

iUniverse.com - A poignant and personal look at an era in American history when everyone came together to fight a devastating illness.

Not Just Polio recounts the remarkably full and enjoyable life of the author, Richard Lloyd Daggett. The narrative includes an honest and sometimes frank account of living with a significant disability.

The author is President of the Polio Survivors Association, an administrative volunteer at Rancho Los Amigos National Rehabilitation Center, and a lay speaker in the United Methodist Church.

As the title suggests, *Not Just Polio* is more than the story of a devastating illness. It also chronicles the life of a young person growing up in middle class America during the 1940s and 50s.

Amazon.com - Imagine that you wake up in a huge metal tank, with just your head exposed. A few hours before, you were a healthy and active thirteen year old. Imagine that you spend nearly six months confined to this mammoth steel cylinder, and another two years in a hospital.

Now, try to imagine how you would react. How would you cope? Richard Daggett, the author of this well-written autobiography, takes you, step by step, through this life altering experience.

But this book is more than the story of illness and hospitals. It is a recollection of life in the America of the 1940s and 50s. This was the time of black and white television, of kids playing together on the front lawn, and moms waiting to greet us when we got home from school.

I recommend this autobiography for its history of life in a less hectic era, and its honest depiction of how illness and disability can change a person's life.

The author concludes the book with introspection and tributes to those who helped him through his journey. Reading through the text, and browsing the many photographs, lifted my spirits in ways that I hadn't expected. The author does not like to be called an inspiration, but I hope he won't mind if I call his book inspirational.

Private reviewer - "I think it's wonderful, and of course the photos are priceless. A tribute to Richard's parents (my mouth watered over his mother's "smashed egg" recipe), a paean to Rancho los Amigos, a history of Los Angeles and So. Cal in the '50s and '60s, an honest discussion of sexuality, a first-rate description of a tracheotomy and spinal fusions, and how he kept his head through it all."

Through the Pages - "I just read this book. It is not War and Peace or even Gone With The Wind, but it is a good read. It is nostalgic for those of us who are old enough to remember the 1950s and great for those who enjoy reading about recent history. The author recalls the events of his life clearly and with absolute candor. Except for some very mild sexual references, this book would be excellent for middle school students who are studying milestones of history. Certainly the conquest of polio qualifies as one of those milestones."

You can order the book through retail bookstores, online at Amazon.com or Barnes & noble.com, and you can order it directly from the Polio Survivors Association. The soft cover edition is \$15.00 and the hard cover edition is \$25.00, both are postage paid in the U.S.

Send your check to:

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Downey, CA 90242

For additional information: <mailto:info@polioassociation.org>