BUILD A CUSTOM 10/22® STEP BY STEP

Amilcar Hernandez

The following writeup is from the book:

BUILD A CUSTOME RUGER 10/22® STEP BY STEP.

I hope you enjoy the following information.

THE TRIGGER

The Ruger® 10/22® triggers produced in the late 60s and early 70s were not bad. Triggers produced after that are not as good. They have more creep and a stiffer trigger pull. The current production rifles have a stiff trigger pull. Some members at Rimfire Central have reported that new, out of the box 10/22®s come with a 4 lbs. trigger pull. This is rare; consider yourself fortunate if you have one. At the other extreme, it has been as bad as a whopping 7.5 lbs. of trigger pull. If you buy a new 10/22® carbine rifle or order a new Ruger® standard trigger group, expect the trigger pull to be anywhere between 4 ½ to 6 lbs.

Purpose	Trigger Pull
Plinking	3 to 4 lbs.
Hunting	2 ½ to 4 lbs.
Target	1 ½ to 2 ½ lbs.
Bench	.4 oz. to 1 lb.

Besides the barrel, the trigger plays a major factor for accuracy. Trigger pull is a personal choice, but a nice crisp trigger will go a long way towards accurate shooting. The table on the left is a general guideline for a trigger pull.

Stock Trigger Group

When Ruger® first introduced the plastic/Polymer trigger housing, I immediately hated it. How could Ruger® do that to me? It took some time but I have to admit that the new high-tech plastic trigger housing has grown on me. One of my best shooters has a plastic trigger group. In fact, many 10/22® gunsmiths prefer to work on the new plastic housings instead of the old metal ones.

If you want to improve the factory trigger group, you have three options.

- Gunsmith Work
- Parts Upgrade
- Do it Yourself Trigger Job

Gunsmith Work

If you are not handy with your hands or do not want to mess with a trigger job, let a gunsmith do the trigger job for you. The following are two well-known experts with 10/22® triggers. This option is cost-effective and will give you a good trigger. These two resources are highly praised by many 10/22® enthusiasts.

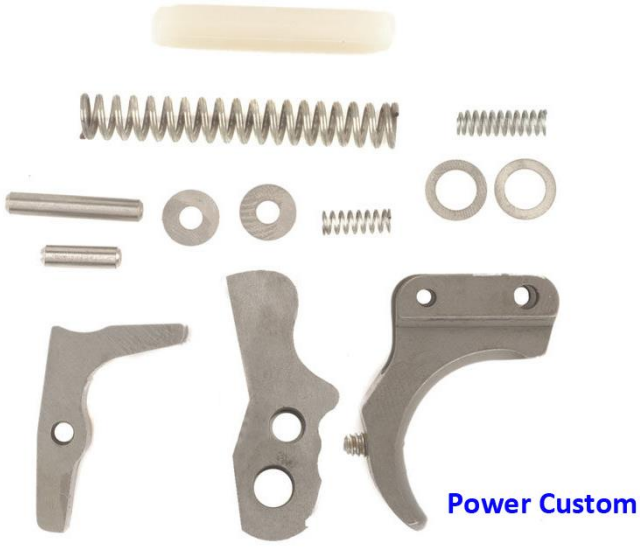
Brimstone Gunsmith: http://brimstonegunsmithing.com/ruger-10-22/

Connecticut Precision Chambering: www.ct-precision.com

Parts Upgrade

This option is for people that feel comfortable working with their hands. There are vendors that offer trigger kits that will improve the stock trigger considerably at a reasonable cost. Depending on the kit you select, most of these trigger kits will reduce the trigger pull down to anywhere from 2 ½ to 3 lbs.

The costs for some of these kits start about $19. The more complete kits are around $125 dollars.



Trigger Kit References:

Clark Custom	www.clarkcustomguns.com/product-category/ruger10-22parts
Kidd	www.coolguyguns.com
Volquartsen	www.volquartsen.com
Power Custom	www.powercustom.com
Powder River Precision	https://powderriverprecision.com/
JWH Custom	www.jwhcustom.com
MidwayUSA	www.midwayusa.com
Tandemkross	www.tandemkross.com

Timney Triggers https://timneytriggers.com/

Do it Yourself Trigger Job

This option is for the hard-core handyman. This option has a minimal cost, if any; and the people that have done it have a great sense of satisfaction. It is like fixing your own hot rod versus sending it to an auto shop to get it worked on. This is not rocket science. In fact, you can do a Google search and you will see pretty much what you're about to find here. There might be a few things in these instructions not found in a Google search. Most of the work is polishing and buffing. You will require a few tools. If you are a handyman, you probably have everything you need.

