Tricia Downing serves it up at Littletonâ??s Melting Pot tonight

Description

It seems as if we all get the chance to learn from obstacles in some capacity, but some of us face greater challenges than others and overcome them with grace and success. ***Tricia Downing*** lives up to this reality. From bike racer to injured athlete to motivational speaker and physically challenged athlete, Trish shows us the possibilities of the human spirit. Among her many endeavors, Trish gives it all back in her efforts to help others. She launches her new book, *Cycle of Hope: A Journey from Paralysis to Possibility,* tonight at the Melting Pot in Littleton, Colorado. Trishâ??s *Journey* is on my summer reading book list. Read more about Tricia Downing.

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