



How to Get Run Over by a Truck

Katie C. McKenna

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People often say, “I feel like I’ve been run over by a truck.” Katie actually was.

On a sunny morning bike ride in Brooklyn, twenty-four-year-old Katie McKenna was forever changed when she was run over by an eighteen-wheeler. Being crushed under a massive semi wasn’t something Katie should have survived. After ten hours of emergency surgery, she woke to find herself in a body and a life that would never be the same.

In this brutally honest and surprisingly funny memoir, Katie recalls the pivotal event and the long, confusing road to recovery that followed. Between the unprepared nudity in front of her parents post-surgery, hospital happy hours, and the persistent fear that she would never walk again, Katie details the struggles she’s faced navigating her new reality. This inspiring memoir follows Katie’s remarkable journey to let go of her old life and fall in love with her new one.

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