

# On The Bright Side

*Don't be taken in by the media,  
it's not all doom and gloom!*

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The following video clip is amazing and remarkable (and thank you Helen for this link).

This man, without arms and legs, is setting a truly inspiring example of what it means to keep on trying, to persist in the face of an incredible obstacle — and maintain a sense of humour at the same time!

I also found the reactions of the students he is talking to, to be very moving. People everywhere are making a real and beneficial difference, thank goodness.

Some of you may find this challenging to watch, but if you can, I believe it is a very salutary reminder that sometimes we get all knotted up about things that may be difficult, but are not insurmountable. Perspective is everything — and keep getting up again.!

<http://tinyurl.com/632adt>

Kind regards

*Linda Black*