

Typical examples of spirit overcoming fate

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Every person is an individual in this society. None of us are exactly the same. However, if you were born with a full, good-looking appearance, then be grateful for that because there are many people out there who are in difficult circumstances or do not have a normal life like you.

There are many people in the world who were born with physical disabilities or were accidentally disabled due to accidents or other factors. Their lives are much more difficult than normal people. However, many of them have overcome their fate and done extraordinary things that are better than normal people. They are **examples of positive attitudes** that you should know.

Below are a few of the many **examples of overcoming adversity** to achieve great things that TipsMake.com has compiled.

1. Stephen Hawking – "king of physics", legendary scientist, author of the famous book "A Brief History of Time"

While still a student, Stephen began to notice the symptoms of amyotrophic lateral sclerosis. The disease progressed and over the years, his body became almost completely paralyzed. Worse, after surgery on his throat, he lost the ability to speak.

Amyotrophic lateral sclerosis (ALS) is a disease that causes nerve cells to die. Once infected, patients will feel their bodies gradually freeze until they are completely paralyzed. They gradually lose the ability to move, cannot chew medicine or food, and have difficulty breathing.

Stephen once shared that *"In my third year at Oxford, I noticed that I was becoming more and more clumsy. I fell down a few times without knowing why. It was not until I went to Cambridge that my father noticed and took me to see a doctor. He sent me to a specialist and shortly after my 21st birthday, I started having tests at the hospital. The news that I had motor neurone disease was a shock to me."*

Despite such difficulties, nothing could stop him from marrying twice, raising three children and becoming one of the most brilliant scientists of all time.



For his part, Stephen says that his research work has given him time that others don't have. *"Before, life seemed boring. Now I'm certainly happier. The prospect of an early death makes me realise that life is worth living. So much can be done; people can do so much!"*

2. Nick Vujicic – a man full of life energy

Born on December 4, 1982 in Melbourne, Australia, Nick Vujicic was a healthy child, but had no arms and legs. No one could explain why he had this extremely rare syndrome. His life seemed to be over, but he proved otherwise. *"I don't need arms and legs, I just need God to give me a purpose in life."*



Now, Nick has become one of the most famous motivational speakers, he has an economics degree, is married to a beautiful girl and has two children. He writes books, sings, plays golf, surfs. He travels everywhere to share his life story with the hope of inspiring young people and all those who are in unfortunate circumstances like him to stand up and find the meaning of their lives.

3. Franklin D. Roosevelt – the only president in US history to be elected 4 times

Franklin Delano Roosevelt was the 32nd President of the United States and is known as a legend in history. He led the American people through the severe world economic crisis and World War II in the dark years of the mid-20th century. He was also the only US President to be elected to four terms.



In 1921, he was diagnosed with polio. The terrible disease left his body exhausted and unable to walk. Despite his serious condition, no one ever heard him complain. Moreover, he was determined to practice with crutches and a cane. Despite the pain, he always tried to stand up straight in front of American citizens and never let them see his wheelchair. Roosevelt said: *"The only thing that prevents us from reaching the enlightenment of tomorrow is our doubts today."*

4. Helen Keller - the first blind person in the world to receive a university degree

Helen Keller was a German-American born on June 27, 1880 in Tuscumbia, Northwest Alabama. During the first 19 months of her life, Helen was a plump, pretty, adorable baby girl, chirping like a bird all day long. But after a bout of cerebral palsy, she lost almost all of her human communication skills: she could not hear sounds and could not see light.



There have been 7 US Presidents and Prime Ministers of many countries who have spent time meeting her. Helen Keller has traveled around the world to tell people in the same situation a simple thing: *"Disability is not the ultimate misfortune of human beings. Blind people are neither geniuses nor fools. It is the responsibility of the community to help that person do his best to overcome the light through work"*. With all her extraordinary efforts, Helen Keller has written 12 books - 12 most glorious songs about human progress.

