

# ***GONE SURFING***

*An Inspirational Life After Loss*



*An industrial accident left me a double amputee.*

## **Facing life after the accident:**

Make the most of what you've got and be positive.

## **The things that help:**

Prostheses and other aids, massage and a glass of wine.

## **Keeping active:**

Family, The Disabled Surfers Association, Sailability, working in OH&S and lots more.