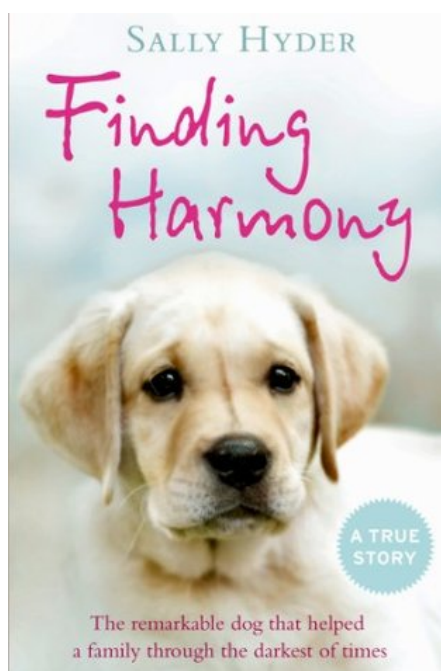




Finding Harmony

Sally Hyder

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Finding Harmony Sally Hyder

Heartwarming, inspirational and genuinely touching, Finding Harmony is the remarkable true story of an extraordinary dog that rescued a woman from the depths of depression and transformed a family for ever.

A keen mountaineer, Sally Hyder was in her prime and loving life. She shared her passion for climbing with her partner Andrew and it was a dream come true when Andrew proposed at Everest Base Camp. For them, climbing mountains made anything seem possible and represented their attitude to life.

But a year after Sally and Andrew were married Sally was diagnosed with Multiple Sclerosis. She was only 28 and was training to be a Macmillan nurse – she wanted to care for the terminally ill. But Sally was determined the disease wouldn't slow her down: she went back to work looking after others and, despite warnings that her condition could deteriorate in pregnancy, went on to have three beautiful children.

But it was when her youngest child Melissa was diagnosed with severe autism that Sally began to spiral into depression. Sally felt guilty about the pressures faced by her elder daughter Clara in her role as carer. Sally worried that she was missing out on the freedom of childhood.

She needed help. Unsure who to turn to, she happened upon Canine Partners and an extraordinary dog called Harmony. They formed an instant bond; Harmony can perform over 100 chores – from putting groceries into the trolley to handing over Sally's purse at the till. Harmony is an unending source of comfort: she intuitively knows when Sally is in pain and calms Melissa when she suffers panic attacks.

Harmony has given Sally the ability to start living once more, and become a mother again in her own way. She has shown Sally that the sky's the limit and, with a taste for independence that she hadn't felt since her mountaineering days, Sally set her sights on the peaks of Ben Nevis once more.

In August 2010 Sally planned to climb the hardest of the Munro Mountains. Sadly her first attempt was thwarted after her motorised wheelchair short-circuited. But Sally is a fighter and reached the summit in June 2011 with her husband by her side. And Harmony too, of course.

Finding Harmony Details

Date : Published February 10th 2011 by HarperTrue (first published February 3rd 2011)

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Author : Sally Hyder

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Genre : Disability, Nonfiction

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From Reader Review Finding Harmony for online ebook

beth derring says

Pleasantly surprised

I started this book because it was about a dog, ended up its also about a person with MS, which I have recently been diagnosed with. I was pleasantly surprised with this book. It was enjoyable and an easy read.

Loretta Hartman says

Inspiration a l

I enjoyed reading Finding Harmony. It was hard to put down. I would recommend it to every one who love s dogs and love s to read inspirational stories.

LIndsay says

This book was utter rubbish. I love books about dogs. I usually love books about dogs and their people. I have read many memoirs about dogs and enjoyed them all. I have read memoirs about assistance dogs and enjoyed them but this was nonsense. I am being harsh I know but I have gone to sleep the last few nights thinking about the terrible reviews I will give this book and today I took the brave step of deciding not to even finish the damn thing and just slating it anyway. What a waste of my time.

Main issues with this text:-

I do not expect this genre to be particularly well written - that is not the point but this really dragged - it was dull and didn't move me at all.

I don't care about her fabulous talented husband and children - the writer (and I use the term loosely) harps on about her fantastic children ad nauseum.

I would have expected the main charedter 'Harmony' to have been introduced fairly early on the book, not over half way through. I had to put up with 150 pages of sactimonuius outpourings ragarding the writer's wonderful yet tragic life before we even met the bloody dog!

I hate books where the writer insists on harping on about their faith - I DON'T CARE. It actually makes me cringe when people who have been struck down with a life-limiting illness such as MS and have other misfortunes heaped upon them preach about their faith. There was a particularly sick-making bit that I would have underlined to tell you about if it hadn't been a library book - but I can't find it now and I have wasted enough time.

