



## Impact: Post Traumatic Development

*Michael Gibbons*

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Ireland 2005 was in full Celtic Tiger mode. The country was drunk on delirium. My friends and I were intoxicated by it, fueled by the belief that anything was possible. The Irish were taking over the world – well, certainly trying to buy it. We didn't know it at the time but it was unsustainable and the crash was coming.

My own crash, in a helicopter, came on 9 July 2005. It was at 150 km through fog into the side of a mountain, just ten minutes before we should have been home to Galway city. The crash was the starting point of a real-life tale of survival, in which post-traumatic development triumphed over post-traumatic stress disorder. This is the story of how I rebuilt my shattered body and my life, from as low as anybody can go, and went on to savor the American dream.

My life had never been about waiting for the storm to pass. Now it's more about dancing in the rain while the storm is raging. Let's dance!



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