



It could be an athlete returning from what was thought to be a career-ending injury. It could be an Iraq war veteran who returns from a third tour of duty. Countless stories of courage make their way onto the front pages of the newspaper, social media, or the like.

What is easily forgotten - or goes unnoticed – are the stories of courage that take place on a daily basis, stories that are being written by people like you and I. They could be stories of illness, personal victory, disaster, or epiphany – we all have stories to share.

“Courage” is defined as “the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear”. Courage crosses our path every day – we just may not realize it. So many people think that their story isn’t special, or isn’t grandiose enough, or is just simply dull and boring. But that just isn’t the case. Courage is all around us, it resonates within us, and it inspires us to live fully – on a daily basis.

Here are a couple of people who have shared their courageous journeys with the world, stories that resonated with me, stories that I wanted to share with you.

The first story is about [Ben Breedlove](#) , an Austin teen who suffered a fatal heart attack (secondary to hypertrophic cardiac myopathy) on December 25, 2011. He had privately recorded and uploaded a couple of videos to YouTube on December 18, just one week before his [passing](#) :

## The Courage Of Daily Living | Allan Besselink

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