



I Am the Central Park Jogger: A Story of Hope and Possibility

Trisha Meili

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Shortly after 9:00 P.M. on April 19, 1989, a young woman jogs alone near 102nd Street in New York City's Central Park.

She is attacked, raped, savagely beaten, and left for dead. Hours later she arrives at the emergency room -- comatose -- with a fractured skull, an 85-degree body temperature, and she has lost so much blood that her doctors believe it's a miracle she's still alive.

Meet Trisha Meili, the Central Park Jogger.

It was a crime that stunned New Yorkers, the nation, the world. Even today, more than a decade after the attack, the Central Park Jogger -- who disclosed her name upon publication of this book -- is still in the news as startling new information about the perpetrators develops. Because of the nature of her injuries, Trisha Meili remembers nothing of the attack. But for Meili, the crime was not the climax but the beginning of an extraordinary journey.

I Am the Central Park Jogger recounts the mesmerizing, inspiring, often wrenching story of human strength and transcendent recovery. Meili tells us who she was before the attack -- a young Wall Street professional with a promising future -- and who she has become: a woman who learned how to read, write, walk, talk, and love again...and turn horrifying violence and certain death into extraordinary healing and victorious life.

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