

Press Release

***Will Your Way Back* offers a personal story of determination and hope during spinal recovery.**

For Immediate Release

Mercer Island, WA – October 2020 - James Osborne publishes his first book *Will Your Way Back*. Sports were James' sanctuary, a place of solace and refuge until a road cycling accident in 2007. He sustained a spinal cord injury that rendered him permanently disabled. His account is a personal, unfiltered, and in places vulnerable. He shares his hard-fought process to recover lost fine and gross motor function.

The core of the book focuses on his upbringing, his injury, and his recovery. Interlaced throughout the book are numerous life experiences, reflections, and insights. James hopes his book will foster hope, offer inspiration, and reach those facing life's adversities. James' book is compelling because of his willingness to be completely open and unabashed in his raw storytelling. He reveals his heart-felt fears, tragedies, triumphs, setbacks, and countless victories that have brought him to where he is today.

James now lives independently with very little assistance or accommodation. He can walk (carefully), exercise, work, drive, and do most daily living activities, but it didn't start that way. Following his injury, doctors admitted him to the ICU, where his prognosis was grim and filled with uncertainty. James had not only damaged his spinal cord and neck but had also dissected an artery that fed blood supply to his brain. Fortunately for him, the damaged artery did not bleed, leaving a redundant one on the other side of his neck still intact. Furthermore, James had no movement from his mid-abdomen down to his toes.

James began a long, painstakingly slow process of regaining lost function and rediscovering his identity. James's recovery has been monumentally challenging, filled with thousands of hours with practitioners and rehabilitation team members in the pool and gym. These have helped him rebuild physicality and strengthen his mental constitution.

James' will captivate you with his approach to storytelling. It is as if he could be sitting on his couch, talking directly to you. His style is open, honest, and revealing while using a conversational tone. His explanations of the injury's medical side are written in layman's terms and are easy to understand. He also goes into depth about choosing to live moment by moment, sharing the arduous nature of everything he does. James had every reason to give up and give in to this injury. He pays the price for everything he does, whether sitting, standing, driving, working, or exercising.

The headwinds are formidable, and the residual deficits are relentless. Despite these trials, James takes it one day at a time, following his adopted philosophy from his early days in the

hospital. He chose to get independent and define his recovery. Each of these efforts in the last thirteen years has centered around building independence. James resolved early on not to be a medical science statistic, knowing his recovery trajectory could flatten out after 1-2 years. James has been a rule-breaker and a medical outlier, as he has had more recovery in the last seven years than the first three years by many folds.

James' practitioners are particularly intrigued by his continuing recovery. Throughout *Will Your Way Back*, James shares some of the techniques he has used to accomplish things that felt too daunting, too far out of reach, or too complicated. James uses goal setting, visualization, and mindfulness to aid in his dreams. He describes himself as a 'mindful' moviemaker.

Once he chooses a vision, James writes the script in great detail, visualizing, editing, publishing, acting, producing, and directing the internal movie. He repeats this over and over again until the film plays without any conscious prompting. When the time has been right, these visions have come true, even the ones that seemed too audacious or impossible. They motivate James to keep goal settings with the same resolve.

James also followed another critical piece of advice in his recovery. His gym friend stated, "Jamie, you need to trust yourself." After only a few months of being discharged from the hospital, James experienced a "second crash," this time a severe mental crash. James entered into a bottomless cavern of depression, feeling suicidal for a time. He received appropriate interventions and climbed out of the cavern, but it was not without overcoming an enormous amount of fear and doubt. Learning to trust himself again was another key critical element to James' recovery.

James is excited to share his story, offering a compelling message of hope, compassion, advocacy, and belief.

James looks forward to sharing his work or speaking at your upcoming events. His previous speaking engagements include the King County Library System, Barnes and Noble, University of Washington Medical Center, TEDx presentation at Bellevue College, and more.

Official Site: www.jameshosborne.com

Facebook: www.facebook.com/jameshosborneauthor

Media Contact

Alana Francis

press@jameshosborne.com