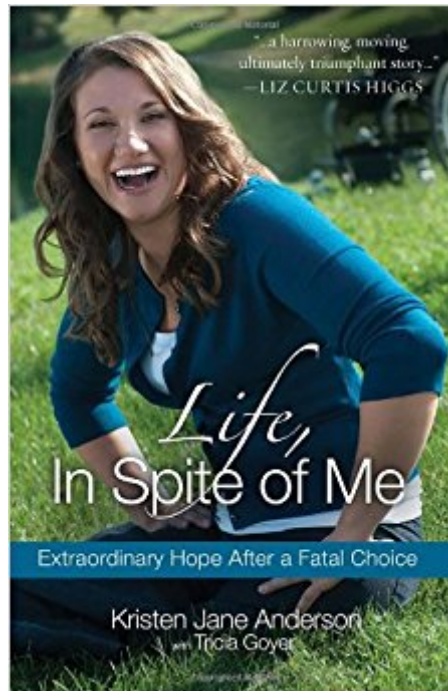




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# Life, In Spite Of Me: Extraordinary Hope After A Fatal Choice



## Synopsis

She wanted to die. God had other plans. Overwhelmed by wave after wave of emotional trauma, Kristen Anderson no longer wanted to live. One January night, determined to end her pain once and for all, the seventeen-year-old lay across train tracks not far from her home and waited to die. Instead of peace, she found herself immersed in a whole new nightmare. Before the engineer could bring the train to a stop, thirty-three freight cars passed over her at fifty-five miles per hour. After the train stopped and Kristen realized she was still alive, she looked around and saw her legs ten feet away. Surviving her suicide attempt but losing her legs launched Kristen into an even deeper battle with depression and suicidal thoughts, as well as unrelenting physical pain—all from the seat of a wheelchair. But in the midst of her darkest days, Kristen discovered the way to real life and a purpose for living. For anyone struggling to find the strength to go on, the message of this heart-wrenching yet hope-building book is a clear and extraordinary reminder that even when we give up on life, God doesn't give up on us. Includes notes of encouragement from Kristen and resources for suicide prevention.

## Book Information

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## Customer Reviews

"Life, In Spite of Me is a remarkable story of life beyond despair and hope that triumphs over tragedy. Louie Giglio, pastor, Passion City Church/The Passion Movement "Suicide is a liar and a thief. It promises peace to those who are escaping but delivers unimaginable pain and rejection to those left behind. Kristen Jane Anderson's riveting story unmask the thief and gives hope a face. Dr. Dennis

Rainey, president, FamilyLife Ministries – “When I first met Kristen, I was overwhelmed with her smile, and then I saw her wheelchair. It was a defining moment for me. I had not heard her story or why she ended up at Moody. But it was her smile – and it is still her smile – that dismantles me. Kristen has something. It is something otherworldly. She had every reason to die, but now she has every reason to live. I hope you’ll read her story, see her smile, and know why she lives. – Michael Easley, former president, Moody Bible Institute

From the Hardcover edition.

Kristen Jane Anderson has been featured on Oprah and is a popular speaker at colleges, women’s and youth events, churches, and suicide prevention outreaches. A graduate of Moody Bible Institute and the founder of Reaching You Ministries, Kristen seeks to help those who are hurting, hopeless, lost, suicidal, or depressed. Tricia Goyer is the author of three hundred articles for national periodicals, as well as many novels and several nonfiction books, including Blue Like Play Dough.

(I’m French, sorry for my English) I have read this book in only 2 days ! I cried a lot at the beginning. It’s a very moving story !! This book is a true story and help us to understand the thoughts that can lead to depression and suicide, for ourselves or relatives we know, and the feelings of people in wheelchairs or with prosthesis. But it has also a positive message. It show us how God and the Bible can help us to struggle with the difficulties of the life. I have discover verses I know already but with a new meaning. I recommand to read this book !! You’ll really learn something.

Well I guess I should first preface this review by saying that I knew Kristen Anderson in high school. I can remember seeing her talk and laugh in class, she was so friendly and sweet to everyone. She dated a friend of mine and was all around a wonderful person and classmate. I never knew her pain or saw her troubles until I heard about her tragic accident. I have seen Kristen around the past few years and I like everyone else know her story is remarkable, but until I read her book I didn’t know anything. Reading this book gave me an insight into her life, her struggle, and her amazing revelation. I realized that the title perfectly fit this book. It made me remember Life happens in spite of our decisions or actions. I am very grateful to have read this book, and have received this message. Thank you Kristen.

