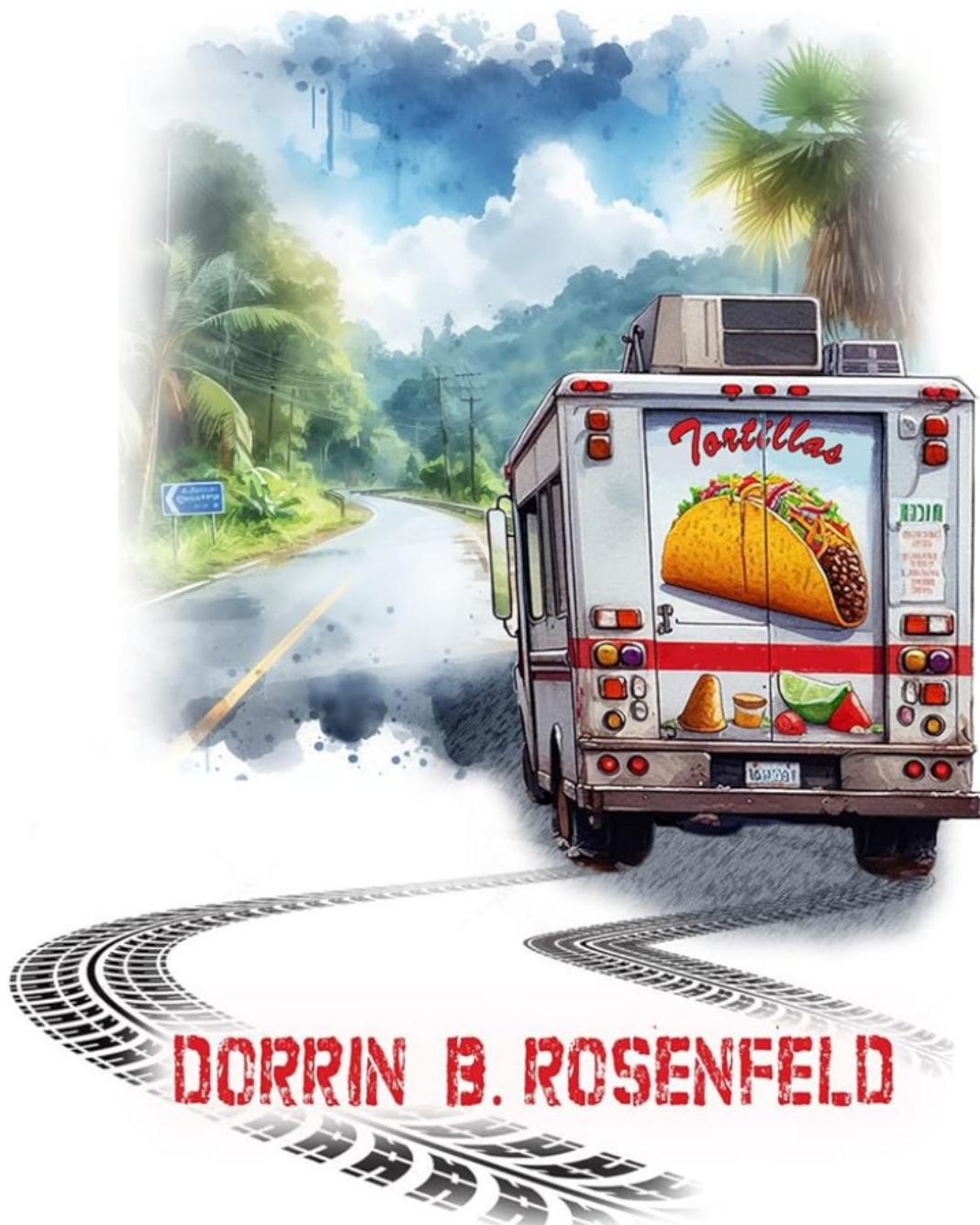


A Memoir About More Than Survival — Dorrin Rosenfeld Shares with the Readers

THE DAY I GOT HIT BY THE TORTILLA TRUCK

MY HEALING JOURNEY



DORRIN B. ROSENFELD

Vallejo, California Aug 30, 2025 ([IssueWire.com](https://www.issuewire.com)) - In the crowded field of memoirs about overcoming adversity, *The Day I Got Hit by the Tortilla Truck: My Healing Journey* stands apart — not because of its dramatic event, but because of what its author, Dorrin Rosenfeld, does with the years that follow.

The title nods to the unusual accident that split Rosenfeld's life in two: a collision with a tortilla delivery truck while she was teaching science in Belize with the Peace Corps. But the book itself resists the pull of shock value. Instead, Rosenfeld focuses on the long, complex process of building a life when the original blueprint is no longer possible.

She opens with her first months in Belize, a mix of cultural learning curves and professional adaptation. The accident changes all of that, sending her back to the United States for intensive care. Waking in a Boston rehabilitation center, she faced not only the physical challenges of partial paralysis and memory loss, but the quieter struggles of disorientation and uncertainty.

What makes the memoir compelling is Rosenfeld's decision to treat her recovery as a starting point rather than an ending. She writes candidly about the setbacks — the slow pace of progress, the adjustments to new physical realities, the need to constantly push against lowered expectations. But she also captures the moments that built her confidence: mastering a skill she thought she'd lost, connecting with others who believed in her, and finding humor in the absurdity of certain situations.

The turning point came when she returned to Belize and began chiropractic treatment. The improvement she experienced was both physical and philosophical. It challenged her understanding of medicine and convinced her to explore a career in chiropractic care. What followed were years of study at multiple chiropractic colleges, where she not only mastered the science and technique, but also absorbed a philosophy centered on the body's innate capacity to heal.

By the end of the memoir, Rosenfeld's trajectory is clear: she has moved from patient to practitioner, from someone navigating her own healing to someone guiding others through theirs. But she doesn't present the process as neat or easy. Instead, she offers a picture of healing as ongoing work — a blend of physical progress, mindset shifts, and openness to change.

The Day I Got Hit by the Tortilla Truck is as much about identity as it is about recovery. It invites readers to consider how we respond when life forces us off our intended path, and how new purpose can emerge from even the most unlikely circumstances.

About the Author

Dorrin Rosenfeld is a chiropractor and writer whose professional practice is shaped by her own recovery journey. She earned her undergraduate degree from Amherst College and her Doctor of Chiropractic from Life Chiropractic College West. *The Day I Got Hit by the Tortilla Truck: My Healing Journey* is her first book.

Availability & Contact

The Day I Got Hit by the Tortilla Truck: My Healing Journey is now available on the official website,

Amazon, and other online platforms in multiple formats; paperback, hardcover, e-Book. Follow the listed channels below to stay up to date with any exciting news and events regarding Rosenfeld and her literary journey:

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