

Gift of warmth

COMMUNITY REPORT
By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

A group of big-hearted individuals from across Bahrain are rallying to give the less fortunate the gift of warmth this festive season through a month-long 'Winter Clothing Drive'.

The unregistered, non-profit charity champions, OneHeartBahrain, are driving around the kingdom collecting bags full of cosy winter-wear to deliver to those in need before the cold sets in.

"We don't live in a perfect world and there's never going to be a perfect time to give," said Tanya Thomas, the group's social media co-ordinator who also ensures all donations are picked up and distributed on time. "However, there are always people out there in need of help. What matters the most is that we come together as one, joining hands and having one purpose in mind, which is to go out there and serve with love, kindness and compassion."

"We are helping to make the community a better place and the act of helping others, donating to charity or volunteering your time will give you an improved sense of wellbeing as well."

The community driven group, which was founded by social strategist and meditation teacher Birthe van der Heijden in September 2019 to unite the kingdom through acts of kindness, is asking people to donate items



OneHeartBahrain team ready to distribute clothing donations

for adults and children.

"People can donate scarves, jackets, sweaters, socks, shawls, trousers, long-sleeved tops, T-shirts and shoes, as well as clothing for little ones," added Tanya, from Tubli, who work as an events and catering officer at the Bahrain International Circuit. "We will be picking up donations directly and all items need to be gently used please as well as labelled as per the age and gender for easy reference."

Tanya had joined hands with OneHeartBahrain last year and has actively been a part of various campaigns and social activities since.

"Every weekend we help labour camps and families that are in need," she said. "We provide them with food boxes that consist of basic food items. We are also



Tanya

currently working on our Christmas campaign where we would like to collect toys as well as food boxes for those in need.

"Serving others has always been my passion and I hope we are able to reach out to as many needy people as we possibly can."

The volunteers are split into three groups to better cater to



Birthe and the OneHeartBahrain volunteers at a camp

the needs of the community. The Action Group consists of 16 members that conduct all the groundwork focusing on prep work, delivery and execution. The Media Group is made up of 11 individuals that brainstorm ideas, design and handle social media accounts. The We Care Bahrain sister group also features 11 members that volunteer for any social services needed ... and the

group is always in need of more helping hands.

"We are open to having volunteers be part of our OneHeartBahrain family," added Tanya. "Knowing that you've sacrificed your time and effort to help others in need, and to make a positive change in the community, is a beautiful thing."

For details, follow @oneheartbahrain on Instagram.



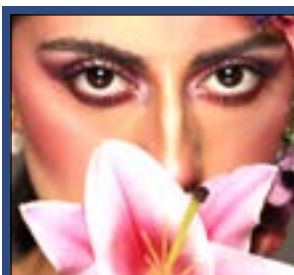
SCIENCE OF LIFE
Natural healing
SEE PAGE 2



RAISING AWARENESS
Continuous support
SEE PAGE 3



INSPIRING WOMEN
A book of tales
SEE PAGE 4



MAKE-UP TRENDS
Festive and fresh
SEE PAGES 4-5



RAW CANDY

Artisan Vegan Chocolate



AVAILABLE FOR
PICK-UP & DELIVERY



HEALTH REPORT
By RAJI UNNIKRISHNAN
raji@gdn.com.bh

BAHRAIN is witnessing an increased interest in Ayurveda, which could help tackle the highly-prevalent lifestyle diseases in the country, according to a healthy lifestyle champion.

Tracy Burrows, a Bahrain-based yoga instructor and health coach, reflected that the trend is growing in the region, adding that the proximity of the GCC to India - the home to the 'natural system' - was a great advantage.

Ayurveda, which translates to 'knowledge of life', originated in India more than 3,000 years ago. The term Ayurveda is derived from the Sanskrit words ayur (life) and veda (science or knowledge). Ayurvedic medicines are typically herbal with minerals and metal substances, while therapies include special diets, meditation, yoga, massage and others.

"As Ayurveda gains popularity, I see more facilities opening up around the GCC and more interest coming from different nationalities," Tracy told the *Gulf Weekly*.

"I think it's wonderful that Ayurveda is getting more attention nowadays and that there is such a growing interest.

