



## Paralysis: Nothing Is Impossible (Book) Est. Time: 2 Weeks Reading/45 Minutes Class Time

### Synopsis

Legendary for his role as Superman, the late Christopher Reeve was also renowned for his tireless work promoting awareness and funding for spinal cord research. In his second book, *Nothing is Impossible*, Reeve reflects on the last seven years of his life and the accident that left him paralyzed. Composed of nine chapters, Reeve's book reflects on the different facets of life: humor, parenting, advocacy, and hope, among others. Not only does he share his philosophical thoughts on each of these facets but he also describes how the accident and his subsequent disability evolved and changed his perspective on each of these facets.

### Activity

Read the following book and be prepared to discuss the questions below in class:

Title: *Nothing is Impossible: Reflections on a New Life* (2002)

Author: Christopher Reeve

Publisher: Ballantine Books • New York

### Questions/Discussion Topics

1. Why was the invitation for a week-end visit with the King of Spain withdrawn?
2. For seven years prior to writing this book, Reeve had no movement from his neck down. What was he able to do by the time his book was published?
3. Explain the ASIA examination and its significance to Reeve.
4. After his accident, why was Reeve concerned about being a "real father"? Why did he think he was a better father after the accident?
5. What do you think Reeve means by the following statement: "[O]ur comfort zone is defined by fear and our perception of our limitations"?
6. How do you think your life would change if you suddenly became a quadriplegic? How would your daily life be affected? Would you be able to continue with your current career? Would you accept your condition or devote much of your time to finding a cure?