


An anthology of 40 inspirational figures who are neurologically or physically diverse.

- Louise Gooding's three daughters are all physically or neurologically diverse.
- Illustrated by a team of artists who identify as physically or neurologically diverse.
- Life stories of 40 inspirational figures, with information on each of their conditions.

Just Like Me

USAIN BOLT

"I have shown that anything is possible. I always tell people not to limit themselves."



Usain Bolt was born in Kingston, Jamaica, on August 21st, 1986.

As a young boy, Usain would often be found on the street playing cricket with his younger brother. Long on charge as a ball and batman, he would play for the school, then would play for the Jamaica national team.

Usain had a keen interest in sports, and when he started high school, he showed promise as a fast bowler in cricket. However, coach Clive Simmons encouraged Usain to focus on his natural athletic ability instead of cricket.

Usain began training in track and field at the age of 15. He was coached by his father, who was a former sprinter. Usain's natural speed and power were evident from the start.

By the time he was 16 years old, Usain had won several medals at the World Junior Championships, which was being held in Kingston, Jamaica. He went on to win the 200 metres sprint, becoming the youngest athlete to win a gold medal in the games. He also took home two silver medals for the 100 metres sprint and 200 metres relay. He was on his way to becoming a great sprinter!

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FRIDA KAHLO

1907-1954

"Fret, what do I need them for if I have wings to fly!"



Frida Kahlo was born in Mexico City, Mexico on July 6th, 1907.

Frida was born in a little blue house where she was raised with her six sisters. She would often prefer to sit and draw rather than play.

At the age of six, Frida caught a disease called polio, which nearly killed her. Luckily, Frida did not die, but she was weak and disabled. It was her father who encouraged her to do a lot of sports to help strengthen her leg as much as possible. She was a very determined and strong-willed person, and she was very determined to get her leg back.

As Frida grew older, she hoped to become a doctor, but her leg was too badly hurt to go to school. She broke her back, ribs, pelvis, leg and both arms, and dislocated her shoulder. Being so badly injured meant Frida was bedridden and would have to stay in hospital for years.

Frida's mother, knowing Frida's childhood passion for art, brought in some paints and an easel to the hospital so that Frida could have something to do while she recovered. It was during this time that she rediscovered her love of art and decided she would make it her career in painting a career in medicine. She would be an artist!

Feeling confident about her talent, she took her work to an artist she admired to teach her.

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DANIEL RADCLIFFE

"The fact that some things are more of a struggle will only make you more determined, harder working and more imaginative in the solutions you find to problems."



Daniel Radcliffe was born in London, England on July 23rd, 1989.

Daniel was an only child. His mother worked as a string director for the BBC, and his father was a literary agent. Being born into a creative family, it was no surprise to know that Daniel was interested in acting from a young age. Daniel decided he wanted to be an actor when he was six.

School wasn't particularly fun for Daniel. He was quite starting, a slow reader and writer, and was often told by his teachers that he was stupid. When Daniel's mother heard what the teachers were saying, she marched straight into his school to confront them. Daniel was often bullied by his peers, but he was always very close to his mother. This helped him to stay motivated, swimming and even doing a little part-time modelling for Daniel.

After years of being called stupid, he had started to believe that he probably was. Daniel was shy, socially awkward, unorganised and found it difficult to sit still in class and concentrate on the tasks given to him. His desire for school gave him a goal to work for, but he found himself struggling to keep up with his classmates in writing and reading. He felt disappointed, even going to the point of wanting to be a doctor, and it seemed he would never be able to do any academic work. What actually, it was probably just down to a lack of understanding and support for his dyspraxia.

After his parents, Daniel was keen to help keep going. His parents were very of his desire to go to the world of acting, having had experience with it themselves. However, Daniel needed to see what he really wanted to do. Not long afterwards, at the age of eleven, Daniel found himself auditioning for a role in an adaptation of a very famous children's book.

