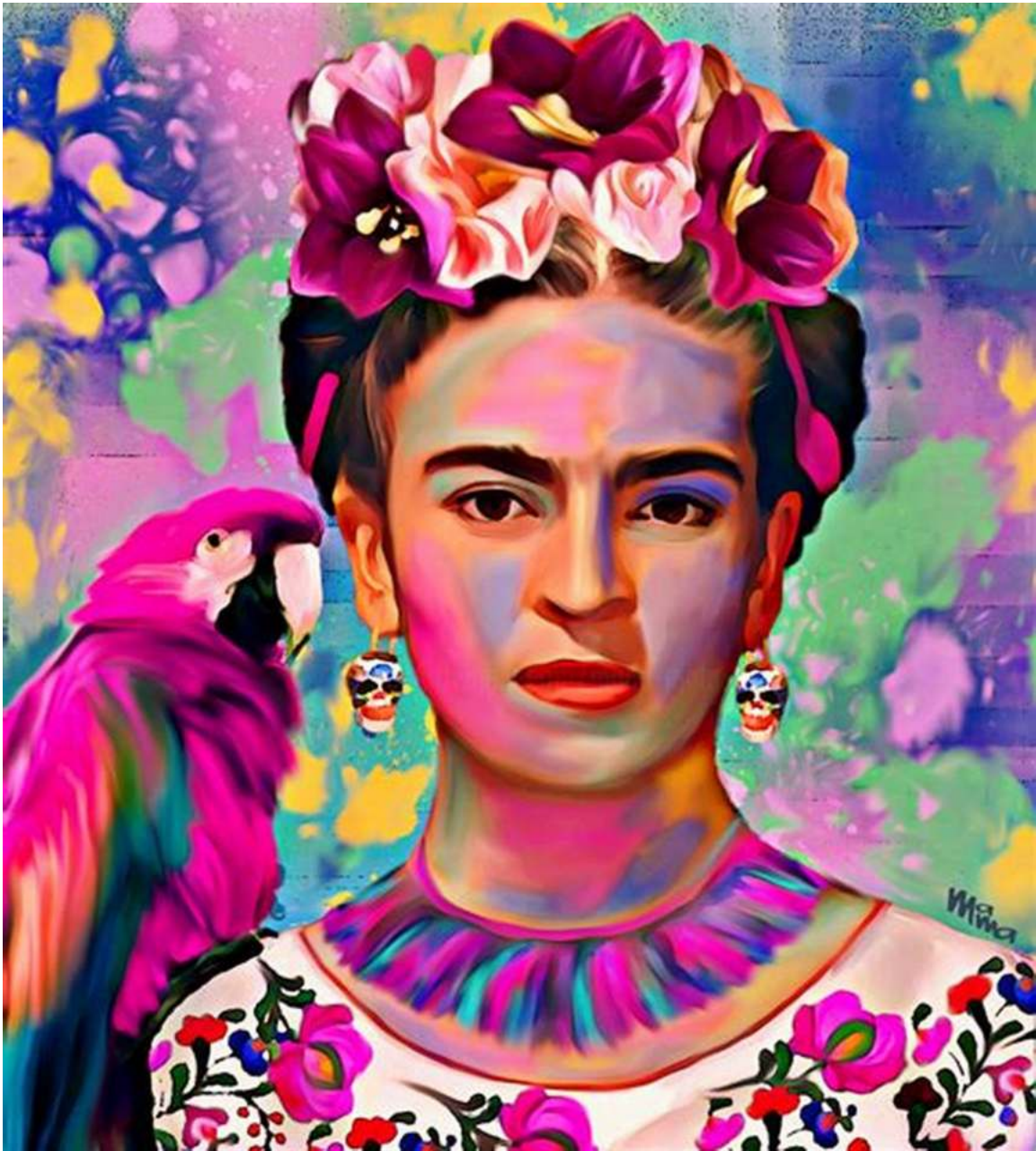


# **34 Disabled Artists, Thinkers, Athletes, and Activists from Past and Present**

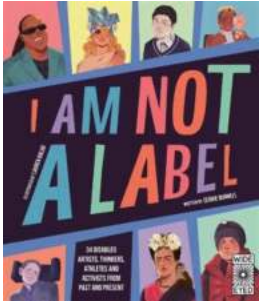
Disability is not a limitation but an opportunity for individuals to showcase their talents, advocate for change, and inspire others. Throughout history, disabled individuals have made significant contributions to various fields, including art, science, sports, and activism.

