

Today is a pretty good day to die. Those were Marjorie Aunos' thoughts as her car hit black ice and spun out of control toward an oncoming truck. As she waited for paramedics to extricate her from the mangled wreck, unable to feel anything below her neck, she pictured her sixteen-month-old son. And decided to live.

Marjorie's spinal cord injury thrust her into a life as a newly-disabled parent, experiencing first hand the barriers and discrimination she'd witnessed for others, her concept of perfect motherhood shattered on that Quebec roadway. How can you be a good parent if you can't bend down to tie your child's shoes or scoop them into your arms for a hug or keep them safe at bath time without supervision? Does this make you a bad parent?

Between physical therapy rehabilitation, new day-to-day logistics, battles with an insurance company, and pain management, Marjorie had to start over as a parent too. And she did. Giving her PTSD time to heal, she mastered co-parenting, prioritizing self-care, and—something she'd never done before as an overachiever—how to ask for help. She finally accepted about herself what she believed about her former clients, those parents with disabilities: she may roll differently to, and with, her son, but she is a good mom.

"Marjorie's journey from hopelessness and fear to confidence and strength is an example of true perseverance. Her story will inspire all parents —with a disability or not."

— Rick Hansen, Man in Motion
Founder Rick Hansen Foundation

Promotion

- Social media engagement and visibility on various platforms to an engaged audience for launch and sustaining post-launch
- Speaking engagements
- TV, podcast, magazine interviews and features
- Book signing events and readings
- Social media advertising for launch and sustaining post-launch
- Targeted keyword ad campaign
- Outreach to disabled and academic communities

Mom on Wheels
The Power of Purpose as a Paraplegic Parent



About Marjorie Aunos, PhD.

Marjorie Aunos, PhD., is an internationally renowned researcher, adjunct professor, clinical psychologist, and award-winning inspirational speaker. In 2012, a year after giving birth to her son and at the peak of her career, Marjorie sustained a spinal cord injury in a car accident. Everything she thought she knew about motherhood lay shattered on that Quebec roadway.

Despite countless and unexpected hurdles, Marjorie has persevered, and now inspires others to do the same no matter what hardship they are up against. Her goal is to highlight positive parenting and resiliency in families headed by parents with different abilities.



"With steady, courageous guidance, Marjorie Aunos guides us into understandings of resilient and generative living that aid us not only in navigating the ups and downs of our particular lives, but in becoming better people: more thoughtful, compassionate, brave and calm. She is both ordinary and heroic, imperfect and magnificent and through her clear, heartfelt stories we are given the chance to become the same."

—*Maria Sirois, Psy.D. author of A Short Course in Happiness After Loss (and Other Dark, Difficult Times)*

Target Audience

- People who must radically reassess after the identity implosion that occurs when accident, illness or incident changes them from able-bodied to disabled or able-minded to intellectually disabled
- In particular, mothers who have become paraplegic after accident or illness and/or women age 22 - 45+
- Friends and family of mothers who have become paraplegic/disabled after accident or illness
- People, organizations, groups that serve the primary audience: coaches, mentors, nonprofit organizations including: medical professionals, coaches, psychologists, mentors
- Organizations that hire speakers to address these audiences

Categories

Biographies & Memoirs > Professionals & Academics > Social Scientists & Psychologists

Biographies & Memoirs > People with Disabilities

Parenting & Relationships > Parenting

Parenting & Relationships > Special Needs > Disabilities

Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

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