Helen Keller achieved success thanks to her strong character and eagerness to learn. She said, *"When one door closes, another opens; but often we look so long and regretfully upon the closed door that we do not see the one which has opened for us."*

5. Ludwig van Beethoven – genius musician

Ludwig van Beethoven (17 December 1770 - 26 March 1827) was a German classical composer. He lived most of his life in Vienna, Austria. He was an important musical figure during the transition from the classical to the romantic period, and is considered the pioneer of the romantic period. Beethoven is widely recognized as a genius, the greatest, the most famous composer, and influenced many later composers and musicians.

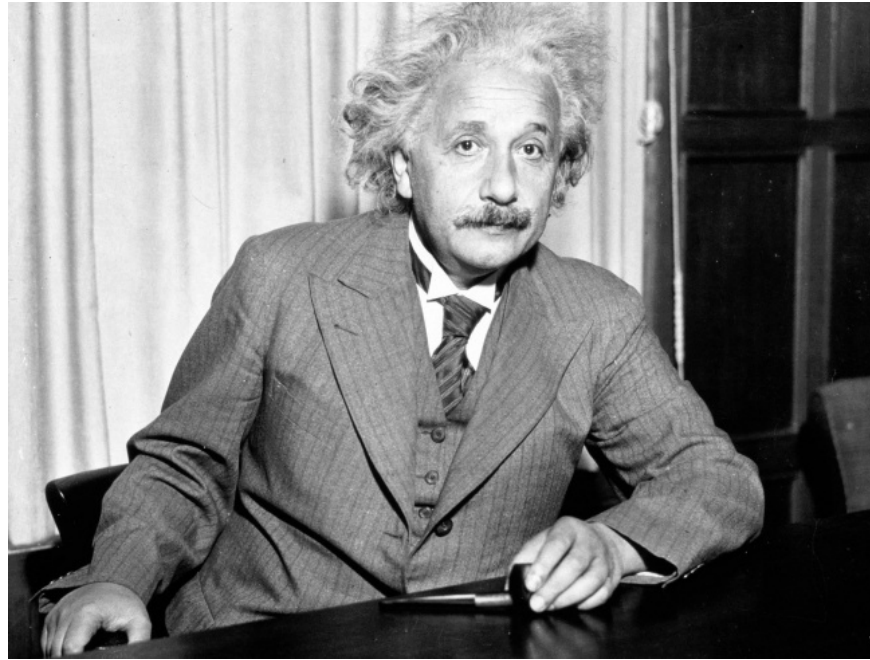


At the age of 26, Ludwig began to lose his hearing, but this did not stop him from composing. When he could barely hear, he wrote the Moonlight Sonata, and when he was completely deaf, he continued to compose a short piece called Fur Elise (which often appears in musical toys).

For Beethoven, *"there is no barrier between talent and love for the work."*

6. Albert Einstein - Physics genius

Albert Einstein (March 14, 1879 – April 18, 1955) was a German theoretical physicist who won the 1921 Nobel Prize in Physics for "his services to theoretical physics", best known for his discovery of the law of the photoelectric effect - a milestone in quantum theory - and for his work on the world's most famous equation - the equation relating mass and energy $E = mc^2$.



Einstein was a slow talker. His parents even took him to the doctor. *"My parents were so worried that they had to consult a doctor,"* Einstein later recalled. Even at around the age of two, when he began to say a few words, he had another bad habit that made the family servants call him "idiot." Whenever he wanted to say something, he would try it out by muttering to himself until he felt comfortable.

Albert Einstein said: *"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

7. Frida Kahlo – "Saint" of 20th century painting

Frida Kahlo was a Mexican artist who became famous for her extraordinary paintings.

At the age of 6, Frida Kahlo was diagnosed with polio. She spent 9 months in bed and then the doctor said that only exercise could improve Frida Kahlo's right leg. Although she tried many sports such as soccer, martial arts, tree climbing, and rowing, the artist's right leg continued to atrophy. In 1953, after many complications, Frida Kahlo's right leg became gangrenous and had to be amputated below the knee. She became a disabled woman from then on.



