

Traveling Hopefully..... A reality check for every Australian.

Thousands of Australians suffer horrendous injuries every year in car accidents and become the hidden casualty of our favorite mode of travel. Stuart Tripp's book brings to us all the reality of a corner too fast or an ill timed lapse in concentration. No heroics, no blame, just the story of a typical aussie bloke who drove off the road.

Thankfully, Traveling Hopefully does not fit into the "survive and motivate" genre. We are not taken to an extreme, remote location, become frozen solid or hang from a rope over a bottomless crevice. Nobody crawls for days over a glacier. Stuart writes simply his story. Leaving school, finding travel and a career, the accident, hospital and the start of physical recovery.....and it's in your backyard.

As I read I got the strong impression that writing the book had been a distinct milestone in a true healing process. A process which probably only started years after Stuart left rehab. On top of the physical pain and handicap, any extreme trauma leaves for years a lingering curse of nightmares, periods of anxiety or depression and probably some bloody awful behavior which can leave us isolated and even more battered. Talking to friends and family and in this case writing it down "gets it off our chest" and hopefully stops the ongoing whirring in our mind as it constantly revisits darker times.

In life today Stuart does motivate. Professionally and probably unwittingly in his day to day outlook on life and in interactions with everyone he meets. You will read his story in two good sessions and probably not really want to put it down. If you are like me your leg will ache on and off. You will squirm at some of the pictures and detail. Most of all you will get a tremendous insight into what happens to thousands of Australians each year, the effects not only on themselves but all their family and friends.

A must read. Buy one for yourself and a couple as gifts.

By Roy Read