



# The Wisdom of the Body: Lessons from Sixty Years in a Wheelchair

*John M. Shackelford*

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Everything we learn comes to us through the senses. We interpret the books we read, the speeches and sermons we have heard, and so on. Over the years, we put these things together along with our personal experiences of daily living. Somehow, we integrate all of this sensory input and arrive at an outlook on life. Along the way we may decide whether or not our time here on earth has any meaning. In interpreting the facts of life, many of us tend to do so piecemeal, filtering out certain memories, perhaps even pleasurable ones, if they seem unimportant. However, the more one tries to recall childhood memories, the more they come to the forefront. In *The Wisdom of the Body*, John M. Shackleford reflects upon his childhood experiences and thoughtfully relates them to his sixty years in a wheelchair. He hopes that his determination to overcome the many difficulties of a paralyzed man—while at the same time pursuing a professional career—will inspire others to master their personal obstacles and become useful members of the human family.

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