"Given our proximity to India, the availability of good quality medicines, doctors and therapists, we in the Gulf are ideally placed to benefit from so much expertise when it comes to preventing the lifestyle-related diseases we see on the rise in the region today.

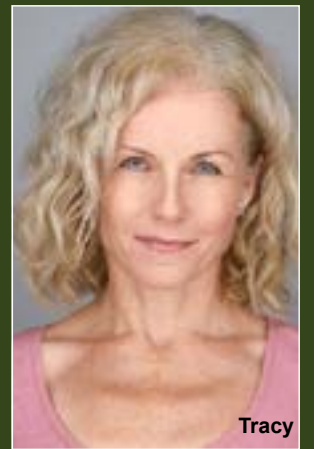
"The science of Ayurveda gives us knowledge of ways to prevent the risk factors of non-communicable diseases (NCDs) and to manage lifestyle disorders.

"It shows us how to do this through proper diet, daily and seasonal regimens, detoxification and purification procedures such as panchakarma (method of cleansing the body of all the unwanted waste after lubricating it), meditation



Tracy practising
Yoga

Welcoming WELLNESS



Tracy

and yoga and natural supplements."

The four main NCDs are cardiovascular, cancer, respiratory conditions and diabetes - all of which have a high prevalence in the region and account for 75 per cent of global fatalities. Experts have raised red flags about rising rates of lifestyle diseases in Bahrain and latest statistics show that a third of the nation's citizens aged above 18 are overweight while 42.8pc are obese.

Bahrain is also one of the countries most affected by diabetes, with an incidence rate of 14.7pc in the adult population.

"In Bahrain, we have so much expertise and so many Ayurvedic facilities here and I have been able to introduce many people to these medicines and treatments," said Tracy.

While crediting Ayurveda for its ways to deal with different aspects of life from infancy to old age, Tracy, however, stressed that medicines should only be administered by an Ayurvedic doctor.

Of the 13 licensed alternative medicine services in Bahrain, Ayurveda stands third with 13 centres, following cupping therapy (17) and massage (15). The

genre also has the highest number of doctors or practitioners - 21, besides 14 technicians in the field.

National Health Regulatory Authority (NHRA) chief executive Dr Maryam Al Jalahma had earlier noted the country was keen to welcome more Ayurvedic centres, which offer natural treatments that complement conventional medicine.

Tracy experienced Ayurveda first in 2015 while staying at a Kerala hermitage when she met a visiting traditional Ayurvedic healer (Vaidya or doctor). She later returned to pursue her foundational studies on the

subject.

"My personal opinion is that Eastern systems, including Ayurveda, focus on the importance of maintaining good health and healthy aging, as well as curing disease," she explained.

"We are starting to look to these systems more and more for protecting our health and I see this reflected in the increased demand for Ayurveda in Bahrain. There is a plethora of Ayurvedic remedies and treatments being now used for help in recovery post Covid-19 and for the treatment and recovery from long-Covid."

Tracy said she and her husband found they helped when they succumbed to the virus last year.

"Treatments are there for building optimal immunity levels, addressing digestive issues, reducing inflammation, strengthening the lungs, stimulating the lymphatic system," she claimed.

Tracy is also helping women tackle midlife health challenges naturally, including menopause.

She explained that the lifestyle habits of Ayurveda, called 'dinacharya' (daily routine) provided a comprehensive system for supporting the mind and body amid changes.

"Ayurvedic medicines and treatments are found effective for balancing hormones and reducing the many side effects and symptoms that arise as we transition," she added.

Among some simple tips for integrating Ayurvedic habits into daily life, Tracy suggested to start by focusing on the basic pillars of health - sleep, digestion, elimination, exercise and stress management.

Ayurvedic medicines are typically herbal with minerals and metal substances



Panchakarma, a method of cleansing the body of all the unwanted waste after lubricating it





The Winter Chalet



Cosy and festive

FESTIVE FUN FOR ALL AT WINTER WONDERLAND

MERRY cheer is spreading across The Ritz-Carlton, Bahrain as the five-star resort reopens its Winter Chalet for all to celebrate the holiday in style.

