since among my favorite memoirs, Mary Karr's "Liars' Club" have we been riveted and amazed at the ability to reveal traumatic events with such grace and wit. Colleen suffered horribly, however rebounds again and again with faith emerging iron woman-solid in both psyche and body.? I understand of Colleen's story by subsequent her and Sean . most of us possess ups and downs, tragedies and triumphs, and a shared human experience. READ THIS BOOK it'll improve your life as well as your perspective on EVERYTHING! I understand of Colleen's story by following her and Sean about FB. Inspirational true story Great story and incredibly inspirational. performing CPR for a number of hours.. Many thanks, Colleen, for posting your story with the world so that we can all discover light in whatever we are struggling to accomplish. Colleen Kelly Alexander's tale is one of inspiration, determination . I met Colleen last year at a Ride of Silence (honoring cyclists and pedestrians who have been killed or injured by motorists) in her hometown in CT. It was like meeting an angel. Her remarkable perspective that has gotten her through difficulties most won't face, is indeed inspiring and motivating. I love the summary list by the end about what we are able to all do to end up being heroes. I already gave blood doubly due to Colleen's advocacy. After surviving a massive heart attack, flatlining three times (oxygen deprivation result in ongoing short-term memory loss), spending 3 weeks in CCU/ICU, follow-up surgeries, inability to continue in the legal field due to memory issues, disability, severe depression, etc. So thankful for this go through as I relate from my own personal traumatic trip., my entire life has been permanently changed. Reading this reserve gave me a activate the pants understanding if Colleen overcame her obstacles to keep on to an extremely fulfilling life, focusing on others, offered me wish and the courage to continue my journey. READ THIS BOOK it'll improve your life and your perspective on EVERYTHING! She required 78 units of blood in the first 72 hours following the incident, and she flat-lined three or four 4 times during that time but the paramedics and doctors would not give up;! What an amazing story and outlook on life. Colleen is an excellent writer and does an excellent work of sharing her amazing story. Her writing takes you though the challenging stuff with grace and wit. She doesn't hold back at all. This is a great book about an amazingly strong and positive female...!! Totally awesome! Amazing courage by Colleen and her hubby. This book is indeed tragic,I could not really put it down.God bless her center ? how anyone could do to her what this driver did, and have no remorse is completely beyond me. Many thanks for sharing your story,and God bless you! Thank you for sharing, Colleen!.. Colleen Kelly Alexander's story is among inspiration, determination, and true grit. She manages to find wish in dark locations and teaches others to accomplish the same. We are all human, and life is so much better when we're in it together. By the end of the day time, we can all reap the benefits of her lessons in celebrating the heroes inside our own lives and learning

how exactly to show gratitude for actually the littlest of stuff. She doesn't sugar-layer anything, and can be honest about how exactly she questioned why God allows something like this to happen, but she has become an activist for cyclist safety, blood donating, fund-raising for additional injured cyclists, and more.. Thank you Colleen to be open up, brutally honest and courageous to talk about your story. A candid and honest story - that will make you believe anything is possible I caught Colleen at a book-signing this summer, and while I knew a little bit about her story, We hadn't read her publication yet. The very next day, I DEVoured the publication. Take a look, and you'll most likely think of at least a couple of people in your life for whom this might make a valuable and lasting gift. She actually is the epitome of no excuses, never give up, and the truth that it's ok never to be Ok, so long as you don't give up continue. I've a pile of books to learn, but I'm glad I picked this one to learn first. In both her motivational speaking and in her book, she speaks with an honesty and clarity that affirms that no real matter what, there ARE good people out there and that you (and I) be capable of do better nowadays that we live. It is easy and fulfilling to end up being kind to one another.. You imagine you have health issues? So happy I did. There are horrific images, however the victory is more powerful... We all need and may be heroes to one another in every day existence.? I cried, laughed through this entire book.ohmigoodness, it's just as much as a love story - on the subject of conference her childhood sweetheart, aiming on a way to affect positive transformation in the lives of youth, and then giving back again and recognizing the forces/people that helped her survive an unspeakable accident.? I dog-eared 17 webpages of this inspirational tale of a woman competitive cyclist that got ran over by a semi-truck that ran a stop-indication.! Colleen is certainly a warrior for sure, a fighter actually to the end and beyond. Per month of mdeically-induced coma, a large number of surgeries, and lots of physical therapy, she could recover enough to actually contend in marathons and bicycle rides, although she wasn't in a position to compete at her previous level, she was able to finish grueling races. Hannah Abbott As a survivor of several congenital birth defects this book was ideal for the soul. She actually is quite an inspiration. She is grateful for all the heroes that helped save her lifestyle. A useful list at the trunk lists ways you too could be a hero. Sign up for her! I examine Matt Long's book in January 2012 and ran the same half marathon where Matt Very long was her guideline and will distinctly remember moving him while he waited on her behalf so he could information her the rest of the method. Colleen gave me hope that I can overcome my disability and be as strong as her. Inspirational Colleen Kelly Alexander is this inspiration. For you to definitely proceed through what she do and come out a winner is definitely amazing. She writes beautifully as she will take the reader through her trials and tribulations. Her like of existence and her persistence to not stop and pursue her dreams astounds me. This is among the best books I have read in a long time This is among the best books I have read in quite a while. Honest, gritty, natural, but also with an incredible amount of hope, humor and inspiration. Tale of a genuine miracle. Colleen has to be probably the most outstanding person I have ever find out about. Accompanied by the enormous like from those around her.



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