## **1. Frida Kahlo (1907-1954)**



Frida Kahlo, a renowned Mexican painter, is known for her surreal self-portraits. Despite experiencing physical and emotional pain due to a bus accident, she continued to create captivating artwork that explored themes of identity, gender, and disability.

**I Am Not a Label: 34 disabled artists, thinkers, athletes and activists from past and present**



by Cerrie Burnell (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 5904 KB

Text-to-Speech : Enabled

Screen Reader : Supported

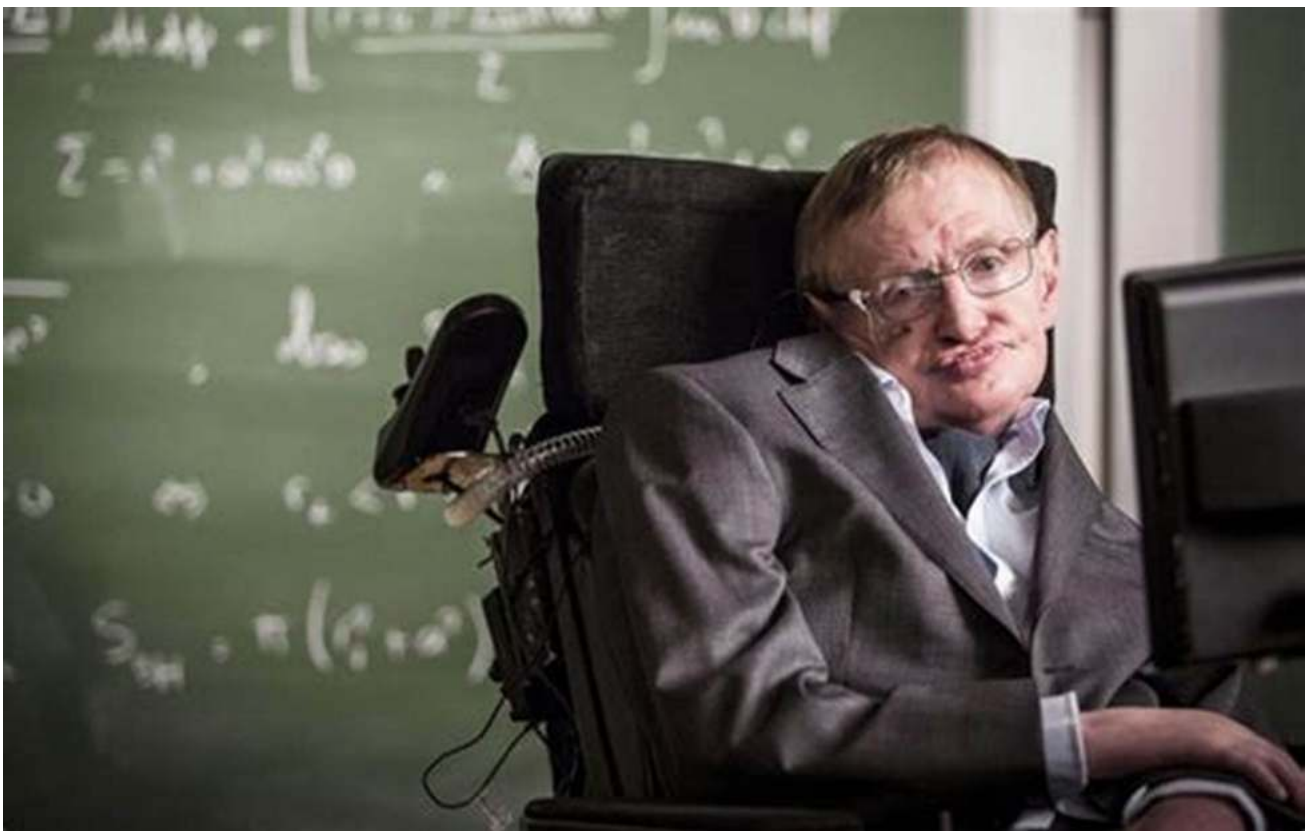
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## 2. Stephen Hawking (1942-2018)



