

Author Kathy O’Connell Stresses Impact of Embracing Disability

‘Firewalk: Embracing Different Abilities’ encourages readers to find strength in their differences.

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Instead of struggling against what is difficult, or trying to ‘manage’ or ‘fix’ our difference, we can embrace the very thing we resist – and allow it to strengthen us
SYRACUSE, N.Y.

Readers are encouraged to embrace difficulty and allow it to strengthen them in Kathy O’Connell’s practical lifestyle guide “Firewalk: Embracing Different Abilities.”

According to the Centers for Disease Control and Prevention, approximately 20 percent, or 55 million people, living in America have a disability. O’Connell, who was born with cerebral palsy, was inspired to write “Firewalk: Embracing Different Abilities” by her own life experiences and what she’s learned working as a rehabilitation counselor. “I wanted to offer a different voice, one that encourages people to look at their disability as a launching pad for transformative growth,” she explains.

O’Connell is revolutionizing [attitudes about disabilities](#) and writes about how she leads a happy, successful life because of embracing her disability rather than overcoming it. “Instead of struggling against what is difficult, or trying to ‘manage’ or ‘fix’ our difference, we can embrace the very thing we resist – and allow it to strengthen us.”

Author Kathy O’Connell is a certified rehabilitation counselor and licensed mental health counselor, specializing in personal growth and transformation for people with disabilities. She is director of [Radiant Abilities](#), an online business focused on teaching and training people with disabilities to feel empowered, supporting family members of people with disabilities, and providing fresh training perspectives and courses to professionals in the disability field.

O’Connell teaches the concept of “different abilities,” meaning that each person has unique strengths and gifts to share with the world, regardless their of ability level. She believes and teaches that a disability can be a launching pad for transforming one’s life. When a person embraces a disability, both the challenges and the triumphs, life takes on

new meaning, and one becomes empowered to make choices, pursue dreams, radiate abilities and live fully. For more information, visit <http://www.radiantabilities.com>.

“[Firewalk: Embracing Different Abilities](#)” By [Kathy O'Connell](#) Hardcover | 6 x 9 in | 196 pages | ISBN 9781452561219 Softcover | 6 x 9 in | 196 pages | ISBN 9781452561196 E-Book | 196 pages | ISBN 9781452561202 Available at Amazon and Barnes & Noble