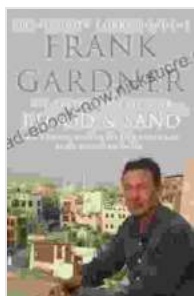


The BBC Security Correspondent's Own Extraordinary and Inspiring Story

From the horrors of war, a testament to the resilience of the human spirit

Frank Gardner, a former BBC security correspondent, has written a book about his harrowing experience of being shot during an ambush in Saudi Arabia. In his book, *Blood and Sand*, Gardner recounts the details of the attack, his subsequent recovery, and the extraordinary journey of resilience that he has undertaken since then.



Blood and Sand: The BBC security correspondent's own extraordinary and inspiring story by Frank Gardner

★★★★☆ 4.7 out of 5

Language : English
File size : 8745 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 513 pages



On June 6, 2004, Gardner was traveling with a team of journalists in southern Saudi Arabia when they were ambushed by three gunmen. Gardner was shot six times, including once in the spine, and left for dead. He was miraculously rescued by a passing ambulance and taken to a hospital in Riyadh, where he underwent several life-saving surgeries.

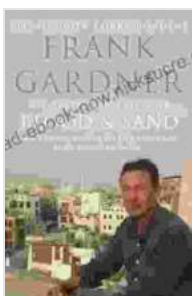
In *Blood and Sand*, Gardner describes the excruciating pain and mental anguish he endured during his recovery. He also reveals the profound psychological impact that the attack had on him, including the development of post-traumatic stress disorder (PTSD). However, Gardner also writes about the extraordinary support he received from his family, friends, and colleagues, and the unwavering determination that he has shown in rebuilding his life.

Today, Gardner is a wheelchair user, but he has not let his disability define him. He has returned to work as a BBC security correspondent and has become a vocal advocate for the rights of people with disabilities. He has also written several books about his experiences, including *The Long Road Home* and *Checkpoint Wars*.

Frank Gardner's story is an extraordinary testament to the resilience of the human spirit. It is a story of hope, courage, and determination, and it is an inspiration to us all.

Additional Resources

- BBC News: Frank Gardner: My 'second chance' after Saudi shooting
- The Guardian: BBC reporter shot in Saudi Arabia
- The Telegraph: BBC reporter Frank Gardner shot in Saudi Arabia



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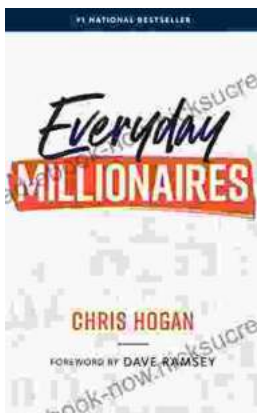
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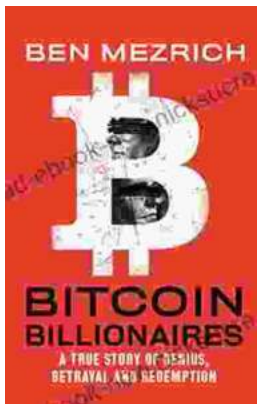
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