After doing the following steps, you should get a better trigger pull and less trigger creep. Depending on how aggressive you tackle the trigger job, you can reduce the trigger pull down to 2 ½ to 3 ½ lbs. This is not a bench rest trigger, but it is much better than a 4 ½ to 6 lbs. factory trigger pull. Do the following steps, but remember that this does not mean this is the only way.

- Trigger Pull
- Pinning the Ejector
- Disassemble the Trigger
- Bolt Release Mod
- Trigger Plunger and Spring
- Trigger Stop
- Polishing the Hammer
- Polishing Hammer Strut
- Polishing the Disconnector
- The Sear

Trigger Pull

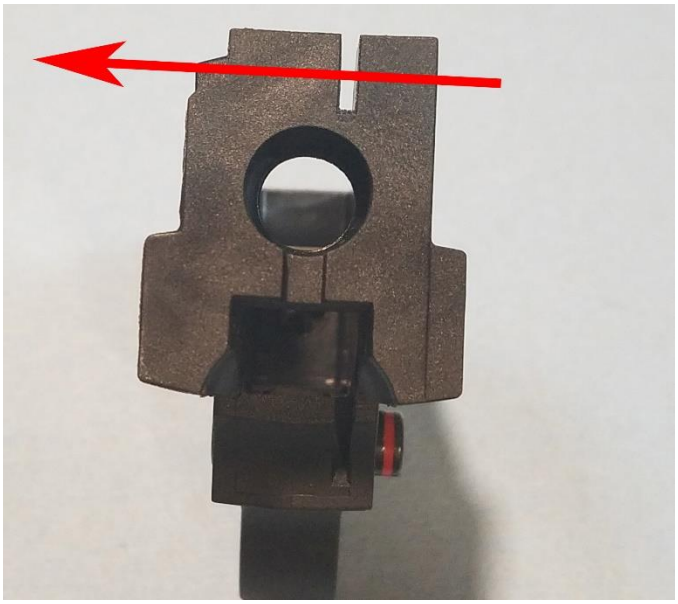
Before you start, take a trigger pull reading. Do it three times to get an average. You want to have a baseline to see how much your trigger job has improved. A digital trigger-pull gauge is nice, but a simple, inexpensive trigger pull gauge will do the job. Wheeler Engineering makes the gauge shown in the picture. I have used this gauge for years and it has served me well.

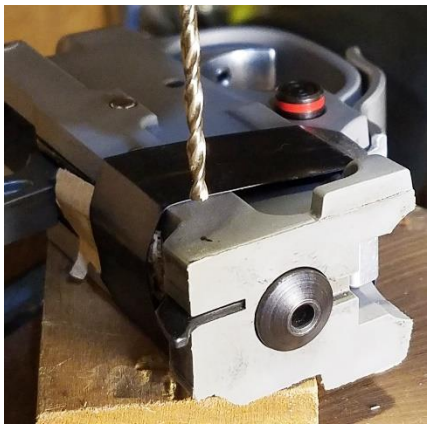
I ordered this new factory Ruger® trigger just for this demonstration. I paid $39, plus shipping. After three pulls, the average trigger pulls averaged around 4 ½ lbs. I got lucky, the last few trigger jobs I did the average trigger pull were around 5 ½ lbs.

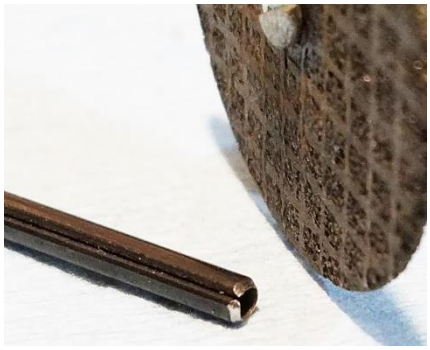
Pinning the Ejector:

This modification is simple and I consider it optimal. Pinning the ejector to the housing keeps the ejector nice and firm inside the trigger group. I see two advantages to this mod. First, this keeps the ejector from flopping around when the rifle fires. Most of the ejectors do not have a snug fit and are loose. Remember, you do not want loose parts shaking or moving around. Second, the modification keeps the ejector from falling off when disassembling the trigger group.