Stephen Hawking, a prominent theoretical physicist, made groundbreaking contributions to our understanding of the universe. Despite being diagnosed with



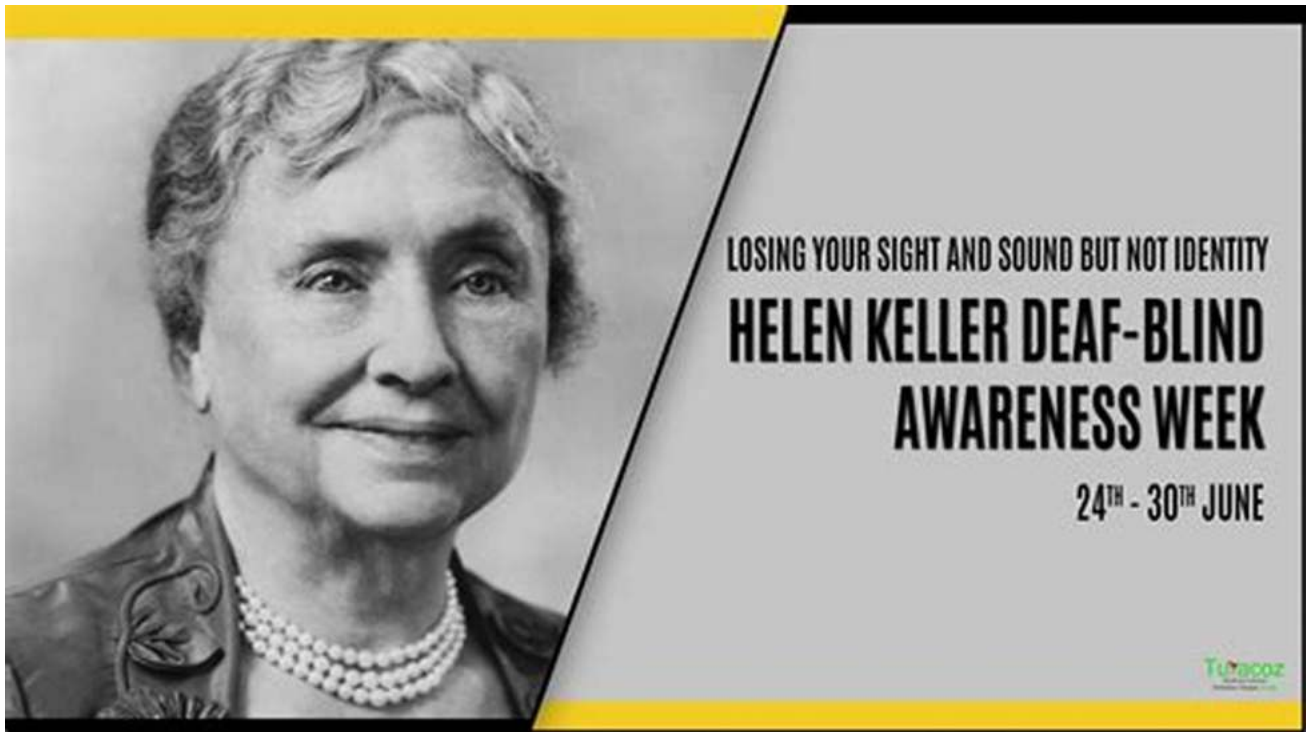
amyotrophic lateral sclerosis (ALS), he defied all odds and continued his influential research while using a wheelchair and a speech-generating device.

