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Beyond Your Disability

Zora Messing Natanblut

“You Can Succeed in Life in Spite of Your Disability”

A 2017 study of over 500,000 adults with physical/sensory disabilities reported they have a 3.7-fold higher incidence rate of depression than the general population.



Zora was born legally blind, a secret that was kept from her by her parents and never spoken about in her family. She discovered it herself at age eight in school. Zora hated being labeled “disabled” and suffered through having to read and go to school where she was bullied and called things like “four eyes.” But Zora was not one to let others get the best of her, and set out to prove to herself, more than anyone else, that she was ABLE!

As an adult, Zora persisted in getting her PhD in Holistic Health and became a holistic physical therapist who has helped hundreds of clients reach beyond their disabilities to achieve new possibilities. What Zora has been able to accomplish has inspired her mission to “Dis” the “Dis” in “Disability.”

You’ll be inspired to make changes in your own life to experience more happiness and fulfillment.

Zora's Beyond Your Disability Challenge:

Zora's message is: When you pick a challenge, a goal that you want to achieve and succeed in doing, it boosts your confidence and self-image. It makes you realize that you can do so much more than you thought you could.

You can succeed in life in spite of your disability, by challenging your limiting beliefs about yourself and your capabilities.

You can succeed in spite of your disability, as you are so much more than your disability.

Zora offers a free gift—The Beyond Your Disability Challenge Workbook—where she guides you to design your own challenges and conquer your fears and limiting beliefs. She has done it in her life, and so can you.

You can access this free gift at:

<https://beyonddisability.com>

Zora's Main Speaking Topics:

- “Dis” the “Dis” from “Disability”
- Challenge yourself to success
- It is possible to succeed in spite of a disability
- How to believe in yourself and go beyond your disability

Who is Zora? Sight Unseen: “Dis the “Dis” In Disability

In her new book, Zora shares her personal transformation from suffering, anger, fear, resentment, and self-judgment to her growing self-acceptance, freedom, fearlessness, love, and gratitude.

Each chapter has action exercises to bring these lessons to life, including:

- Making peace with the past while living in the present
- Setting your sights high enough for transformation to occur
- Relinquishing old, outdated stories to expand your perspective
- Recognizing that with age comes wisdom, insight, and healing

Who Is Zora? Sight Unseen: “Dis” The “Dis” In Disability

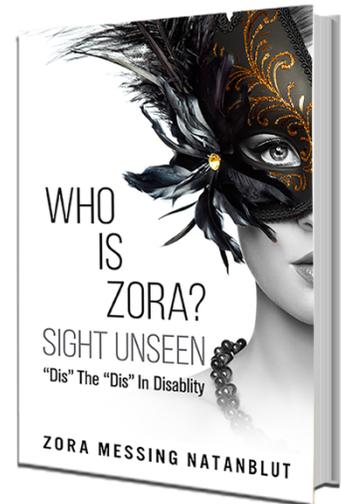
By Zora Messing Natanblut

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“Lovely memoir of one facing, and accepting being sight impaired, moving forward, with determination, to achieve many accomplishments. A terrific self-help book. Recommended for anyone needing encouragement to succeed in life, being disabled or not.” — Amazon Customer

ABOUT THE AUTHOR



Zora is a retired physical therapist with 30-year experience in craniosacral therapy and the Alexander Technique. She has an M.A. in Jewish Education and a PhD in Holistic Health. Her unique life experience and professional expertise give her a depth of insight, understanding and compassion towards people in general, and especially people with disabilities. The main message of her book is to “Dis” the “Dis” in Disability and see a person for who they fully are. They are not their disability! Zora is a mother of three and a grandmother of six. She has been happily married to her teenage sweetheart of fifty-nine years. They share their time between Florida and Pennsylvania.

Q & A

Zora Messing Natanblut

“You can succeed in spite of your disability”

Can you explain to us your disability and how it affects your daily life as a child?

I was born legally blind. If you're legally blind, your vision is 20/200 or less in one eye. That means if an object is 200 feet away, you have to stand 20 feet from it in order to see it clearly. But a person with normal vision can stand 200 feet away and see that object perfectly.

I was able to see well enough to get around independently. I was never told I had a vision problem. So, I never knew I had one. Being legally blind was just normal life for me.

I became aware of my vision problem in the third grade when the teacher used the blackboard. I could not see anything she wrote even though my desk was in the front row. I never told the teacher this. But I knew that I would be an auditory learner from then on.

My mother let me do anything I was comfortable doing, roller/ice skating, riding a bike, skiing, etc. The only restriction I had was that I was not allowed to cross a street by myself. Where I lived, the streets were multi-lanes and heavily trafficked. That wasn't a problem. There were always people waiting at the traffic light. I would ask grandmotherly type women to cross me. They always obliged and usually gave me a big smile.

I did not like being in the bright sunlight but other than that my eyes didn't bother me. When I went to school, I wore coke bottle thick glasses, which I am not sure were very helpful. They were something the other children teased me about, calling me “four eyes”.

Did bullying happen back when you were in school?

Yes, it sure did! I was called: “4 eyes” and “blind as a bat”. I was always the last person to be chosen for a ball game team at gym. Many times, I heard some kid say, “Do we have to have Zora on our team?” That certainly doesn't do much for yourself image.

Was your disability never discussed in your family?

