



*"Waking is a harrowing
story of courage, and
a primer for joy."*
—LOUISE ERDRICH

WAKING

MATTHEW SANFORD

A MEMOIR OF TRAUMA AND TRANSCENDENCE



WITH A NEW AFTERWORD BY THE AUTHOR

Matthew W. Sanford

Waking: A Memoir of Trauma and Transcendence



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healing stories" He discovers not only a better life but also meaning and purpose in the mystical distance that we all experience between mind and body.whole" In His mother and brother escaped from the incident unharmed but were remaining to get the pieces of their decimated family members.This pivotal event set Matt on a lifelong journey, from his intensive care experiences at the Mayo Clinic to becoming a paralyzed yoga teacher and founder of a non-profit organization. Pressured to explore what it truly means to live in a body, he emerges with an entirely new view of being a "Matt Sanford's life and body were irrevocably changed at age group 13 on a snowy Iowa street. person. By turns agonizingly personal, philosophical, and heartbreakingly honest, this groundbreaking memoir takes you inside the body, heart, and mind of a boy whose globe has been shattered. Adhere to Sanford's journey as he rebuilds from the ground up, searching for "Matthew Sanford's inspirational story about the automobile accident that remaining him paralyzed from the chest down is normally a superbly written memoir of healing and journey- to help him reconnect his brain and his body. To do so, he must reject much of what traditional medicine tells him and rather turn to yoga exercises as a centerpiece of his daily practice.from near death to triumphant existence. On that day, his family's car skidded off an overpass, eliminating Matt's father and sister and still left him paralyzed from the chest down, confining him to a wheelchair.Waking, Sanford delivers a powerful message about the endurance of the human being spirit and of the body that houses it.



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This a great read for anyone, particularly if you think your life is challenging.! A mirror to my soul. I found the linking of trauma and injury with the body very helpful in understanding clients and even my very own limitations or prior accidents, it proves that your muscles do remember and even have flashbacks to trauma incurred to your body. Beautiful writing, certainly beautiful. I have had both feet operated on twice, and contacted contamination at the surgery middle. My podiatrist said if the 6 weeks of intense IV antibiotics don't destroy the infection, there exists a chance for amputating the big toe, but I won't accept that likelihood. I have been an athlete since age 10 and today I'm 54. Operating, biking, hot yoga exercises, karate, etc. I'm actually at a loss about what I could perform and who I am. Workout was for my brain and my body. I experience like I have a friend or a buddy in reading Matthew's healing stories and encouraged to write my own. Thank you Matthew. Very inspiring and uplifting and hopeful. Amy Feeling your body after spinal-cord injury I thus appreciated the author's description of how the trauma of his incident and the procedure for his spinal-cord injury lead to an ability to leave his body, what he calls the calm. I read a huge amount of books; An important book for anyone, especially those facing paralysis. I Recommend This Reserve With All My Core! I discovered this publication while searching the web for details on yoga for people coping with disabilities. Through some clicks I landed on Matthew Sanford's web site where I saw a photo of a young man leaning ahead from his wheel seat, reaching over to adjust students practicing a yoga exercises standing pose. Transformation This book offers a profound insight in to the body and mind connection. Matthew's mental awareness--as a result of a spinal-cord injury--was literally knocked out of the lower two-thirds of his body.! Five Stars Very great book! During his first months in a healthcare facility and later periods in intensive care units there was so much discomfort that departing his body became a survival skill. A great story for anybody really, but very useful as well to those in the medical or alternative healthcare field, as I am a massage therapist. and it gestures toward still even more.! WAKING describes how teacher and student learned and adapted jointly. In 1998, Matthew begun to share the results of their work within an adaptive class for those who have disabilities. A comparable time, he began teaching people without disabilities. Matthew's broader aim on paper this reserve and in teaching yoga is to infuse the importance of mind-body integration into the rehabilitation procedure. WAKING helps the reader to comprehend why the author's unique perspective is equally applicable for people who don't have his restrictions. He found that the principles of yoga exercises apply the same manner in both cases. Excellent read. He uses his story to share how yoga is indeed a "waking" of the human awareness. Honest, heartwarming, heartbreaking and thought provoking. I recommend it with all my heart and soul!--Suza Francina, author, THE BRAND NEW Yoga for folks Over 50 and The New Yoga for

Healthy Aging. Waking, by Matthew Sanford This was an incredible book. These experiences by itself catapulted Matthew into unknown territory when it comes to understanding the mind and body. I am going to read this reserve twice, maybe 3 times, so I can apply the life lessons for living entire. He has huge courage and wisdom despite being dealt some really challenging blows in his youthful life. It is also a good reserve for anybody experiencing aging in their bodies to browse as well, lots of helpful insight for all of us as we begin to disconnect from our anatomies due to limitations or injury or age. Many thanks. Life Changing!! While doctors could actually keep him alive, he was not given the tools to reconnect his mind to his paralyzed body. I did so not expect to be so taken in, so much part of his trauma and transcendence. It made me cringe, wince, laugh, remember, cry, hurt, & most of all cherish my entire life in a deeper method than I ever understood possible. . . .Even if you think that you don't want to read whatever would make you "hurt or wince", that is one of those books that also reminds us to appreciate our connection both to your inner selves among others.! When they began, it was not yet determined how yoga exercises would travel through his paralyzed body, and there have been no illustrations to emulate. I was totally influenced by Matthew and all he experienced and accomplished during his journey back to health and Im so grateful that he shared it with us. Somehow, he has maintained through a lot of effort to make use of what he's learned and talk about it through terms that speak volumes to me about what's really important in life. Yoga exercise helped him integrate and reconnect along with his body in a way that Western medication didn't believe was possible. this one is in my own top 5 book ever. Read this Reserve Now. Matt Sanford is my hero!Thank you Matt. . . you're too amazing for words! It's a robust attunement to "presence within silence." Sanford opens up the possibility of "healing without taking walks again," and, by natural extension, articulates an attunement to a transformative "presence within silence" across life's contexts. For me, Sanford's work opened unnoticed measurements of richness in my own embodied experience which have, in a sense, been unnoticed best under my nasal area;In 1991, he began studying Iyengar yoga with Jo Zukovich, co-founder of the NORTH PARK Yoga Studio. For you personally, even if you don't get the non-public epiphany, the book offers a powerful problem to prevalent cultural conceptions of wholeness, recovery, and meaning. All that - and an inspiring account of transcendence, too. The simple things.. Beautiful, well crafted, I have a fresh understanding of whoever has experienced body trauma. Straight forward also to the point. A fascinating, insightful look into the mind/body connection. That is a book that can possibly revolutionize the thinking of physical therapists and anyone that works with those who are coping with past trauma and injuries.Your book resonated my very own healing stories within This book is a reference guide forever.Matthew describes how for a long time

after the devastating accident, from the chest down, he experiences a "schism" or "a form of silence" between his mind and his body. Five Stars captivating Excellent read! To the end, he offers workshops to healthcare professionals and yoga teachers alike. I learned that the writer is a head in adapting Iyengar yoga to meet the requirements of the individual. It is open to us all and the author demonstrates its life altering power through his story. amazing story Amazing story Five Stars Amazing read!! Touching and inspiring! A genuine telling of a life plagued with misfortune (from a very early age group). Matthew tells his story with a genuine frankness that takes you with him on his journey..



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