### **3. Bebe Vio (born 1997)**



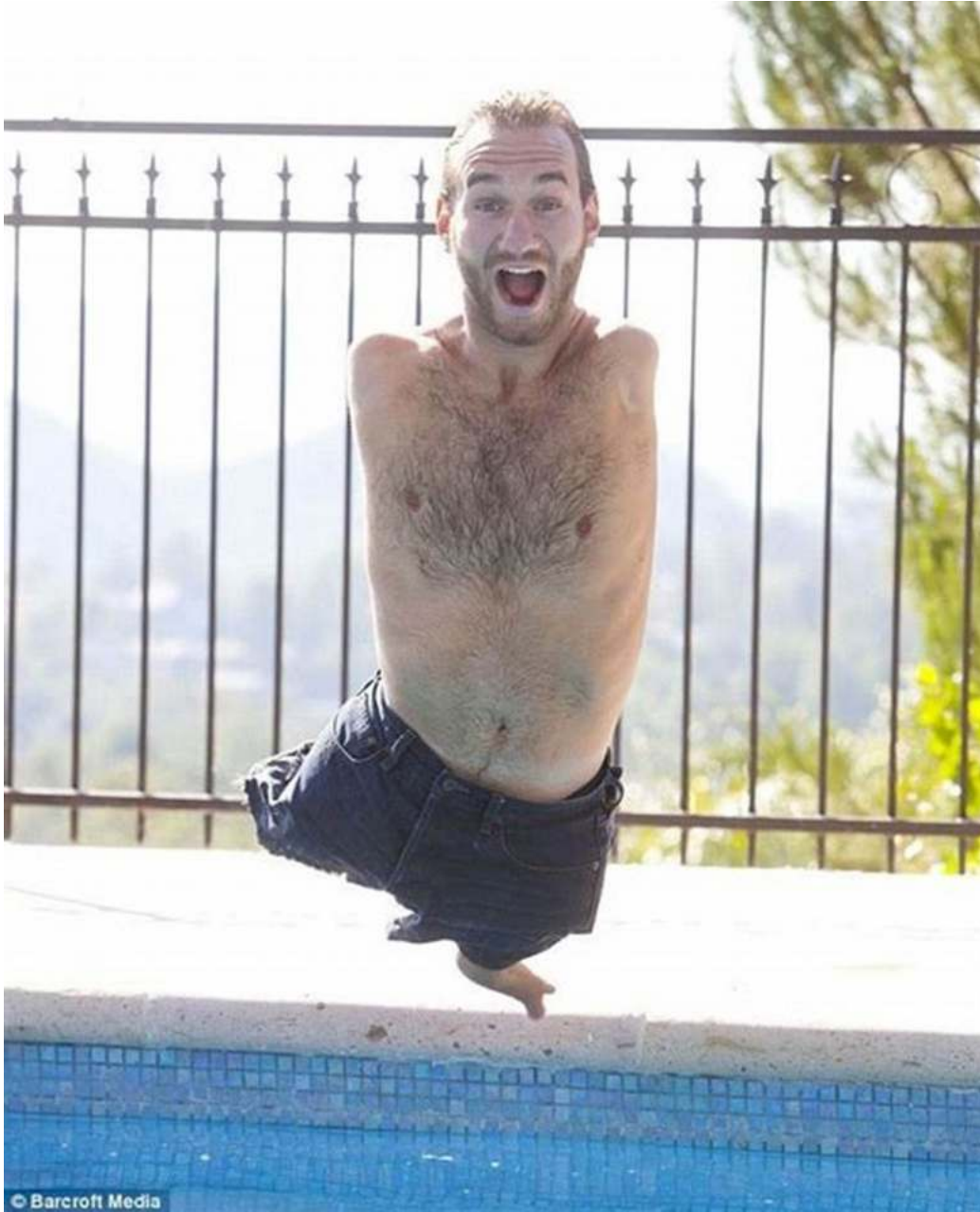
Bebe Vio, an Italian wheelchair fencer, became an inspiration to many after losing her limbs to meningitis at just 11 years old. Despite her disability, she pursued her love for fencing and became a Paralympic champion, demonstrating strength, resilience, and determination.

### **4. Helen Keller (1880-1968)**



Helen Keller, an American author and activist, overcame the challenges of being both deaf and blind to become a symbol of triumph. Despite her disabilities, she learned to communicate and advocated for the rights of disabled individuals, leaving a lasting impact.

