



**Nothing will  
work unless  
you do.**

**Maya Angelou**



**Maya Angelou** suffered abuse at a young age, the trauma caused her to stop speaking for nearly five years. She went on to become a famous poet, actor, writer and a prominent member of the civil rights movement. President Bill Clinton asked her to read her poem *On the Pulse of Morning* at his inauguration ceremony. She was one of the first African American women to direct a major film.

**P.S. There's more help on staying motivated in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**