

A First Look At Disability Dont Call Me Special

Educates readers about racism and the negative effects it has on humanity by giving examples of racist behavior and teaching about the acceptance of different cultures and lifestyles.

Describes the experience of going to school for the first time, including common fears, what happens at school, and how to behave there.

Named a Best Book of the Year by NPR and LitHub A fascinating and provocative new way of looking at the things we use and the spaces we inhabit, and a call to imagine a better-designed world for us all. Furniture and tools, kitchens and campuses and city streets—nearly everything human beings make and use is assistive technology, meant to bridge the gap between body and world. Yet unless, or until, a misfit between our own body and the world is acute enough to be understood as disability, we may never stop to consider—or reconsider—the hidden assumptions on which our everyday environment is built. In a series of vivid stories drawn from the lived experience of disability and the ideas and innovations that have emerged from it—from cyborg arms to customizable cardboard chairs to deaf architecture—Sara Hendren invites us to rethink the things and settings we live with. What might assistance based on the body's stunning capacity for adaptation—rather than a rigid insistence on “normalcy”—look like? Can we foster interdependent, not just independent, living? How do we creatively engineer public spaces that allow us all to navigate our common terrain? By rendering familiar objects and environments newly strange and wondrous, *What Can a Body Do?* helps us imagine a future that will better meet the extraordinary range of our collective needs and desires.

An approachable guide to being a thoughtful, informed ally to disabled people, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place "A candid, accessible cheat sheet for anyone who wants to thoughtfully join the conversation . . . Emily makes the intimidating approachable and the complicated clear."--Rebekah Taussig, author of *Sitting Pretty: The View from My Ordinary, Resilient, Disabled Body* People with disabilities are the world's largest minority, an estimated 15 percent of the global population. But many of us--disabled and nondisabled alike--don't know how to act, what to say, or how to be an ally to the disability community. *Demystifying Disability* is a friendly handbook on the important disability issues you need to know about, including: - How to appropriately think, talk, and ask about disability - Recognizing and avoiding ableism (discrimination toward disabled people) - Practicing good disability etiquette - Ensuring accessibility becomes your standard practice, from everyday communication to planning special events - Appreciating disability history and identity - Identifying and speaking up about disability stereotypes in media Authored by celebrated disability rights advocate, speaker, and writer Emily Ladau, this practical, intersectional guide offers all readers a welcoming place to understand disability as part of the human experience.

Fairy tales shape how we see the world, so what happens when you identify more with the Beast than Beauty? If every disabled character is mocked and mistreated, how does the Beast ever imagine a happily-ever-after? Amanda Leduc looks at fairy tales from the Brothers Grimm to Disney, showing us how they influence our expectations and behaviour and linking the quest for disability rights to new kinds of stories that celebrate difference. "Leduc persuasively illustrates the power of stories to affect reality in this painstakingly researched and provocative study that invites us to consider our favorite folktales from another angle." —Sara Shreve, *Library Journal*

Who do you see when you look at me? Most notice my wheelchair, my voice, or my crazy hair. I am me, just me, doing my best to live each day to the fullest I can. There is more to me than you might realize. I have gifts and talents that make me unique. There are also things I do just like you—things we have in common that you might not even know. When we take the time to learn about each other, something grand happens—love and understanding. Open your mind, your soul, your heart, and you will see the real me...when you look at me.

"A quietly brilliant book that warms slowly in the hands." —Dwight Garner, *The New York Times* I am not talking about surviving. I am not talking about becoming human, but about how I came to realize that I had always already been human. I am writing about all that I wanted to have, and how I got it. I am writing about what it cost, and how I was able to afford it. Jan Grue was diagnosed with spinal muscular atrophy at the age of three. Shifting between specific periods of his life—his youth with his parents and sister in Norway; his years of study in Berkeley, St. Petersburg, and Amsterdam; and his current life as a professor, husband, and father—he intersperses these histories with elegant, astonishingly wise reflections on the world, social structures, disability, loss, relationships, and the body: in short, on what it means to be human. Along the way, Grue moves effortlessly between his own story and those of others, incorporating reflections on philosophy, film, art, and the work of writers from Joan Didion to Michael Foucault. He revives the cold, clinical language of his childhood, drawing from a stack of medical records that first forced the boy who thought of himself as “just Jan” to perceive that his body, and therefore his self, was defined by its defects. *I Live a Life Like Yours* is a love story. It is rich with loss, sorrow, and joy, and with the details of one life: a girlfriend pushing Grue through the airport and forgetting him next to the baggage claim; schoolmates forming a chain behind his wheelchair on the ice one winter day; his parents writing desperate letters in search of proper treatment for their son; his own young son climbing into his lap as he sits in his wheelchair, only to leap down and run away too quickly to catch. It is a story about accepting one's own body and limitations, and learning to love life as it is while remaining open to hope and discovery.