For most of her life, Frida Kahlo suffered from spinal and leg injuries from childhood and youth disasters. She underwent more than 30 surgeries in both Mexico and the United States to correct the problems, and was constantly subjected to tests, X-rays, blood transfusions, and physical therapy.

8. Ray Charles – music legend

Ray Charles is a legendary American musician who has received 12 Grammy Awards. As a child, his vision was limited and by the age of 7 he was completely blind. When Ray was 15, his mother passed away. After a period of crisis and thought he was going crazy, he realized that when he had overcome those tragedies, nothing was impossible for him.



Some of Ray Charles's most famous songs include *"Hit the Road Jack"*, *"I Can't Stop Loving You"* and *"Busted"*. He once said in his 1978 memoir *"Brother Ray"*: *"It seems that I was born with music flowing through my veins. That's why I love music so much. Music is like a part of my body, like food and water, and I need it to live"*.

9. Miguel de Cervantes Saavedra – famous novelist



Miguel de Cervantes was a famous Spanish novelist, poet and playwright. He is best known for his two-volume novel *"Don Quixote - The Ingenious Nobleman of La Mancha"*. This is not only his most important work but also the greatest work in the Spanish language. In fact, in a survey conducted by the Norwegian Nobel Institute, this work was voted the best novel of all time.

During his youth, Miguel de Cervantes Saavedra was a soldier. At the age of 24, he lost his left arm at the Battle of Lepanto. Four years later, he was taken prisoner in Algeria and spent the next five years away from home. It was only after his release that he was able to return to normal life and begin his literary career.

10. Dawn Faizey Webster - The Girl With Locked-In Syndrome Who Completed Her College Degree by Winking Her Eyes



Unfortunately, after suffering a stroke after giving birth in 2003, at the age of 30, Dawn Faizey Webster fell into a state of 'locked in'. This is a syndrome that 'locks' a person inside the body, the limbs are completely unable to move, except for the movement of the head and eyes.

With the help of a specialized laptop that can read her eye movements, Dawn Faizey Webster defied her odds, spending three hours a day manipulating buttons with her head and typing letters with her eyes. In the process, she completed a university degree in ancient history and wrote an autobiography.

Dawn Faizey Webster shared: *' When I got my university degree, I was so happy and proud of myself. No obstacles stopped me, such as having pneumonia twice and other minor illnesses, I was still determined to achieve my goals .'*

11. Evelyn Glennie - Talented deaf percussionist



Evelyn Glennie has been deaf since she was 12. But now she is a skilled percussionist. She says she hears sounds from her body parts, not her ears. Evelyn Glennie was awarded the Dame Commander of the Most Excellent Order of the British Empire (DBE) in 2007.

12. 102-year-old marathon runner wins British Empire Medal

Despite never running until his late 80s, Fauja Singh not only continued to compete in several marathons – he was also a world record holder in his age group.

Fauja Singh ran his first marathon at the age of 89 and has since completed nine marathons. He was recently awarded the prestigious Order of the British Empire for his achievements.

When asked about the secret to his success, he said, "Being active is like a medicine. I don't want to give up that medicine."

13. Angel Giuffria - The talented actress



Born with only one arm, she worked hard with the utmost determination to become a successful actress. Many of us would think that being born with only one arm is a curse, but Angel did not let that stop her from reaching her dream. She has appeared in the Hunger Games and attended several famous conferences and music festivals.

14. Qian Hongyan - The legless swimmer

When she was just four years old, Qian Hongyan lost both her legs in a car accident. She received free prosthetics with the help of the press association and joined the local swimming club for the disabled. Through her determination and hard work, she became the national champion in the 2009 Chinese National Paralympic Swimming Competition. She also won a gold medal in the 2015 Yunnan Provincial Paralympic Games in the 100m breaststroke final.

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