The Secret Garden-themed Christmas pop-up restaurant, which exudes the warmth and cosy atmosphere of a traditional Alpine cottage complete with fireplace, is already welcoming family and friends to its festive venue.

Visitors will be able to enjoy the smell of roasted chestnuts, mouthwatering Raclette, sumptuous schnitzel and a generous helping of fondue, alongside a good selection of festive beverages – all led and

curated by Chef de Cuisine Alexis Knecht and banquet director Pervaiz Iqbal.

The Winter Chalet, which is adorned with pinecone chandeliers, Christmas berries, wooden dining tables and thousands of festive

lights, is open from Tuesdays to Saturdays, 4 pm to 10 pm.

For details, contact 17586499 or visit ritzcarlton.com/bahrain or follow the hotel on Facebook and Instagram @ritzcarltonbahrain and hashtag #RCMemories.

Say it with pink!



Board members starting from the left, Mishal Zaman, Dr Shazia, Mahwash Shiekh, Ammara Omar, Shahmeen, Ayesha Ahmed and Hamna Arif

THE Pakistani Women's Association (PWA) recently came together at the Gulf Hotel Bahrain Convention and Spa dressed in pretty pink hues to continue raising awareness about breast cancer, writes **Mai Al-Khatib-Camille**.

Women from the registered organisation that has been committed to supporting humanitarian causes in Bahrain for the past 23 years enjoyed a series of activities and discussions including an inspirational presentation by the First Lady of Pakistan Samina Arif Alvi, who joined them virtually.

"We were humbled that the First Lady of Pakistan joined our event virtually to inspire and share all the achievements she and her task force have made in Pakistan on breast cancer



The First Lady of Pakistan

awareness," said Shahmeen Islam, PWA president. "She guided us further about the cause and promoted the importance of self-care and monthly self-examinations.

"Also, PWA pledges to continue its support to the cause as this awareness must not be restricted to only October. We will be holding health camps for female helpers and awareness sessions awareness at

different avenues as well."

The event featured an activity by comedian Amy Vaya followed by a health and awareness discussion from Dr Shazia Durrani. It featured a video as well and ended with relaxation imagery from Arjumand Asher.

PWA will also soon launch their 'Support a Child' programme to enhance their Education Scholarship Fund



The PWA team

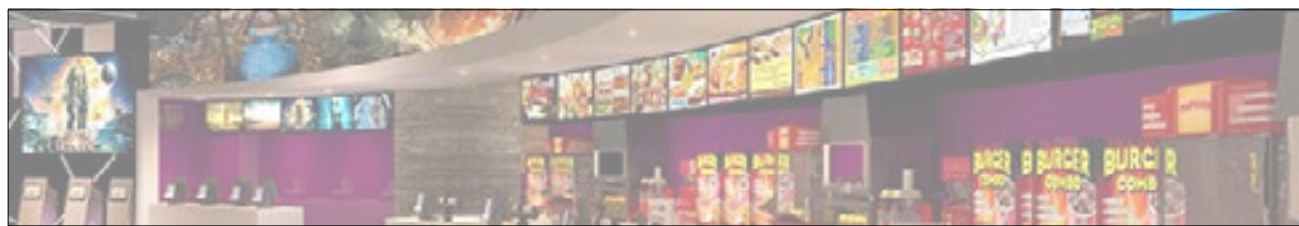
(ESF) outreach, which is one of their core initiatives to support and educate less privileged children.

"Currently, the ESF supports approximately 50 students of multiple

nationalities at the Pakistan School in Bahrain as well as other educational institutions, with the aid of its public-spirited donors," added Shahmeen. "We encourage the outstanding community

of women of all nationalities in Bahrain to join us and help us to spread love and kindness together."

For details, follow @pwabahrain11 on Instagram.



Page-turner

Shipra with the other writers



BOOK REPORT

By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

BAHRAIN resident Shipra Dhir Passi has joined writers from around the world in penning her life-inspiring story with the aim of empowering women of all ages and backgrounds.

The 186-page *She Dares* book features tales of courage from 36 women of different backgrounds and nationalities, including those from the UAE, Argentina, the UK, the US, Netherlands, South Africa and India, and Shipra is thrilled to be a part of such an inspirational collaboration.