"A young adult adaptation of Alice Wong's *Disability Visibility: First Person Stories from the Twenty-First Century*"--

Becoming Disabled attempts to forge a new view of the world, one that understands disability as a valuable human variation, embraces interdependency, recognizes the disabling impact of existing ideologies

and institutions, and works toward the creation of a society that fully includes, supports, and celebrates all forms of human diversity.

Beginning in late 2004, the IOM began a project to take a new look at disability in America. It will review developments and progress since the publication of the 1991 and 1997 Institute reports. For technical contracting reasons, the new project was split into two phases. During the limited first phase, a committee appointed by IOM planned and convened a 1-day workshop to examine a subset of topics as background for the second phase of project. As was agreed upon with the sponsor of the workshop, the Centers for Disease Control and Prevention (CDC), the topics were: methodological and policy issues related to the conceptualization, definition, measurement, and monitoring of disability and health over time; trends in the amount, types, and causes of disability; disability across the age spectrum and in the context of normal aging; and secondary health conditions. The phase-one workshop was held in Washington, D.C. on August 1, 2005. Its participants included researchers, clinicians, social service professionals, policy experts, and consumer representatives and advocates. The meeting agenda and list of participants are included in Appendix A. Workshop on Disability in America: A New Look-Summary and Background Papers summarizes the workshop presentations and discussions. The background papers prepared for the workshop are included in Appendixes B through O. Some papers were submitted and circulated in advance of the meeting, whereas others were first presented at the meeting. The analyses, definitions, and views presented in the papers are those of the paper authors and are not necessarily those of the IOM committee. Likewise, the discussion summary is limited to the views of the workshop participants.

"This book will help children understand what autism is and how it affects someone who has it."--Amazon.com.

Not So Different offers a humorous, relatable, and refreshingly honest glimpse into Shane Burcaw's life. Shane tackles many of the mundane and quirky questions that he's often asked about living with a disability, and shows readers that he's just as approachable, friendly, and funny as anyone else. Shane Burcaw was born with a rare disease called spinal muscular atrophy, which hinders his muscles' growth. As a result, his body hasn't grown bigger and stronger as he's gotten older—it's gotten smaller and weaker instead. This hasn't stopped him from doing the things he enjoys (like eating pizza and playing sports and video games) with the people he loves, but it does mean that he routinely relies on his friends and family for help with everything from brushing his teeth to rolling over in bed. A Chicago Public Library Best Book of 2017

This picture book explores questions and concerns about disability in a simple and reassuring way. Younger children can find out what a disability is, and learn how people deal with their disabilities to live happy and full lives. Written by a psychotherapist and counselor, this book helps to foster acceptance and tolerance of people who are in some way "different."

Having always prided herself on blending in with "normal" people despite her cerebral palsy, seventeen-year-old Jean begins to question her role in the world while attending a summer camp for children with disabilities.

Spread out over many years and many different publications, the late author and activist Marta Russell wrote a number of groundbreaking and insightful essays on the nature of disability and oppression under capitalism. In this volume, Russell's various essays are brought together in one place in order to provide a useful and expansive resource to those interested in better understanding the ways in which the modern phenomenon of disability is shaped by capitalist economic and social relations. The essays range in analysis from the theoretical to the topical, including but not limited to: the emergence of disability as a "human category" rooted in the rise of industrial capitalism and the transformation of the conditions of work, family, and society corresponding thereto; a critique of the shortcomings of a purely "civil rights approach" to addressing the persistence of disability oppression in the economic sphere, with a particular focus on the legacy of the Americans with Disabilities Act of 1990; an examination of the changing position of disabled people within the overall system of capitalist production utilizing the Marxist economic concepts of the reserve army of the unemployed, the labor theory of value, and the exploitation of wage-labor; the effects of neoliberal capitalist policies on the living conditions and social position of disabled people as it pertains to welfare, income assistance, health care, and other social security programs; imperialism and war as a factor in the further oppression and immiseration of disabled people within the United States and globally; and the need to build unity against the divisive tendencies which hide the common economic interest shared between disabled people and the often highly-exploited direct care workers who provide services to the former.

