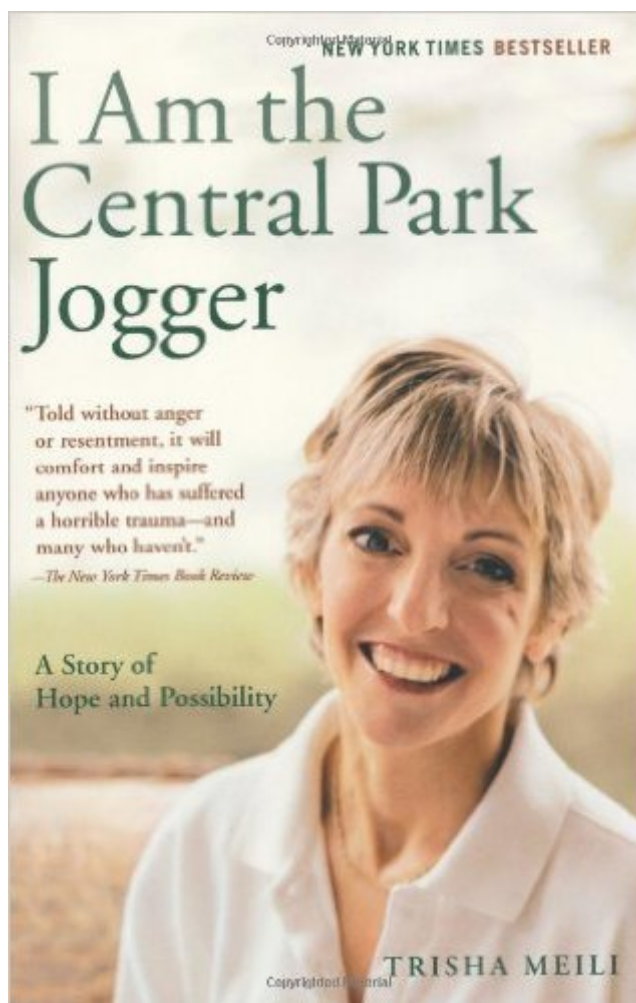


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# I Am The Central Park Jogger: A Story Of Hope And Possibility



## Synopsis

A timeless, triumphant (Entertainment Weekly) story of healing and recovery from the victim of a crime that shocked the nation: the Central Park Jogger. Shortly after 9:00 p.m. on April 19, 1989, a young woman jogs alone near 102nd Street in New York City's Central Park. She is attacked, raped, savagely beaten, and left for dead. Hours later she arrives at the emergency room "comatose" she has lost so much blood that her doctors believe it's a miracle she's still alive. Meet Trisha Meili, the Central Park Jogger. *I Am the Central Park Jogger* recounts the mesmerizing, inspiring, often wrenching story of human strength and transcendent recovery. Called "Hero of the Month" by Glamour magazine, Meili tells us who she was before the attack "a young Wall Street professional with a promising future" and who she has become: a woman who learned how to read, write, walk, talk, and love again...and turn horrifying violence and certain death into extraordinary healing and victorious life. With moments of unexpected grace and insights into life's challenges, Meili's story "the story the public never knew" is unforgettable. (The Buffalo News).

## Book Information

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## Customer Reviews

As always when I read non-fiction, I look for a glimpse into the lives of others, to discover facets of life I have not experienced. And, thank heaven, I have not had to go through what this gallant woman endured. And endure she has! She came back from the most hideous abuses a woman can suffer, and then had to deal with a long physical recovery and the public's insistence on politicizing her violation -- which would have seemed to me to be yet another violation, and added pressure I

certainly didn't need when fighting to recover from my physical and mental faculties. Yet Trisha managed to focus on the positive, to take strength from love and support from family and friends (many she'll never meet) and was nourished by her spiritual side. If Trisha profits from my purchase of this book, I am glad. For I feel I profited from her story, her strength and her honesty. And I'm sure that there are countless women all across the country who do not feel that the brutalization of another woman is "yesterday's news," and will also feel inspired by this wonderful story. Trisha is living proof that the human spirit can rise above anything!

I am only 20 years old, So I do not remember hearing about the Central Park Jogger until recently. I was in shock to hear that someone would have the power to survive such a brutal attack. I am now motivated to live my life to the fullest. I would recommend this book to anyone who thinks they have nothing worth living for or to anyone who needs a reality check! Awesome read! Awesome Book!

Trisha Meili's account of her life and ordeal is moving and touching, but in a surprising way. Trisha does not make herself out to be a hero, nor does she overly dramatize her close encounter with death and the slow and painful recovery process she went through. In the expression of who she is before she was violently attacked and who she is after, she is humble and shows her own vulnerabilities. True to her own personality, she shows her strength by showing her healing process in hopes that others will learn from her own discoveries; it succeeds at being both an emotional and an intellectual account. Trisha's very personal account of her ability to find happiness in a world that is often cruel is interesting and insightful and solidifies that she is a great role model and teacher to others. Her ability to love and give has not been hindered by her misfortune, instead it has been strengthened. Perhaps this observation is something we all should pay attention to, as Trisha's great attitude and happiness seem to be directly related to her view that it is essential that she uses her talents and gifts to continue to add value and meaning to her own life.

This book was fabulous. I read it and could not believe the drive this woman who was near death had. Her strength mentally and physically is amazing and will make each and every reader feel like they can do better in whatever they do. I am inspired by her ability to re-live the ordeal to the best of her ability and to put it out there in the open for people to judge and to know things that are not really their business. I think she is an inspiration to everyone who has a goal, any goal in life.

Aside from the sheer miracle of her physical recovery, I am most amazed by her emotional and

mental recovery. Trisha never wanted anyone to feel sorry for her and wanted to earn everything she got. She is a brave and inspiring woman, and I am happy she has found her soulmate to share her amazing life. This book is a must read for anyone who needs a figurative kick in the pants to get motivated to do . . . anything!

After I read this book, I passed it on to several friends, all of whom finished it in under two days. It is so uplifting, and her strength and positivism is truly inspiring. Instead of dwelling on the attack itself, the author focuses on her recovery and her lessons learned. I highly recommend it!

Trisha's story was absolutely inspiring! I lived in NY near NYC at that time and distinctly remember when it happened, so I really felt I could envision and relate to the time period. I also saw her speak at Achilles Hope & Possibility 5 miler in Nashville as I was reading the book. She is a true testament to how our will to survive can overpower our physical limitations.

Heard I AM THE CENTRAL PARK JOGGER, written and read by Trisha Meili . . . it is the true story of the author who on April 19, 1989, went out for a solo jog near 102nd Street in New York City's Central Park . . . as you may recall, she was attacked, raped, savagely beaten and left for dead. Somehow, she managed to survive . . . and this book is the inspiring story of how she did so. How she fought back from not even being able to do such simple things as read time and walk made me feel blessed for all that I do have (and often take for granted) . . . I was especially moved about how she even resumed her career as a runner . . . and gained greater insight into what makes folks do that activity . . . the key, at least according to Meili, is to set a goal and work toward accomplishing it.

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