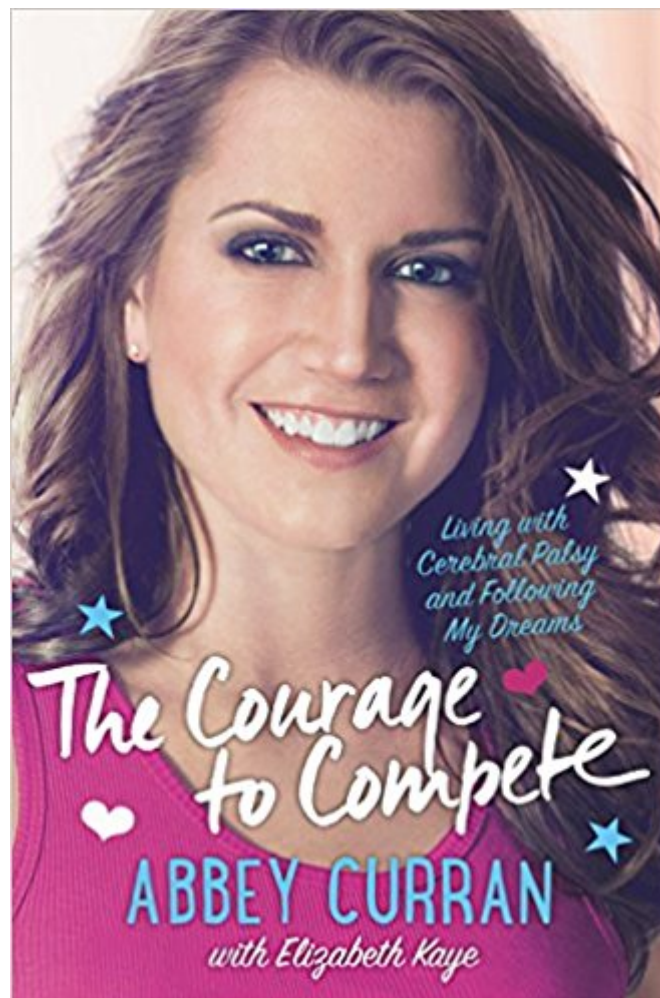




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# The Courage To Compete: Living With Cerebral Palsy And Following My Dreams



## Synopsis

A remarkable memoir by Miss Iowa USA Abbey Curran about living with cerebral palsy, competing in Miss USA, and her inspiring work with young women who have disabilities. Abbey Curran was born with cerebral palsy, but early on she resolved to never let it limit her. Abbey made history when she became the first contestant with a disability to win a major beauty pageant. After earning the title of Miss Iowa, she went on to compete in Miss USA. Growing up on a hog farm in Illinois, Abbey competed in local pageants despite naysayers who told her not to. After realizing her own dream, she went on to help other disabled girls achieve their goals by starting Miss You Can Do It, a national nonprofit pageant for girls and women with special needs and challenges, which became the subject of an HBO documentary with the same name. This is Abbey's story.

## Book Information

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## Customer Reviews

“The teenager is honest about her struggles, from wearing leg braces to coping with her parents’ divorce. She exudes hope, confidence, determination, and bravery. VERDICT Adolescents will be motivated to pursue their own dreams after reading this stirring title.” • (School Library Journal) “Debunking myths about pageant participants, she praises the sisterhood she found and the hope pageants give [her] girls, a happy ending to a tale of accomplishment.” • (Kirkus) “Curran’s story will inspire readers to follow their dreams.” • (Booklist) “Her overall message—to try, to dream, to put oneself out there—is an uplifting one that will continue to inspire.” • (Voice of Youth Advocates (VOYA))

Abbey Curran lives by the motto "if you can dream it, you can do it." Though born with cerebral palsy, she made the choice never to let her disability limit her. Her determination and drive led Abbey to make history when she became the first contestant with a disability to win a major beauty pageant. Having secured the title of Miss Iowa, she went on to compete for Miss USA. Growing up on a hog farm in Illinois, Abbey overcame the painful and embarrassing leg braces she was required to wear in her early years, as well as the stares and often insulting comments of her classmates. While still a teenager, she competed in local pageants and felt the power and sense of accomplishment they gave her. As she realized her dream of competing in the Miss Iowa pageant, and later in Miss USA, she helped other disabled girls live their own dreams by starting Miss You Can Do It, a national nonprofit pageant for girls and women with special needs and challenges. In this incredible memoir Abbey tells a story of overcoming the odds, following her dreams, and finding in herself the courage to compete, even as she continues to inspire the same spirit in others.

This book is truly an inspiration!! My daughter chose this book to do a school report and I decided to read it with her. I had no idea what to expect. I laughed, cried, and smiled all the way through to the end. Such strength and determination was displayed by the main character. All young women should read this book!

As a mom of a beautiful daughter who was born severely premature and as a result has cerebral palsy this book and Abbey's words gives me hope for her future. I laughed and cried all the way through it but in the end I was left feeling amazed at one woman's determination to change the way society views my daughter. A must read!

What an amazing young woman. This book is perfect for young women to learn to never doubt themselves and for parents to encourage their children and not dismiss their dreams. We will continue to see great things from Abbey Curran.

Great book! Very quick read - Thank you Abbey for your inspiring words.

This was one of the best books I've ever read. Abbey is honest about what it is like to live with CP, yet she doesn't let it stop her.

Amazing!!

My granddaughter who has cerebral palsy, and had met Abbey at a CP seminar, started reading Abbey's book the minute it arrived from . She was mesmerized by it and wouldn't stop reading. But, make no mistake, this is not a book only for people with disabilities. This inspiring story is great for anyone who has doubts about following their dreams and has those "I can't do it" attitudes. This book will change people's lives. I plan on giving copies of this book to friends whose lives have been changed dramatically by knowing my granddaughter and her inspirational personality. Do yourself a favor and buy this book for your personal library. I think it should be required reading in schools. I am a retired teacher, and after teaching many children with mental and physical disabilities, I wish I had this book when I was teaching to share with students who can't understand what their peers with special needs, of any kind, deal with daily. Abbey, thank you for sharing this with all of us.

Received this book yesterday and could not put it down - well written. Great story of a determined person who did not allow a challenge to rule her life - and now she is helping others face their challenges.

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