

"A true gem of a book, pieced together perfectly and lovingly by Kay's devoted husband, David. The composition of the book is such that the reader is taken on a highly emotional journey starting from Kay's difficult childhood, right through to her death, which was as you'd expect having read the book; autonomous, against the grain, brave and on her terms.

A story of righteousness, fighting for the underdog, never backing down when one feels principled about injustice in the world. The book starts as though it's the story of how one woman overcame many challenges to be highly influential and successful. However I'd argue that she never overcame them, as reading Kay's writings it's evident that she carried much pain and grappled with it throughout her entire life. What's amazing is how she used this to study, write and influence decision makers, becoming on herself, in a time when women and particularly 'disabled' women were almost non-persons.

My heart broke and was filled with love in equal measure, the atrocities of Kay's childhood are painful to read, skip to the end and reading poems from both Kay and David are filled with pure desire, love and respect - everything any couple could wish for. I'd loved to have known Kay and to be able to pick her brains on many of her writings and life situations, anybody could learn a lot from her. Although in some ways I'm glad I did not meet her as I imagine I'd feel completely inferior. I imagine she had a presence and grace, a steely determination matched with an openness and kindness that alludes many powerful people.

A wonderful read, heartbreaking and inspiring in equal measure."

Amanda-Jane Ward, Scots Law and assisted dying researcher.