A beautifully illustrated picture book to support children through divorce or separation. The fears, worries and questions surrounding this difficult experience are made accessible and approachable. Notes for parents and teachers at the back of the book provide valuable advice for how to share this book with your child or class. Written by a trained psychotherapist, journalist and parent, and illustrated by an experienced children's book artist, this title is part of an acclaimed and successful series of picture-book non-fiction for Early Years. Books in the series give advice and promote interaction between children, parents, and teachers on a wide variety of personal, social and emotional issues. They are excellent tools for teachers to use during classroom discussions.

Titles in the popular "A First Look At" series for pre-school and early-grades kids explore emotional issues, encouraging children to discuss things that bother them with trusted adults. The series also helps them begin to develop basic social skills. Written by a psychotherapist and child counselor, these books promote positive interaction among children, parents, and teachers. They are written in easy-to-comprehend language, and have child-friendly illustrations on every page. Boys and girls learn that good manners are a simple way of showing kindness and respect to people they know—and to people they don't know. They are shown that being polite makes working and playing together more enjoyable for everyone.

Introduces young readers to the importance of showing respect for others, no matter how different they seem, and explains the difference between the types of respect that everyone deserves, and the types that must be earned by doing right.

Introduces the idea of hospitals, explaining why the reader might have to go to one and describing what to expect while there.

Based on the pioneering New York Times series, About Us collects the personal essays and reflections that have transformed the national conversation around disability. Boldly claiming a space in which people with disabilities can be seen and heard as they are—not as others perceive them—About Us captures the voices of a community that has for too long been stereotyped and misrepresented. Speaking not only to those with disabilities, but also to their families, coworkers and support networks, the authors in About Us offer intimate stories of how they navigate a world not built for them. Since its 2016 debut, the popular New York Times' "Disability" column has transformed the national dialogue around disability. Now, echoing the refrain of the disability rights movement, "Nothing about us without us," this landmark collection gathers the most powerful essays from the series that speak to the fullness of human experience—stories about first romance, childhood shame and isolation, segregation, professional ambition, child-bearing and

parenting, aging and beyond. Reflecting on the fraught conversations around disability—from the friend who says “I don’t think of you as disabled,” to the father who scolds his child with attention differences, “Stop it stop it stop it what is wrong with you?”—the stories here reveal the range of responses, and the variety of consequences, to being labeled as “disabled” by the broader public. Here, a writer recounts her path through medical school as a wheelchair user—forging a unique bridge between patients with disabilities and their physicians. An acclaimed artist with spina bifida discusses her art practice as one that invites us to “stretch ourselves toward a world where all bodies are exquisite.” With these notes of triumph, these stories also offer honest portrayals of frustration over access to medical care, the burden of social stigma and the nearly constant need to self-advocate in the public realm. In its final sections, *About Us* turns to the questions of love, family and joy to show how it is possible to revel in life as a person with disabilities. Subverting the pervasive belief that disability results in relentless suffering and isolation, a quadriplegic writer reveals how she rediscovered intimacy without touch, and a mother with a chronic illness shares what her condition has taught her young children. With a foreword by Andrew Solomon and introductory comments by co-editors Peter Catapano and Rosemarie Garland-Thomson, *About Us* is a landmark publication of the disability movement for readers of all backgrounds, forms and abilities. Topics Include: *Becoming Disabled* • *Mental Illness is not a Horror Show* • *Disability and the Right to Choose* • *Brain Injury and the Civil Right We Don’t Think* • *The Deaf Body in Public Space* • *The Everyday Anxiety of the Stutterer* • *I Use a Wheelchair. And Yes, I’m Your Doctor* • *A Symbol for “Nobody” That’s Really for Everybody* • *Flying While Blind* • *My \$1,000 Anxiety Attack* • *A Girlfriend of My Own* • *The Three-Legged Dog Who Carried Me* • *Passing My Disability On to My Children* • *I Have Diabetes. Am I to Blame?* • *Learning to Sing Again* • *A Disabled Life is a Life Worth Living*

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A **NATIONAL BOOK AWARD FINALIST** • A **MAN BOOKER PRIZE FINALIST** • **WINNER OF THE KIRKUS PRIZE** *A Little Life* follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s new novel, *To Paradise*, coming in January 2022.

Instructs children about others with disabilities, encouraging them to be accepting of those who are different.