"I have been brought up by my parents in the most empowering ways possible and I'm happily married to a man who believes in women's rights," said the 41-year-old former corporate finance professional who has been living in the kingdom for the past 13 years.

"This book is an excellent reminder of the inherent power that lies within each woman, whatever background they may be from. It aims to rekindle that fire within and inspire women to rise from the ashes on their own instead of waiting for anyone to help them.

"Each chapter is a real-life

story by a different writer conveying the same message that 'you are empowered, just realise it and use it irrespective of your age, circumstances and pressures'.

"This book is also a gentle reminder for men who need to realise the worth and capabilities of women around them whether at home, work, or public spaces."

Shipra's story, entitled *Focus on Yourself* highlights that 'nothing is perfect' and 'life happens'.

"Injuries, traumas, broken relationships and so on happen, and may be followed by loss of purpose at a certain stage of life," said the short filmmaker, poet, environmentalist and social activist. "However, we can choose to focus on everything wrong or to be grateful for what we have in hand and then focus on building ourselves up from there!"

"My story is of a woman in a neighbourhood whom everyone can relate to. It is not about the physical pain

a woman goes through after trauma, but the emotional pain that one has to learn to deal with.

"These stories women shared not only inspire

others but also are eye-openers to identify the 'unsaid', unnecessary pressures society puts on women. "When women are living safe, fulfilled and productive lives, they can reach their full potential, contributing their skills to the

workforce and raise happier and healthier children. They are also able to help fuel sustainable economies and benefit societies and humanity at large."

Shipra attended the pre-book launch staged at the Swedish Pavilion in Expo 2020 Dubai last month, alongside other authors and book creators MENA Speakers. The group, based in the UAE, also aims to empower, educate and entertain using strong and intelligent voices throughout society.

"During the pandemic last year, I participated

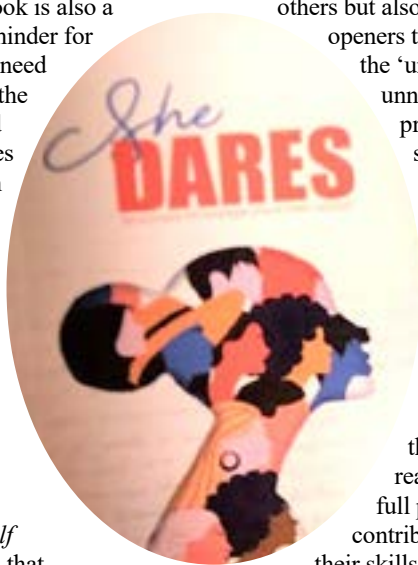
in an online book writing course and after successfully completing it this year, I connected to the MENA Speakers and signed up to their collaborative book project," explained Shipra. "After six months, *She Dares* happened thanks to Saana Azzam, who headed the project and her team as well as the daring women that came forward to make it possible."

Twenty per cent of the proceeds made from the sale of the book will be donated to Al Jalila Foundation. It is a charity organisation for promoting medical education and research and it was founded by UAE vice president, prime minister and Dubai Ruler, Shaikh Mohammed bin Rashid Al Maktoum.

"Only a few copies are left with me in Bahrain but an e-book is available on the MENA Speakers site and will be sold on *Amazon*, *Google Play* and at book fairs across the MENA region," added Shipra.

"I'm planning another book, but, inshallah, this time it will be solo. Lastly, anyone aspiring to become an author is most welcome to connect with me and I would happily share the path I walked with them. If I can do it, so can you!"

For details, follow @shipradhirpassi on Instagram.



GLAM



BEAUTY REPORT

By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

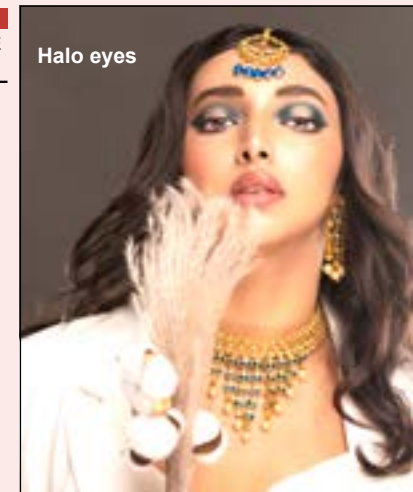
BEAUTY habits may have changed over the past two years due to the pandemic but one thing remains the same ... getting into the season by 'glamming up' for the holidays.

