

Beyond Your Disability

"Dis" the "Dis" in 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 Messing Natanblut



A retired physical therapist with 30-years 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. She is also the author of, *Who is Zora Sight Unseen?*

As Zora has proven in her own life:

"You can succeed in spite of your disability"

Speaking Topics

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

Inspire Your Audience With Zora's Book

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



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- Relinquishing old, outdated stories to expand your perspective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

**For Media and Speaking:
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"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