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

Social Research and Disability argues that the contemporary rules of sociological methods outlined in numerous research methods texts make a number of assumptions concerning the researcher including ambivalence, sight, hearing and speech. In short, the disabled researcher is not considered when outlining the requirements of particular methods. Drawing upon these considerations, the volume emphasizes how disabled researchers negotiate the empirical process, in light of disability, whilst retaining the scientific rigour of the method. It also considers the negative consequences arising from disabled researchers’ attempts at “passing” and the benefits that can emerge from a reflexive approach to method. This innovative and original text will, for the first time, bring together research-active academics, who identify as being disabled, to consider experiences of being disabled within a largely ableist academy, as well as strategies employed and issues faced when conducting empirical research. The driving force of this volume is to provide the blueprints for bringing how we conduct social research to the same standards and vision as how the social world is understood: multi-faceted and intersectional. To this end, this edited collection advocates for a sociological future that values the presence of disabled researchers and normalises research methods that are inclusive and accessible. The interdisciplinary focus of *Social Research and Disability* offers a uniquely broad primary market. This volume will be of interest not only to the student market, but also to established academics within the social sciences.

The first book to attempt to provide a framework for analyzing disability through the ages, Henri-Jacques Stiker's now classic *A History of Disability* traces the history of western cultural responses to disability, from ancient times to the present. The sweep of the volume is broad; from a rereading and reinterpretation of the Oedipus myth to legislation regarding disability, Stiker proposes an analytical history that demonstrates how societies reveal themselves through their attitudes towards disability in unexpected ways. Through this history, Stiker examines a fundamental issue in contemporary Western discourse on

disability: the cultural assumption that equality/sameness/similarity is always desired by those in society. He highlights the consequences of such a mindset, illustrating the intolerance of diversity and individualism that arises from placing such importance on equality. Working against this thinking, Stiker argues that difference is not only acceptable, but that it is desirable, and necessary. This new edition of the classic volume features a new foreword by David T. Mitchell and Sharon L. Snyder that assesses the impact of Stiker's history on Disability Studies and beyond, twenty years after the book's translation into English. The book will be of interest to scholars of disability, historians, social scientists, cultural anthropologists, and those who are intrigued by the role that culture plays in the development of language and thought surrounding people with disabilities.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's The Great American Read Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

This delightful picture book explores questions and concerns about physical disabilities in a simple and reassuring way. Younger children can find out about individual disabilities, special equipment that is available to help the disabled, and how people of all ages can deal with disabilities and live happy and full lives. Titles in this series for younger children explore emotional issues that boys and girls encounter as part of the growing-up process. Books are focused to appeal to kids of preschool through early school age. Written by psychotherapist and counselor Pat Thomas, "A First Look At books promote positive interaction among children, parents, and teachers, and encourage kids to ask questions and confront social and emotional questions that sometimes present problems. Books feature appealing full-color illustrations on every page plus a page of advice to parents and teachers.

Educates readers about safety, including the value of fear as a warning of danger, the need to beware of people whose behavior creates discomfort, and the importance of learning how to stay safe.

* Newbery Honor Book * #1 New York Times Bestseller * Winner of the Schneider Family Book Award * Wall Street Journal Best Children's Books of the Year * New York Public Library's 100 Books for Reading and Sharing An exceptionally moving story of triumph against all odds set during World War II, from the acclaimed author of *Fighting Words*, and for fans of *Fish in a Tree* and *Number the Stars*. Ten-year-old Ada has never left her one-room apartment. Her mother is too humiliated by Ada's twisted foot to let her outside. So when her little brother Jamie is shipped out of London to escape the war, Ada doesn't waste a minute—she sneaks out to join him. So begins a new adventure for Ada, and for Susan Smith, the woman who is forced to take the two kids in. As Ada teaches herself to ride a pony, learns to read, and watches for German spies, she begins to trust Susan—and Susan begins to love Ada and Jamie. But in the end, will their bond be enough to hold them together through wartime? Or will Ada and her brother fall back into the cruel hands of their mother? This masterful work of historical fiction is equal parts adventure and a moving tale of family and identity—a classic in the making. "Achingly lovely...Nuanced and emotionally acute."—*The Wall Street Journal* "Unforgettable...unflinching."—*Common Sense Media* ? "Brisk and honest...Cause for celebration." —*Kirkus*, starred review ? "Poignant."—*Publishers Weekly*, starred review ? "Powerful."—*The Horn Book*, starred review "Affecting."—*Booklist* "Emotionally satisfying...[A] page-turner."—*BCCB* "Exquisitely written...Heart-lifting." —*SLJ* "Astounding...This book is remarkable."—*Karen Cushman*, author *The Midwife's Apprentice* "Beautifully told."—*Patricia MacLachlan*, author of *Sarah, Plain and Tall* "I read this novel in two big gulps."—*Gary D. Schmidt*, author of *Okay for Now* "I love Ada's bold heart...Her story's riveting."—*Sheila Turnage*, author of *Three Times Lucky*

Educates readers about the advantages and disadvantages of anger, and provides various ways a conflict can be resolved without fighting.