Whether you are attending a chilled family gathering or a fancy function, make-up artists from around the globe have started releasing their must-have looks inspired from celebrities, runways and social media influencers.

While red lipstick and winged eyeliner is still a classic Christmas look, freelance stylist and certified make-up artist Sundas Ghazali, from Seef, advises adding bright hues and sparkly shades for a festive feel.

"The top holiday trends this year include statement

Halo eyes



metallic eyes, different coloured winged eyeliner and even glossy nude or bold lips," said the Pakistani social media influencer. "While there are several looks to bring yourself merry cheer or to ring in the New Year, my favourites are mostly about the eyes."

For statement metallic eyes, she suggests using foiled eyeshades with a blended eyeliner and finish off the appearance with a lipstick that's not too bright or dark.

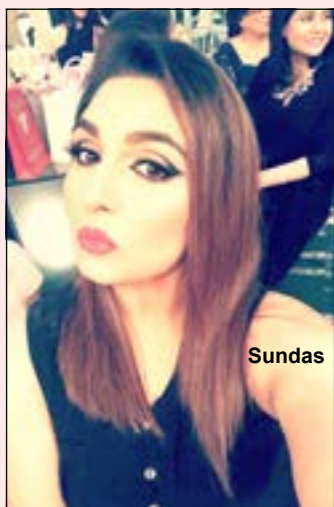
"Add a nicely contoured and

Weekly



Dripping with drama

IT UP!



Sundas

highlighted face and you will have the perfect glam look," said Sundas. "Also, don't be afraid to get creative with your make-up designs as that is also popular this time of year."

However, before getting creative, Sundas still advises others to choose a look that is still 'you', makes you feel great and highlights your favourite features.

"If you would like to go for something unique and creative, consider a thematic design that goes with your

outfit too," she explained. "For instance, why go for a plain black winged eyeliner when you can opt for a cheetah printed one instead?"

Her final favourite look is creating a halo effect in the middle of the eyelid using a light, shimmery shade while keeping both ends of the eyelid dark.

"It would look amazing with a glossy nude lip and a defined jawline," said Sundas. "Also consider taking your winter looks from day to night using your make-up too."

Compliment a casual day outfit with light smoky eyes, a subtle lip colour and rosy cheeks. Then go dramatic in the evening with a dewy finish, sultry eyes with hints of shimmers and highlights and a bold lip. "This would look great with evening gowns," she added. "Don't be afraid to mix it up and have fun with it. Remember, you can always remove it if you don't like it. Happy holidays."

For details, follow @makeupbyсандz.bh on Instagram.



