



Yes, You Can!!!

Janis Dietz PhD

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Life is not a dress rehearsal. This is our only chance. And, given that it is our only chance, Dr. Janis Dietz wants to show the reader how to make the most of it; how to weather challenges, illnesses, and disability. She wants them to come away from the experience of reading this book with a new zest for life and a new feeling of what you can accomplish. And they will.

As a frequent motivational speaker, Janis believes that every day should be new and exciting for everyone, regardless of situational and physical setbacks. She will help the reader realize those ""positive responses to tough challenges." With her "can-do"" attitude, she will inspire them to reach higher and further. Things they never thought were in their future will suddenly be visible. They will concentrate on what they "can" do; in so doing, they will find a glass that is much more than half full.

Yes, You Can!!! is based on the premise that life should be lived to the fullest extent possible, disability or no disability...

- Even if getting there takes some extra effort
- Even if getting there takes a long time
- Even if getting there requires skills you never knew you possessed
- Even if getting there means you have to work harder than you ever have

It is worth it; it has always been worth it.

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