

# *I Choose Hope*

## *Overcoming Challenges with Faith and Positivity*

By Nikki Min Yeong Abramson

*I Choose Hope* is an inspiring memoir about one woman's hopeful spirit as she navigates the challenges and triumphs as a woman of color, a Korean adoptee, and a person with several rare and serious disabilities. Nikki Abramson tells her story with raw vulnerability, courage, and positivity. This story will inspire and encourage anyone, but especially those who are in the midst of a challenging life circumstance.

A life coach, teacher, and motivational speaker, Abramson has dedicated her life making a positive difference in people's lives.

**"I want people to realize that they have a story and that their story is powerful. I want people to know that they are loved and cared about and valued. They bring something deep and meaningful to the table. I want to make a difference by encouraging them to journey within themselves," says Abramson.**

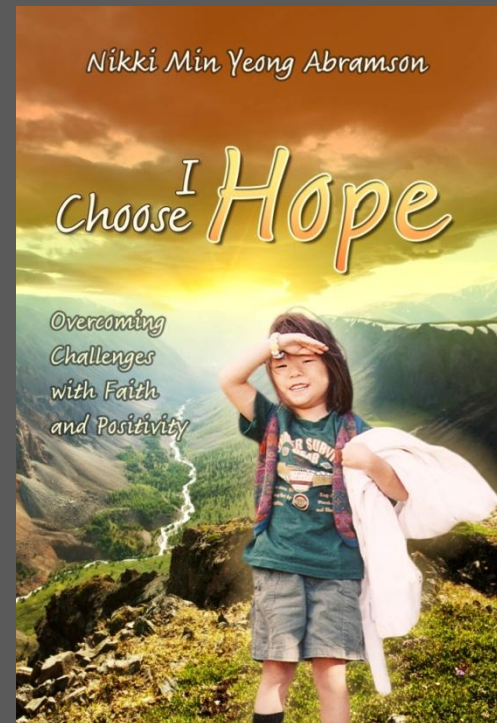
*I Choose Hope* is both a memoir and self-help book with an encouraging message that points readers to hope, faith, and the power of positive thinking.

"[Abramson's] journey ... is an important reminder of our ability to persevere in the face of adversity. As a reader, one needn't share her same struggles to identify with the prevailing message that hope from within and help from others can provide a path to overcoming life's obstacles."

Jack Pipkin, Executive Director, Muscular Dystrophy Association



**Nikki Abramson is an inspirational thought leader, teacher, and performer who provides education and enrichment programs for adults and kids of all ages. She lives in Minneapolis, Minnesota. Learn more about Nikki at [www.nikkiabramson.com](http://www.nikkiabramson.com)**



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