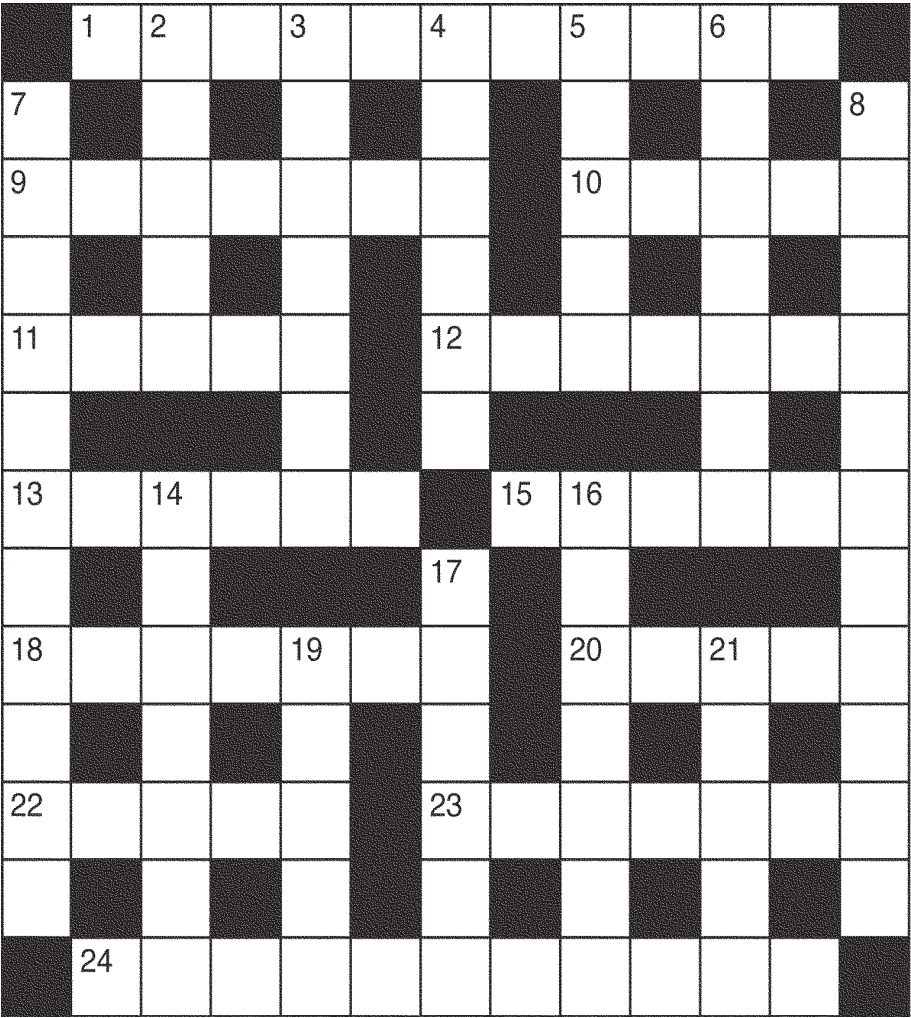
Glowing glam

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Suitable (11)
- 9. Struggle (7)
- 10. Mindful (5)
- 11. Extravagant (5)
- 12. Detectives (7)
- 13. Tax (6)
- 15. Starry (6)
- 18. Base (7)
- 20. Foundation (5)
- 22. Joint (5)
- 23. Paltry (7)
- 24. Sharp (11)

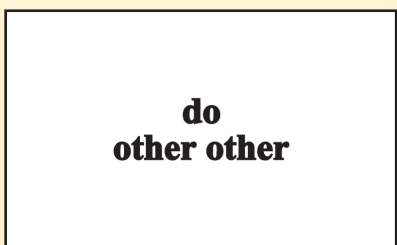
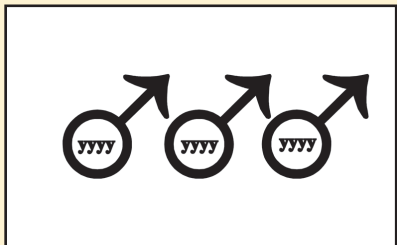
DOWN

- 2. Equipment (5)
- 3. Crush (7)
- 4. Gratify (6)
- 5. Likeness (5)
- 6. Turncoat (7)
- 7. Shameful (11)
- 8. Stupidly (11)
- 14. Thoughtful (7)
- 16. Live (7)
- 17. Improved (6)
- 19. Spree (5)
- 21. Shoot (5)

who, what, where, when

WHO ... played the title character in the 1960s television drama series *Strange Report*?
WHAT ... is an autopista?
WHERE ... was Frederick Aloysius Weld the Prime Minister from 1864-65?
WHEN ... did Alan Hollinghurst win the Man Booker Prize?
WHO ... wrote the novel *Tales of the City*?
WHAT ... is the Norse equivalent of the German *Götterdämmerung*?
WHERE ... is the main campus of Indiana University?
WHEN ... was the nine-day General Strike in Great Britain?

just so



darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

7	4	6	2	5	8	3	9	1
3	8	1	4	9	6	5	2	7
2	5	9	1	3	7	4	8	6
5	6	3	9	8	2	1	7	4
4	2	8	5	7	1	6	3	9
9	1	7	3	6	4	2	5	8
6	7	5	8	1	3	9	4	2
8	3	4	6	2	9	7	1	5
1	9	2	7	4	5	8	6	3