## **5. Nick Vujicic (born 1982)**



Nick Vujicic, an Australian motivational speaker, was born without arms and legs. However, he embraced his circumstances and dedicated his life to inspiring others through his speeches, encouraging individuals to overcome their own challenges and live fulfilling lives.

These are just a few examples of disabled individuals who have excelled in their respective fields. The following list highlights 29 more talented disabled artists,

thinkers, athletes, and activists from the past and present:

- Harriet Tubman (1822-1913) - An African-American abolitionist and political activist who escaped slavery and went on to rescue many others as a "conductor" of the Underground Railroad.
- Stevie Wonder (born 1950) - An American singer, songwriter, and multi-instrumentalist who is blind but has achieved tremendous success in the music industry.
- Ludwig van Beethoven (1770-1827) - A German composer and pianist who continued to create masterful music even after becoming profoundly deaf.
- Temple Grandin (born 1947) - An American professor and autism advocate who revolutionized the livestock industry with her unique insights and designs.
- Marlee Matlin (born 1965) - An American deaf actress who won an Academy Award for her role in the film "Children of a Lesser God" and has been a prominent advocate for the deaf community.
- John Nash (1928-2015) - An American mathematician who made significant contributions to game theory and was awarded the Nobel Prize in Economic Sciences despite his struggles with schizophrenia.
- Mahatma Gandhi (1869-1948) - An Indian independence activist who inspired non-violent civil disobedience and led India to independence from British rule, despite his visual impairment.
- Itzhak Perlman (born 1945) - An Israeli-American violinist who became one of the world's leading musicians despite contracting polio as a child, resulting in the use of crutches or a wheelchair.

- Wilma Rudolph (1940-1994) - An American track and field athlete who overcame childhood polio and went on to win three gold medals at the 1960 Summer Olympics.
- Tanni Grey-Thompson (born 1969) - A Welsh former wheelchair racer, winning 11 Paralympic gold medals and becoming one of the UK's most successful disabled athletes.
- Frida Kahlo (1907-1954) - A revolutionary Mexican artist who painted vibrant self-portraits that explored her physical and emotional pain after a bus accident.
- Albert Einstein (1879-1955) - A German-born theoretical physicist who developed the theory of relativity, rewrote the laws of physics, and won the Nobel Prize in Physics.
- Franklin D. Roosevelt (1882-1945) - The 32nd President of the United States who led the country through the Great Depression and World War II while using a wheelchair due to polio.
- Christopher Reeve (1952-2004) - An American actor known for his role as Superman who became an activist for spinal cord injury treatment and research after a horse-riding accident left him paralyzed.
- Judith Heumann (born 1947) - An American disability rights activist who fought for the passage of crucial legislation, including the Americans with Disabilities Act (ADA).
- Maya Angelou (1928-2014) - An American poet, memoirist, and civil rights activist who became a voice for equality and empowerment despite facing various adversities throughout her life.
- Malala Yousafzai (born 1997) - A Pakistani activist for female education and the youngest Nobel Prize laureate, surviving an assassination attempt by the



Taliban.

- Alexander Graham Bell (1847-1922) - A Scottish-born scientist and inventor, known for inventing the telephone and helping to establish the first school for the deaf in the United States.
- Ray Charles (1930-2004) - An American singer-songwriter and pianist who defied genre boundaries and achieved immense success despite losing his sight at a young age.
- Martin Luther King Jr. (1929-1968) - An influential leader of the American civil rights movement who fought for racial equality, inspiring millions with his speeches and actions.
- Tempestt Bledsoe (born 1973) - An American actress who portrayed Vanessa Huxtable on "The Cosby Show" and has been an advocate for disability awareness.
- Tommy Caldwell (born 1978) - An American rock climber who, despite losing an index finger during an accident, went on to achieve remarkable feats in the sport.
- Anne Sullivan (1866-1936) - An American teacher who worked closely with Helen Keller and played a pivotal role in helping her overcome the challenges of being deaf and blind.
- Michael J. Fox (born 1961) - A Canadian-American actor, author, and advocate who was diagnosed with Parkinson's disease and became an influential voice in raising awareness about the condition.
- Eleanor Roosevelt (1884-1962) - An American political figure, diplomat, and activist who served as the First Lady of the United States and tirelessly worked for human rights.