I have never been critical when it comes to those that attempt-or succeed at committing-suicide. I believe what motivates a person to do so is the lack of hope. It's not a lack of wanting to live, but rather the deep desire to live, just not seeing the light at the end of their dark tunnel. After reading Kristen Anderson's "Life, In Spite of Me" I am convinced the state of hopelessness is an evil enemy. How could a teenager lay down on a train track in Illinois at the turn of the century and decide it is the best decision at the moment? In spite of the fact that this is a heavy subject, Tricia Goyer did an amazing job at keeping Life, In Spite of Me a light read. I was flipping pages so quickly it was no surprise when I completed the book in less than a day. There is no fluff or fillers, and although Kristen takes a lot of time explaining how she was feeling at each turn of the page, the pace doesn't creep or stop. This is a story that keeps producing new details and enlightenment as you go. And you want to keep going because she holds nothing back. If there is blame, she takes it. If she was confused, felt let down, or downright mad, Kristen lets the reader know. As a former hospital employee, I am impressed with the graphic detail she uses in explaining the accident and medical procedures that followed. I was captivated by the raw emotion I felt as she described the moments following the accident. A genuine spirit of confusion and ultimately remorse is obvious as she attempts to heal from an event that overwhelmed her. The reader will not be inclined to view her with judgment nor would you say she is a victim. It's an extraordinary event that altered her for the better, especially if you believe eternity trumps this life. What completes the book is a small entry at the end by Kristen's Mom, Jan. She adds to the story by sharing her heart felt emotions as they relate to the accident and Kristen's healing. In the end it boiled down to the fact that the Anderson's were the typical Christian family that believed going to church and doing the right thing was what mattered. Jan admits that "Before all this...we went to church and Sunday School.....we prayed before bed and before meals, but we didn't know there was more....we didn't know we could have a personal relationship with Jesus." I closed the back cover impressed that an event so shocking could have a happy ending. All things really do work together for those that do good, and Kristen's life is an example of how it works. Life in Spite of Me is a vehicle to broadcast the message that there is hope and a future even if at the moment things look bad. Kristen is a hero in my book and I believe God smiles everyday at her spiritual tenacity. Don't buy a single copy of this book. Buy at least two-one for you, and one to share.

I bought this book as my daughter has had a problem with cutting and suicidal ideation. This book was so inspiring. It's neat to see how God can use tragedy and turn it around for good. This book is not too graphic so even younger kids could read it. If you have someone who is thinking about

suicide, get them to read this book. Suicide doesn't always work and the consequences can be horrible. Wonderfully written. You can definitely put yourself in her shoes and feel what she is feeling.

This book does an excellent job of presenting the conflict and confusion that is present in almost every teenager's life, and the drastic consequences that can occur if the issues are not dealt with properly. This is a must read for anyone suffering from low self-esteem or anyone who is drifting aimlessly in their life, especially if they are looking for a way out. The way the information was presented made it easy to relate, and the simple joy the author displays after coming back from her personal tragedy is extremely heartwarming. Not only is it a good story and a great lesson, it also describes the importance of having Christ at the center of your life. My daughter, who had been struggling with her own issues, read the book, and accepted Christ as her personal Lord and Savior as a result! Thank You Kristen - you are an inspiration to all!

Kristen's story is well written and very honest about her struggles with depression as a teenager. An excellent reader for anyone dealing with depression or having friends or children struggling with suicide thoughts. It shows clearly a way out of despair, loneliness and hurt.

The title of this book says it all! In spite of Kristen's desire to destroy herself, there was and is a bigger plan for her life which she cleverly shares with her readers. Impactful, real and inspiring - this book gave me an inside look into the world of depression, courage and hope.

A new favorite! This book is about a 17 year old girl who tries to commit suicide by train and miraculously survived with only losing her legs. As she struggles to come to terms with her new life she becomes a Christian. She now helps others who have contemplated suicide and is an evangelist.

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