A 2015 Newbery Honor Book & New York Times bestseller! Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers! In this funny, poignant graphic novel memoir, author/illustrator Cece Bell chronicles her hearing loss at a young age and her subsequent experiences with the Phonic Ear, a very powerful—and very awkward—hearing aid. The Phonic Ear gives Cece the ability to hear—sometimes things she shouldn't—but also isolates her from her classmates. She really just wants to fit in and find a true friend, someone who appreciates her as she is. After some trouble, she is finally able to harness the power of the Phonic Ear and become "El Deafo, Listener for All." And more importantly, declare a place for herself in the world and find the friend she's longed for.

In this picture book younger children can find out about individual disabilities and special equipment that is available to help the disabled and how people of all ages can deal with disabilities and live happy and full lives.

Don't Call Me SpecialA First Look at DisabilityBarrons Juveniles

Explains to children why some people may lie and why being honest is a good thing even though it can be difficult at times.

A *Publishers Weekly* Best Book of the Year for Nonfiction "...an essential and engaging look at recent disability history."— *Buzzfeed* One of the most influential disability rights activists in US history tells her personal story of fighting for the right to receive an education, have a job, and just be human. A story of fighting to belong in a world that wasn't built for all of us and of one woman's activism—from the streets of Brooklyn and San Francisco to inside the halls of Washington—*Being Heumann* recounts Judy Heumann's lifelong battle to achieve respect, acceptance, and inclusion in society. Paralyzed from polio at eighteen months, Judy's struggle for equality began early in life. From fighting to attend grade school after being described as a "fire hazard" to later winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis, Judy's actions set a precedent that fundamentally improved rights for disabled people. As a young woman, Judy rolled her wheelchair through the doors of the US Department of Health, Education, and Welfare in San Francisco as a leader of the Section 504 Sit-In, the longest takeover of a governmental building in US history. Working with a community of over 150 disabled activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples' rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act. Candid, intimate, and irreverent, *Judy Heumann's* memoir about resistance to exclusion invites readers to imagine and make real a world in which we all belong.

According to the last census, one in five people in the United States lives with a disability. Some are visible, some are hidden--but all are underrepresented in media and popular culture. Now, just in time for the thirtieth anniversary of the Americans with Disabilities Act, activist Alice Wong brings together an urgent, galvanizing collection of personal

essays by contemporary disabled writers. There is Harriet McBryde Johnson's "Unspeakable Conversations," which describes her famous debate with Princeton philosopher Peter Singer over her own personhood. There is columnist s. e. smith's celebratory review of a work of theater by disabled performers. There are original pieces by up-and-coming authors like Keah Brown and Haben Girma. There are blog posts, manifestos, eulogies, and testimonies to Congress. Taken together, this anthology gives a glimpse of the vast richness and complexity of the disabled experience, highlighting the passions, talents, and everyday lives of this community. It invites readers to question their own assumptions and understandings. It celebrates and documents disability culture in the now. It looks to the future and past with hope and love.

In a time when companies are outsourcing abroad, Habitat International, a Tennessee-based carpet manufacturer, has managed to achieve superior levels of productivity at home, often two to three times greater than its competition. Habitat's business has grown enormously, with much of its new business coming from work outsourced to them by competitors who could not come close to matching its productivity. Habitat's secret: they hire the people no one else will. At Habitat three of every four workers have a physical or mental disability. They earn normal wages and are cross-trained on every job. They work harder, with less supervision, lower turnover and an unparalleled level of loyalty. The challenges have been significant; the rewards extraordinary. This is Habitat's story. It's a powerful and moving tale of personal courage, deep commitment and challenging expectations. It's a story of success and personal triumph. It'll change the way you think about business ... and the people around you.

A beautiful and inclusive picture book all about celebrating being yourself from Down syndrome advocate and viral sensation Sofia Sanchez! It can be hard to be different whether because of how you look, where you live, or what you can or can't do. But wouldn't it be boring if we were all the same? Being different is great! Being different is what makes you YOU. This inclusive and empowering picture book from Sofia Sanchez an 11-year-old model and actress with Down syndrome reminds readers how important it is to embrace your differences, be confident, and be proud of who you are. Imagine all of the wonderful things you can do if you don't let anyone stop you! You are enough just how you are. Sofia is unique, but her message is universal: We all belong. So each spread will feature beautiful, full-color illustrations of a full cast of kid characters with all kinds of backgrounds, experiences, and abilities. This book will also include back matter with a brief bio of Sofia and her journey so far, as well as additional information about Down syndrome and how we can all be more accepting, more inclusive, and more kind.

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