I did read as far as P 236 of 294 - I kept hoping the damn bopok would redeem itself but it just wasn't going to. All I have missed is a trip to a garden party to see the queen (Yawn)and then some attempt to climb Ben Nevis or something.

The whole book is about HER not Harmony the dog. Yukk!

Lauren says

[like when she said she wanted to kill herself because she was depressed. talked to someone. and it was over... all in 3 pages (hide spoiler)]

Carrie says

Just read this book in one sitting! If you have
Contemplated applying for an assistance
Dog this book will convince you. Amazing story that had me in tears many times as i shared sally's joy at the
freedom and acheivment Harmony brings. Im filling in my application for a canine partner as we speak!

Joann Elrod says

Good book

Have an on-site into the life a person with MS endures. Plus the process to choosing a dog to assist her was
fascinating.

Judy Churchill says

Harmony is a mixed breed yellow lab who becomes a helper dog for the author who has MS. It is well
written and very inspirational but a little wordy. Having the dog gives the author a feeling of independence
and that has a very positive effect on the family.

Jennifer Morefield says

I really enjoyed this book. My only critique would be that it should have been more about the dog. The dog
was a character in the story but not the main character. However, I loved the story of Sally and found her to
be such a strong individual that I really admired. Two friends that I have have MS and was really
appreciative to get to learn more about that disease through Sally's story. Also, the daughter's story of autism
was very wonderful as well. A strong family that weathers their storms well is a great story. Loved it!

Pauline Horner says

If you are a lover of dogs, then this book is definitely for you. An amazing story about a family faced with
adversity and how their lives are made easier by a beautiful working Labrador called Harmony. It gives the

reader insight into the intensive training that working dogs have to undergo, in order to assist a person with a disability. Wonderful story.

Debbie says

This was an interesting story but it was very poorly written (like a high school student!) My DIL is an author and hasn't had much luck getting published and when I read a book like this, I can't understand why. If this author can get published, anyone should be able to!

Linda Dickerson says

Fantastic, informative, heartwarming true story

Wow, what a wonderful and inspirational book of courage and determination! Sally Hyder has done a magnificent job of helping the reader to understand the challenges a person with MS endures and how important an Assistance Dog is to their everyday life.

In the 1980s, I watched the Walt Disney movie "Love Leads the Way" about the first Guide Dog for the blind and was greatly moved by the loyalty and dedication of these wonderful dogs. This book was like a continuation of that story. Thank you Sally Hyder for writing this beautiful story about your brave, courageous journey and your precious and very special partner, Harmony. This true story will stay with me as the Disney movie of another special dog has for over 35 years. What an inspiration you and Harmony have been for me! God bless you, your precious family and Harmony. ???

Adelheid says

I agree with several of the reviews, that the book is more about Sally than about the dog, but even so it makes for an interesting story. I found that the first part seemed to be a race through Sally's pre-Harmony days, and Sally comes over as quite a chaotic and stressed individual. The time line is often confusing with all the jumping backward and forward. It often confused me as to where they were living at that particular moment. Also, you have no idea how time develops. How old are the children? Once Harmony enters the scene there are too many details about the individuals whom she encounters at canine partners (it reads more like an advertisement for them). It also seems to take forever before the two are "certified partners". It makes me wonder how that would work with a mentally disabled person who can't learn all those commands. Nonetheless, the book kept me reading and I am glad I finished it.

Leanna Williams says

I love harmony!!!!

This story made me feel good about life! Animal
s who help the disabled people are great !!!!! I love harmony!!!

Rosalie says

This was an informative book about a service dog and a woman with MS. Once into it I could not put it down.

Karen says

I am struggling with what to say in this review. Along with other reviewers, I had a hard time getting through the first half. I, too, thought I'd be reading a book about a dog and this was more a book about Sally Hyder's life...both before and after learning she had MS. At times I thought I didn't care about the early years, hurry up and get to the dog part. I also felt frustrated by how the story jumped around and was sometimes hard to follow. Once I realized this is more like reading her sometimes very personal diary (or a long letter to a friend), I relaxed and just went with it. In the end, I was glad I had stuck with it. Sally has had more challenges than some of us will ever have and she has gotten through all of them. I loved her sense of humor. It's a beautiful illustration of how her partner dog, Harmony, changes life not just for her but for her entire family. It paints a picture of how someone who has to rely on people for the everyday things we take for granted can suddenly realize some independence. But best of all, it's a great story about how someone/anyone can choose to overcome adversity and take on challenges that seem impossible. For me, the end made it all worth reading! Charge on, Sally!
