



Looking Up: A Humorous and Unflinching Account of Learning to Live Again With Sudden Disability

Tim Rushby-Smith

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Tim Rushby-Smith is six foot two and highly active, with a love of high places and the great outdoors. Three years ago, with a booming garden design and landscaping business and his wife five months pregnant with their first child, Tim fell six metres out of a tree and broke his back, confining him to a wheelchair.

As he came to terms with his injury, treatment and rehabilitation, Tim faced an entirely new life, in which suddenly many of life's simplest tasks became monumental challenges. This is Tim's very human story of learning to live with disability, from overwhelming feelings of anger and despair, to learning how to face the future head on, and watching his daughter take her first steps.

Emotional but never self-pitying, this is his unflinchingly honest account of how he built a new life; as a man, a husband and a father.

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