My parents never told me I was legally blind. Though my mom brought me to many ophthalmologists. They all had the same diagnosis, *“Your daughter is legally blind, there is very little we can do for her vision. If she is lucky, this condition won't get any worse. But it will never improve.”*

My parents were first generation Americans. Their parents were Eastern European Jews who came to the USA before WWI. The grandparents' beliefs were to stick with your own kind. They also never discussed any personal issues outside of the immediate family, like finances, illness, or problems. I believe that was why I was never told I had a vision problem.

What changed and made you want to share your life secret with the world and write a book?

I had no idea that I was writing a book. It happened because I wanted to record the challenges I did, ten years prior, for my 65th birthday, before I forgot about them. The chapter Challenges and Accomplishments, is the next to last chapter in this memoir, it was the first chapter I wrote. I wrote it so that I would remember what happened that year of challenges and how accomplished it made me feel. I needed to record that feeling. Somehow the other chapters flowed onto the computer as my fingers danced across the keyboard.

Secrets and hiding are a theme in your life story, is that why your book cover is of a woman hiding behind a mask?

The mask is there for anyone to hide. Many people find it easier to hide than be totally present. There is a part of us we don't want to show the world. My story is all about hiding. My life's story was a secret from birth until it unraveled in the third grade.

My story was all about hiding. Now it is about coming out as I have shared it in my memoir. This has been a very liberating process for me. Not easy but liberating! Now I wish to inspire others and tell them that it is possible to be liberated from your secrets and challenges. It is possible to succeed in spite of your disabilities, challenges or lifelong kept secrets.

Can you explain the phrase on the front cover, "Dis" the "Dis" in Disability?

"Dis" the "Dis" in Disability is the theme of my memoir. The last chapter tells the story of many famous people who didn't let a disability hold them back from fame and fortune.

I believe two things helped me "Dis" the "Dis" in my "Disability." The first was the challenges that I did the year of my 65th birthday.

They were:

Physical: walking, swimming, and skiing

Religious: Mikvah (a religious bath) and Reading Torah

Social: Family activities and holidays

Donations: To my favorite charities

Celebrations: Lunches, Dinners, Parties and Cruises

You can read about them in chapter 11 of my memoir called "Challenges and Accomplishments".

The second was writing and publishing this book, my personal memoir. That was a very emotional journey for me because I have always been a closed book about my life and disability.

What do you mean by “Sight Unseen?”

For some unknown reason I was born legally blind.

Yes, I can see but my vision is very limited. However, to look at me you probably can't tell I have low vision. My eyes appear and move normally.

Sight Unseen, thank goodness you don't see the way I see. Yes, I would love to see through a pair of eyes that have 20/20 vision. We always dream for what we don't have. But our goal is to make do with what we have.

This is my favorite story that fits under the category of Sight Unseen. It happened in the 7th grade. I was sitting in a right-handed desk, All the desk in the room were the same. I am a lefty, so I sat turned facing the side wall instead of straight ahead. That was the only way I could write on that desk. The class was taking a science test. The teacher monitoring the room was unfamiliar to us. I looked up starring into space thinking about an answer. The teacher came over and accused me of cheating. I sat there with my mouth open, but no words came out.

One of the boys in the class spoke up and laughed as he said, “Teacher she is blind as a bat! She can't cheat even if she wanted to.” I remember laughing and crying at the same moment.

What may readers learn about themselves from reading your memoir?

You can succeed despite a disability. You have to want to change, and it might take time and patience. But I am here to tell you that if you want to change it is possible. It is never too late to grow and make positive changes in your life. Sometimes reading about someone else can stimulate you to make positive changes in your own life and I hope through my story and experience I can inspire people to believe in themselves and move forward with their life despite a disability.

What is the reason for your action exercises at the end of each chapter?

Action exercises at the end of each chapter are an optional fun activity. I am a hands-on learner. A fun activity helps me internalize what I am learning. And so I am offering the reader the same.

What tips you can offer someone with a disability on how to turn your life around?

First, you have to want to change. It may feel difficult at first and it may be hard. But if you want to change, it is possible. If you are willing to change your limiting beliefs and replace them with life-affirming beliefs, then you can change your life and succeed despite your disability. I did it and you can to!

REVIEWS

"I thoroughly enjoyed this book, learning so much about Zora and also myself and feelings I have. Thank you, Zora, for showing your strength, determination and success in Dis the dis in disability."

— **Janice Katz**

"Lovely memoir of one facing, and accepting being sight impaired, moving forward, with determination, to achieve many accomplishments. A terrific self-help book. Recommended for anyone needing encouragement to succeed in life, being disabled or not."

— **Amazon Customer**

"Who Is Zora? is a memoir that provides the reader with the inspiration to overcome both physical and psychological obstacles that block one's ability to reach their desired successful outcomes. Told from the perspective of a septuagenarian, the tone is conversational, sincere, and warm. I felt like I was sitting in her kitchen, drinking coffee with her, and listening to the wisdom gained from a life well-lived.

Some memoirs seem to be written to help the writer work through a particular problem. Others seem to be written for the benefit of the reader. Natanblut's effort appears to have achieved both goals. We can vicariously experience the thrill of her successful transformation as she overcomes adhering to unproductive beliefs and behaviors and at the same time seek to apply these learnings to our own lives. Regardless of our individual outcomes, I am convinced we are each richer for having read this memoir."

— **MN**

"This book is well written, heartfelt and totally engaging. The author's thoughtful attitude is adventurous. She always seeks challenges in spite of her legal blindness. I found the book inspirational and highly recommend it."

— **Amazon Customer**

"The book inspires the reader to make changes in his/her life to bring in more happiness and fulfillment. It helps one make peace with the past while living in the present."

— **Anonymous**