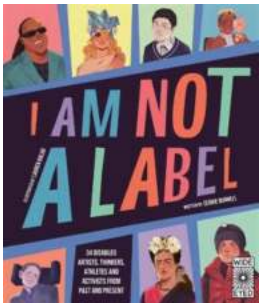
- Terry Fox (1958-1981) - A Canadian athlete and humanitarian who embarked on the Marathon of Hope, raising awareness and funds for cancer research despite having a prosthetic leg.
- Temba Bavuma (born 1990) - A South African cricketer who became the first black African to score a century for the South African cricket team.
- Amy Purdy (born 1979) - An American snowboarder and Paralympian who overcame the loss of both legs and inspired many with her resilience and determination.
- John Hockenberry (born 1956) - An American journalist and author who became a wheelchair user after a car accident and later became a well-respected advocate for disability rights.
- Misty Copeland (born 1982) - An American ballet dancer who made history as the first African-American female principal dancer with the American Ballet Theatre despite facing racial and physical barriers.
- Pablo Picasso (1881-1973) - A Spanish painter and sculptor who revolutionized the art world with his innovative creations, despite physical limitations in his later years.
- Stefan Hawking (1942-2018) - A renowned theoretical physicist and author who made groundbreaking contributions to our understanding of black holes and the universe, using a wheelchair and speech synthesis.
- Harriet McBryde Johnson (1957-2008) - An American disability rights activist and writer who challenged societal perceptions of disability and advocated for the inclusion of disabled individuals.

These individuals have proven that disability does not define one's abilities or limit their potential for success. They have shattered stereotypes, pushed

boundaries, and made lasting impacts on society through their work.

It is important to recognize and celebrate the achievements of disabled artists, thinkers, athletes, and activists, as they provide inspiration and pave the way for a more inclusive and equal future for all.

So let us continue to champion these remarkable individuals, acknowledging their contributions, and striving for a society where disabilities are not seen as barriers, but rather as opportunities for growth and innovation.



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"Intelligent, politically bold, and beautiful to browse [...] Every bookshelf needs a copy." — Disability Arts Online

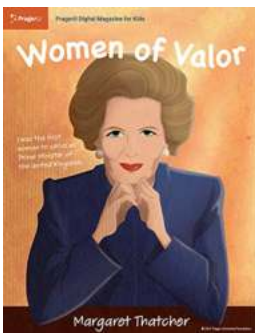
In this stylishly illustrated biography anthology, meet 34 artists, thinkers, athletes and activists with disabilities, from past and present. From Frida Kahlo to Stephen Hawking, find out how these iconic figures have overcome obstacles, owned their differences and paved the way for others by making their bodies and minds work for them.

These short biographies tell the stories of people who have faced unique challenges which have not stopped them from becoming trailblazers, innovators, advocates and makers. Each person is a leading figure in their field, be it sport, science, maths, art, breakdance or the world of pop.

Challenge your preconceptions of disability and mental health with the eye-opening stories of these remarkable people:

Ludwig van Beethoven, Gustav Kirchoff, Henri Matisse, Eliza Suggs, Helen Keller,  
Frida Kahlo, John Nash, Stephen Hawking, Temple Grandin, Stevie Wonder, Nabil Shaban, Terry Fox,  
Peter Dinklage, Wanda Diaz Merced, Emmanuel Ofori Yeboah, Dr Victor Pineda, Farida Bedwei, Stella Young, Lady Gaga, Arunima Sinha, Naoki Higashida, Isabella Spingmuhl Tejada, Aaron Philip, Catalina Devandas Aguilar, Redouan Ait Chitt, Jonas Jacobsson, Trischa Zorn, Ade Adepitan, and Dynamo.