5	4	6	2	7	3	1	8	9
3	2	8	5	9	1	4	6	7
1	9	7	6	4	8	3	2	5
2	8	5	7	6	4	9	1	3
6	1	9	3	5	2	7	4	8
4	7	3	8	1	9	2	5	6
9	5	1	4	3	6	8	7	2
8	6	4	9	2	7	5	3	1
7	3	2	1	8	5	6	9	4

darn tough sudoku

9	4	3	6	5	8	2	7	1
5	7	8	2	1	3	6	4	9
2	6	1	9	4	7	5	8	3
7	5	9	8	6	2	3	1	4
1	2	6	7	3	4	9	5	8
3	8	4	5	9	1	7	6	2
8	9	2	1	7	6	4	3	5
6	3	5	4	8	9	1	2	7
4	1	7	3	2	5	8	9	6

Sudoku

5			8				6	7
	7	1		5	6		2	
2		6			7			
			9		2	4	5	1
	9			1			7	
1	2	5		4				
			1		8			3
	6		2	7		5	1	
4	1				9			6

Sudoku

	6			2			7	1
		9	4	3		6	2	
1			7					
		4	2					6
	3				7		8	
8				1	4	5		
		8			9			3
	5				8	7	1	2
3	4			6				

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Reliable; 5 Romp; 9 Dash; 10 Excrete; 11 Filmy; 12 Crevice; 13 Unenlightened; 18 External; 19 Pipe; 20 Screech; 21 Sweet; 22 Lull; 23 Progress.
Down: 2 Elation; 3 Inhuman; 4 Lexicographer; 6 Oration; 7 Pretend; 8 Accent; 13 Utensil; 14 Enthral; 15 Larder; 16 Empower; 17 Express.
JUST SO: Information highway, Below the belt, Ace in the hole, The lie of the land.
WHO, WHAT, WHERE, WHEN: Tom Stoppard; Crested crane; Edinburgh; 1965; Derek Jarman; The Two Gentlemen of Verona; Philippines; 1995.

Darn Tough Sudoku

	8		5		1		3	
							4	2
		3						
		1	2	5		4		3
	5						1	
9		2		7	3	8		
						7		
1	3							
	7		4		8		5	

MotoringWeekly

The top motoring and motorsport news

Down to the wire!



Red Bull's Verstappen in action with Mercedes' Hamilton and Mercedes' Bottas during the race

Hamilton celebrates with the trophy on the podium after winning the race as Verstappen looks on

LEWIS Hamilton won a crazy, twice-halted Saudi Arabian Grand Prix on Sunday to send the Formula One world championship into a winner-takes-all final showdown with the Mercedes driver and Red Bull's Max Verstappen level on points.

On a chaotic night of soaring emotions in Jeddah, the inaugural race in the Gulf kingdom took almost as many twists and turns as an already astonishing and enthralling rollercoaster season.

There were crashes, safety cars, red flags, claims of dirty driving after Hamilton hit the back of Verstappen's suddenly slowing car, penalties, collisions and extraordinary exchanges between race director Michael Masi and the top two teams.

Seven-times world champion Hamilton took the bonus point for fastest lap to level with Verstappen on

369.5 points after 21 races.

Verstappen, who finished second with Valtteri Bottas third for Mercedes, leads 9-8 on wins, however – meaning that the Dutch 24-year-old will be champion if neither score another point.

"I tried to be as tough as I could be out there but also sensible and with all my race experience over the years, just keeping the car on track and staying clean," said Hamilton after his 103rd career win.

The Briton started on pole but twice lost out to Verstappen at standing re-starts.

The Dutch driver was eventually ordered to hand back the lead, after going wide as Hamilton tried to pass, but when he slowed Hamilton ran into the back of him – accusing his rival of 'brake-testing' him.

Red Bull boss Christian Horner defended his driver. "I don't know why he ran into the back of you like that, it made no sense," he said

over the radio.

Stewards handed Verstappen a five-second time penalty but Hamilton rendered that irrelevant by overtaking seven laps from the end.

Mercedes were angry with Masi, saying they had not been given time to inform Hamilton that Verstappen had been told to give the place back, and Verstappen was also furious.