After this success, Daniel was keen to keep going. His parents were very of his desire to go to the world of acting, having had experience with it themselves. However, Daniel needed to see what he really wanted to do. Not long afterwards, at the age of eleven, Daniel found himself auditioning for a role in an adaptation of a very famous children's book.

Once the filming of Harry Potter was complete, Daniel decided to take some time to explore acting on stage. He performed many different shows on New York's Broadway and London's West End, although his stage career. Daniel continued to work in the film industry.


Despite his earlier struggles at school with reading and writing, Daniel always enjoyed his creativity by writing short stories and poetry. Being an actor, Daniel felt he was often just using another person's voice, and he wanted to give his own. An awareness page could be created for the name of Daniel Brown, and he performed four of his own poems.

At seven years of age, Daniel was diagnosed with hearing dyspraxia. This meant that he had trouble hearing, but he was able to read and write. Daniel was a very determined and hard-working person, and he was always very close to his mother. This helped him to stay motivated, swimming and even doing a little part-time modelling for Daniel.

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SELENA GOMEZ

"You are who are; you're unique and you're rare."



Selena Gomez was born in Texas, USA on July 22nd, 1992.

Selena's career in the entertainment industry began at a very early age. At six years old she successfully auditioned for a part in a children's show called *Barney*. Selena's bubbly personality impressed the producers and she was later taken on to work for the Disney Channel. She was cast as one of the lead roles for a show called *Wizards of Waverly Place*.

Selena became a household name, not only as a TV star, but as a pop singer, too. With music singles, albums and world tours, Selena often performed in front of thousands of people.

Then, without warning, Selena went very quiet, avoiding social media and not promoting any of her new music. Selena had been dealing with poor health for quite some time and was told her declining health was due to something called lupus. She needed to pay closer attention to her health.

Choosing to ignore her doctors, Selena carried on with her busy lifestyle, until she found her body was just too weak, forcing her to stop.

Having chosen to ignore the doctors' warnings, Selena was now being told that her kidneys had suffered a lot of damage and she would need a kidney transplant. It was a life or death situation and a very scary time for Selena.

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She would need chemotherapy and strong medication, as well as a potential ten year wait for a suitable donor for a new kidney. A close friend found out about her plight and volunteered to get tested, to see if she could be a match. As luck would have it, she was. Selena's friend offered to donate one of her kidneys to Selena to save her life. To Selena, this was the most amazing gift anyone could and would ever give her.

The operation was a success for both Selena and her friend. Selena was told that after the operation it would be extremely unlikely her lupus would return, but she would need to continue to take better care of herself in future.

ACHIEVEMENTS
Selena is a world-famous actress, television producer and singer. She has sold over seven million albums and over twenty-two million singles.

She was named as one of the 2012 Glamour Award Women of the Year. Not only does Selena collaborate with many top name perfume, make-up and fashion brands, but she also has her own fashion line Dream Out Loud, producing clothing made using eco-friendly materials.

Selena is a UNICEF spokesperson, she helps raise awareness of the importance of providing clean water to those living in Ghana, Africa.

Selena loves dogs. She has adopted many dogs over the years from various shelters. One of her dogs was originally saved and taken to a local animal shelter by her father. The shelter said they would have to put the dog down if a home wasn't found for him within a few weeks. Appalled at hearing this, Selena adopted the dog straight away.

What is lupus?
Lupus is a long-term autoimmune disease. Instead of the body's immune system protecting and fighting off infections, it turns on itself, attacking healthy cells, causing inflammation and permanent damage. Lupus mainly affects the skin, joints and internal organs. Anyone can get lupus, and at any age but it predominantly affects women aged between fifteen and forty-four. There is no cure for lupus and its cause is unclear.
Medication and treatment depends on the type of lupus someone has and the severity of the symptoms. There is a high risk of heart disease, kidney disease and stroke if the symptoms are not closely monitored and treated by a doctor.

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