



The Up Side of Down: For anyone whose life has been Turned Upside Down (Volume 1)

Ms. Christine Ostertag Timmins

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At age 28, Chris Timmins was driving home from Mission Bay in sunny, Southern California. She wanted one more day at the beach before moving to Oregon. On the way home, Chris started feeling ill and was searching for a place to pull over. The next thing she remembers was staring at the tiles on the ceiling of the hospital ER. After emergency surgery on her broken neck, she was placed in traction so that she couldn't move her head. In fact, the only thing she could move was her eyelashes. Chris had crashed into a cement embankment and was now paralyzed from the neck down. That was only the beginning of Chris' journey from depression and fear to independence and joy. Her story inspires others to meet challenges with grace and reminds them of God's ability to bring goodness out of even the most tragic of events or circumstances. The author uses her personal experiences: establishing a teaching career from a wheelchair, battling stage IV breast cancer, and fighting depression and loneliness after a painful divorce, to offer insight and understanding for those who may be facing their own issues. Depression, loneliness, fear, loss, pain—it doesn't matter what the challenge or struggle, readers can learn from the strategies that Timmins shares through stories, quotes, scriptures, and poetry. Throughout the book Chris demonstrates how to: – Move from Victim to Victor – Rely on Your Faith and Family – Work with You've Got – Build a Meaningful, Purpose-filled Life – Discover Joy in all That You Do Readers come away from this courageous and motivational story empowered to regain control over his or her life and choices –to find The Up Side of Down.

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