



Rise and Shine: The Extraordinary Story of One Man's Journey from Near Death to Full Recovery

Simon Lewis

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From the Front Cover

"When faced with adversity we each must remember our potential and what we are capable of. Simon Lewis's inspiring account helps us to understand that hope is real and that survival behavior can lead you to exceed expectations." --Bernie Siegel, MD, author, *Love, Medicine and Miracles*

An impassioned tale of survival and recovery, this inspirational story recounts the author's horrific car accident, his subsequent coma, and the more than 15 years of cutting-edge treatments and therapies endured during convalescence. With specific details of the rigorous rehabilitation process that ensued, including numerous breakthrough and experimental surgeries, the book also provides practical insight into navigating the treacherous world of insurance and how to differentiate between the often conflicting medical opinions offered. In addition to describing the numerous procedures undergone, the author tells not only of his pain, frustration, and despair, but also of his childlike wonder at the beauty and miracle of creation. A first-person account of sudden, unexpected tragedy and life-affirming courage, this remarkable tale of regeneration imparts lessons both medical and spiritual.

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