



Disarm Your Limits: The Flight Formula to Lift You to Success and Propel You to the Next Horizon

Jessica Cox

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Have you ever felt like you didn't belong? Like everything was chaos around you, you didn't have the support you wish you had, and your motivation to keep going was slipping through your fingers? If this sounds familiar, then you know how it feels to be "disarmed." Jessica Cox was born without arms. yet she exceeded her limits to become the first woman to fly a plane with her feet, earn a Taekwondo State Champ title, travel the world as a motivational speaker and advocate for people with disabilities, and achieve her greatest triumph of all: unrepentant regard and self-acceptance for herself. Disarm Your Limits delivers the tools you need to design your own "formula for flight" and shows you how to: Innovate to overcome obstacles Act with courage to push through doubt Shake off false roles and embrace your authentic self Persist through hard challenges to reach success Tap into faith to soar to new horizons You have the ability to turn obstacles you face around and use them to your advantage. All you need is the formula for flight. Are you ready to become the pilot in command for you?

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