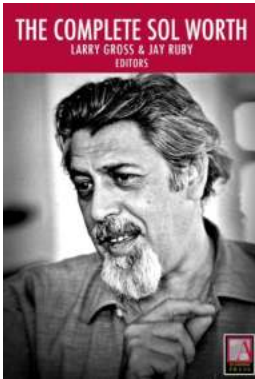
As seen on ITV's Good Morning Britain: "This book is there to help us all, to encourage us to talk about how we're all different [...] It's a really, really lovely book, beautifully illustrated as well."— Presenters Ben Shephard & Ranvir Singh



## **Margaret Thatcher - Women of Valor: The Inspiring Journey of a Trailblazer**

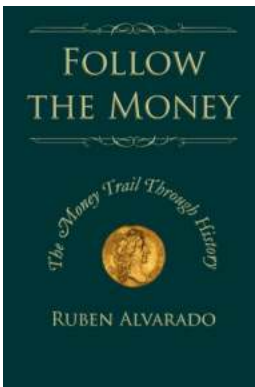
When we think of impactful female leaders who shattered glass ceilings, Margaret Thatcher undoubtedly comes to mind. Known as the "Iron Lady," Thatcher was an...





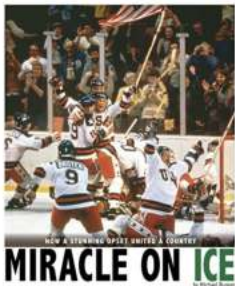
## The Complete Sol Worth Albert Rolls - Discover the Legacy of the Pioneering Film Scholar

In the realm of visual anthropology and film studies, the name Sol Worth Albert Rolls stands as an emblem of groundbreaking research and innovative practices. Born in 1929,...



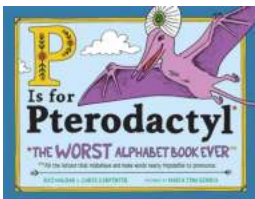
## Follow The Money: Ruben Alvarado - Unveiling the Secrets of Wealth

Have you ever wondered how some individuals manage to accumulate vast fortunes while others struggle to make ends meet? It seems as though there is a hidden code that only a...



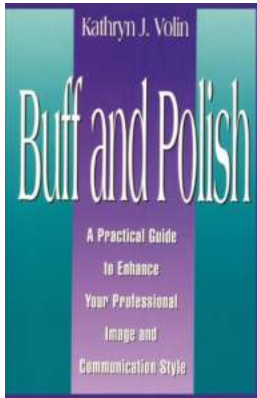
## How Stunning Upset United Country Captured History Sports

In the world of sports, upsets are always a captivating phenomenon. They challenge expectations, break routines, and provide the ultimate underdog stories. However,...



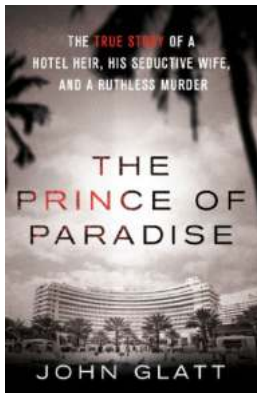
## Is 'For Pterodactyl' The Worst Alphabet Ever? Is 'For Pterodactyl' The Worst Alphabet Ever? The Curious Case of 'For Pterodactyl' Alphabet

When it comes to language, most of us think of alphabets as the building blocks of communication. We grew up reciting A to Z, learning their sounds, and stringing them together...



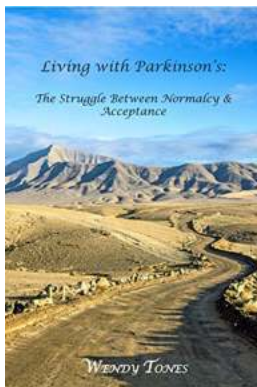
## **Buff And Polish Andrew Chen - The Master of Automotive Detailing**

Are you tired of driving around in a dull, lifeless car? Do you wish your vehicle could regain its showroom shine and look as good as new? Look no further!...



## **The Prince of Paradise - Unveiling the Secrets of a Hidden Kingdom**

Welcome to the enchanting world of the Prince of Paradise, a hidden kingdom that has captivated explorers and adventurers for centuries. Within these mystical lands...



## **The Struggle Between Normalcy Acceptance: Embracing Individual Differences**

In a world where differences abound, the struggle for normalcy acceptance surfaces as a prominent challenge in society. Whether it's due to physical appearance,...

i am not a label 34 disabled artists thinkers athletes and activists from past and present