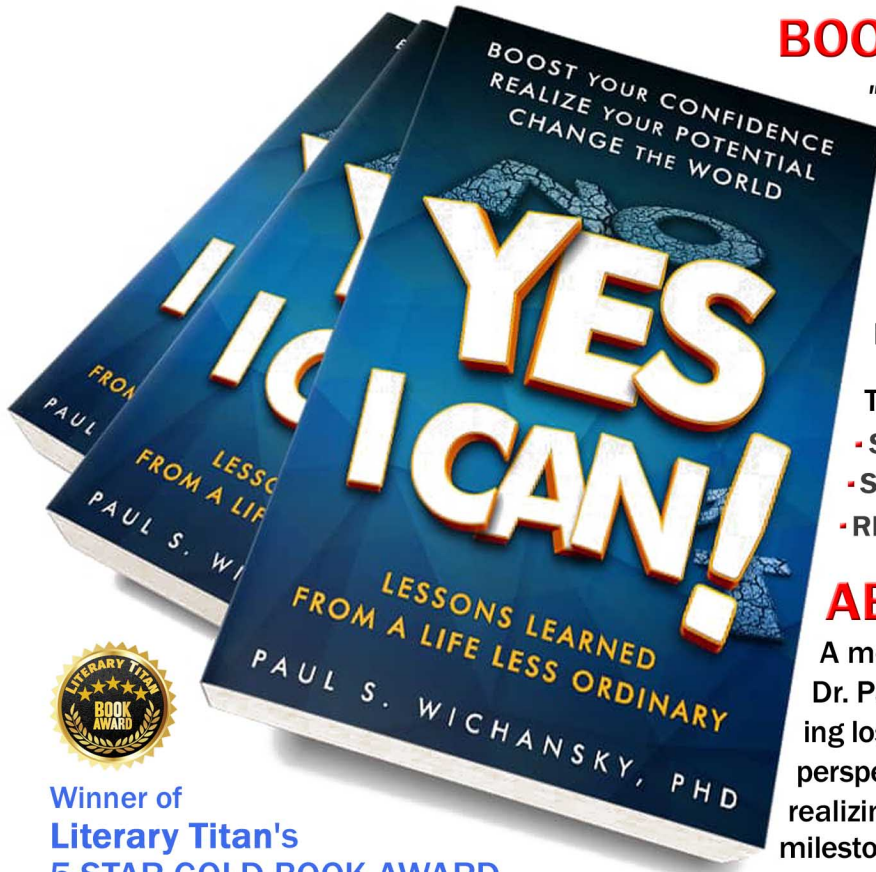


BOOST YOUR CONFIDENCE.
REALIZE YOUR POTENTIAL.
CHANGE YOUR WORLD.

Yes I Can!

by Dr. Paul Stuart Wichansky



Winner of
Literary Titan's
5-STAR GOLD BOOK AWARD

BOOK SUMMARY

"Yes I Can!" is a self-help memoir from a leading motivational speaker and disability advocate. Dr. Paul's experiences and insights help teens and special needs kids overcome anxiety and self-doubt when faced with bullying, injury, or other adversity. His life story shows readers how he has transformed obstacles into opportunities.

The chapters highlight these principles:

- SELF-LOVE • POSITIVE ATTITUDE • SUPPORT GROUP
- SELF-ESTEEM • RELEASING FEAR • PERSEVERANCE
- RESILIENCE • GAIN EMPATHY • BUILD CONFIDENCE

ABOUT THE AUTHOR

A motivational speaker with 42 years of experience, Dr. Paul has triumphed over cerebral palsy and a hearing loss. He hosts school programs to share the positive perspectives and realities of facing daily life challenges, realizing his own dream of walking and achieving other milestones once believed impossible. As a former special needs student, his life story demonstrates to youth, by examples, how to rise above adversity and achieve goals.

RIPPING THE 'DIS' FROM 'disABILITY'

Fear and ignorance can be transformed into kindness and respect for those who strive to rise above adversity. This book can also help students find the courage to navigate life's challenges and harness their untapped potential.



SHOWN: Hosting programs at elementary, middle, and high schools and to high-school seniors at the New Jersey State Police Academy.

TITLE: *Yes I Can!*
Lessons Learned from a Life Less Ordinary

AUTHOR: Dr. Paul S. Wichansky

PAGES: 234

FORMATS: Kindle / 6"x9" Paperback / Hardcover

ISBN: *paperback* 979-8-9871488-0-8 (\$14.99)
hardcover 979-8-9871488-2-2 (\$19.99)

MARKETS: Ingram Content Group
Amazon, Barnes & Noble (for reviews)

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