"What happened today is unbelievable and this sport is more about penalties than racing. For me, this is not Formula One," said the Dutchman, who was awarded Driver of the Day in a fan vote.

"That was spectacular but not a good race," said Mercedes team boss Toto Wolff.

Mercedes extended their lead in the constructors' championship to 28 points, with an eighth successive title looking more real.

The final round of the season is at Abu Dhabi's Yas Marina on Sunday.

COMING TO BAHRAIN!

معرض الخليج للبناء

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Winning hearts!



SPORT REPORT

By MAI AL KHATIB-CAMILLE
mai.alkhatib@gulfweekly.com

A **AMERICAN** two-time Paralympian and TEDx motivational speaker John Register inspired para athletes from across the globe in Bahrain during the Asian Youth Para Games with the message of empowerment and self-love.

The 56-year-old from Colorado Springs moved 40 young para athletes on November 30 at the Art Hotel & Resort in Amwaj Islands with his 'Hurdle Adversity: Embrace a New Mindset' talk in which he shared his story from being an Olympian to a Paralympian ... and how anything is possible if you put your mind to it.

"I was so excited to meet the para athletes in Bahrain," said Register, who was flown in by the US Embassy in Bahrain to meet and motivate people from all walks of life.

"My message to all these athletes is also for them to use the power they have to push into different spaces and be entrepreneurs if they want," he said.

"There is no reason why they cannot do it. Overall, we don't need someone to do for us, we need to do for ourselves and we need access. So if you don't have that in your country, we want to make sure that you are pushing in those spaces to build the access."

During his one-day visit to Bahrain, he met with 80 students at the Arabian Pearl Gulf School for a talk and question-and-answer session, and later conducted a presentation at the Naval Support Activity Bahrain base.

He also toured Bahrain Mobility International where he was impressed by the centre and its support for people with disabilities and hopes to share their model for inclusivity in his talks



Register in Sydney

around the world.

"Whenever you can really inspire youth and get them to see that it is OK to be who they are, then that is amazing," he added. "I shared how I was an Olympic athlete and a Paralympic athlete – so I had it best on both sides and there is no difference – an athlete is an athlete."

"You choose what you want your destination to be! Go after it; go hard for it and you will achieve it."

The father-of-four was a four-time all-American graduate of the University of Arkansas who served six years in the US Army where he participated in the army's World Class Athlete Programme. He won nine gold medals in the Armed Services Competition

and two World Military Championships.

When he was 29, he was on his way to the Officer Candidate School when a misstep over a hurdle changed his life.

He dislocated his left knee, severing the artery behind the



Register with Prince Harry and, right, with former US President Barack Obama

kneecap. Seven days later, he became an amputee.

"It was kind of my lowest moment," said Register. "I was contemplating who I was and what my identity was. I questioned whether my wife, Alice, who is now a flight attendant, would stay with me as I saw many military families break apart because of injuries and war."

"So many questions. Alice saw me struggling and told me that we would get through this together and how this was just our 'new normal' now. With that mindset, I began to re-tool and that changed my world."

Register started swimming to aid in his recovery and made the US Paralympic Team in 1996 in Barcelona

My message to all these athletes is for them to use the power they have to push into different spaces and be entrepreneurs if they want.

where he competed in different styles and relay teams. While at the Games, he watched other athletes compete in artificial limbs and decided to get his own.

He then joined the track and field athletics US Paralympic

teams where he won a silver medal in the long jump - as he set an American record - and sprinted to fifth in the 100 metres and 200 metres at Games in Sydney.

Register also founded the US Olympic Committee Paralympic Military Sports Programme in the early 2000s which prompted other programmes such as Prince Harry's Invictus Games, an international sporting event for wounded, injured and sick service personnel.

He also launched a book titled *10 Stories to Impact Any Leader: Journal Your Way to Leadership Success* and founded a company called Inspired Communications International.

His vision is to inspire the world with the mission to help business professionals hurdle adversity, amputate fear and to embrace a 'new normal' mind-set to win life's medals.

Register later travelled to Dubai to share his message at the Expo 2020 on International Day of Persons with Disabilities, marked globally on December 3, before heading back to the US for further tours and talks.

For details, follow @johnregister on Instagram.



Register with some of Bahrain's para athletes