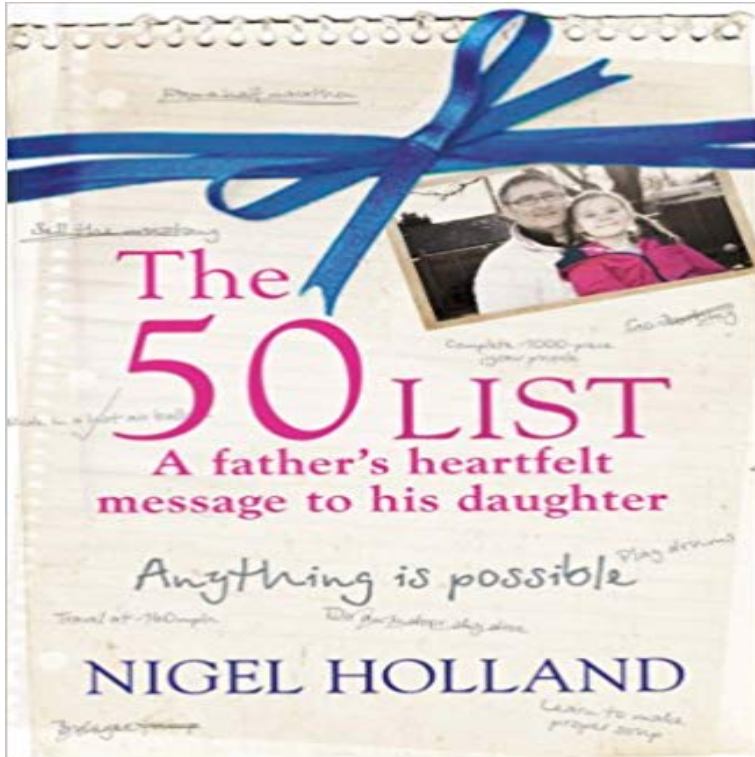


The 50 List - A Fathers Heartfelt Message to his Daughter: Anything Is Possible



Nigel has a disability an inherited disease that means his nerves dont tell his muscles what to do but he does not consider himself disabled. His youngest daughter Ellie has been diagnosed with the same condition. To inspire Ellie, and show her anything is possible, Nigel set himself a list of fifty challenges. This is the story of that list. Nigel and his wife Lisa have three children and, like all parents, they have always wanted the best for their kids. For Nigel, this meant helping them to understand that life is to be challenged: to be explored and enjoyed, no matter what obstacles you might have to face. Even during the darkest times, Nigel has never let anything stop him from realising his dreams. To inspire his youngest daughter, and let her see firsthand that anything is possible, Nigel set himself a list of 50 challenges to complete before he turned 50. Some are crazy, wild physical challenges, others are seemingly simple tasks people often take for granted. Some are activities Nigel has done before, others are skills he has learnt to cope with his condition that he wants to share with other people. All of them hold huge emotional significance to Nigel and his family. This is the heart-warming account of the year Nigel completed The 50 List. Inspiring and surprising, it will move you to tears and laughter, and leave you believing that you really can accomplish anything.

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