- Keep the ejector installed when doing this mod
- Use a 3/32” Cobalt drill bit because the ejector is a hardened steel
- Make sure the ejector is seated firmly as you drill through the housing and ejector.
- Use a 3/32” by 3/4” roll pin. Make sure to bevel one end of the roll pin, so it goes in easier through the ejector
- Tap in the roll pin and you're done

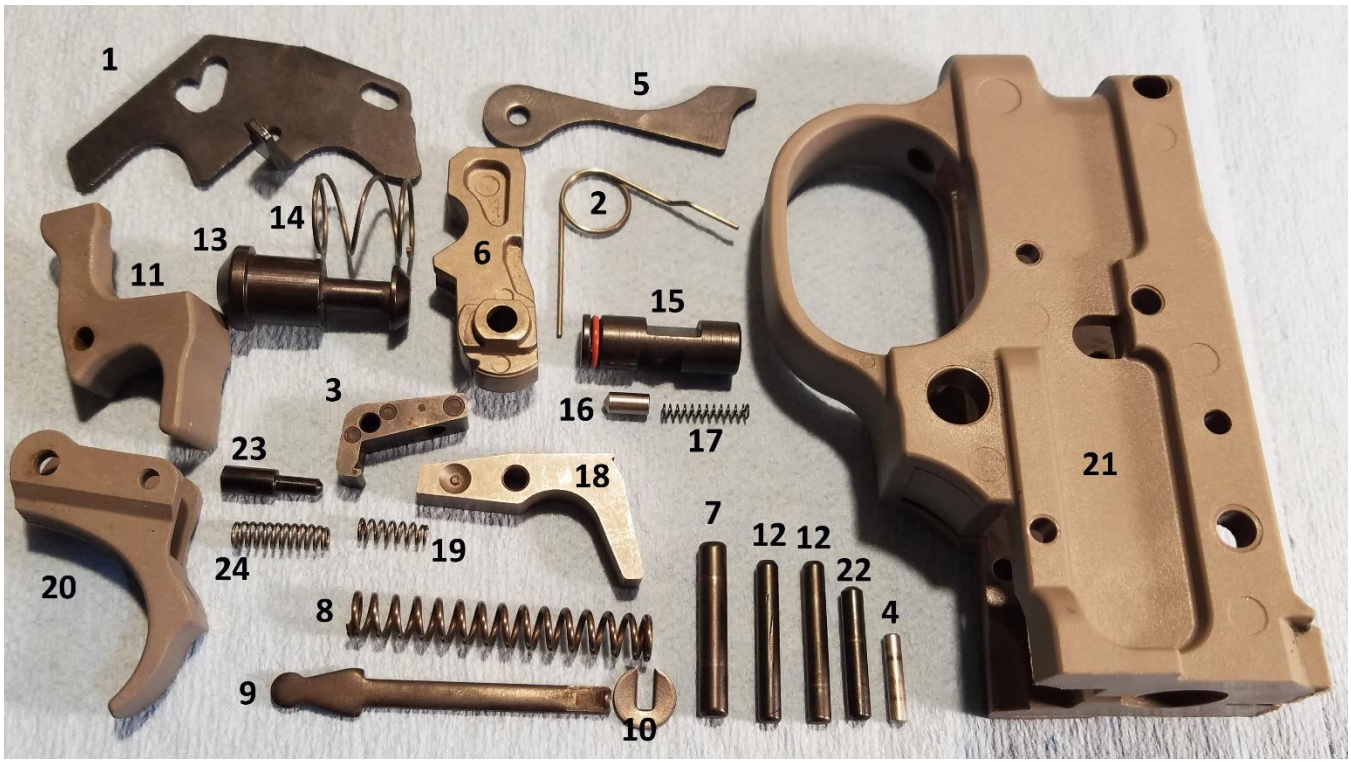






Disassemble the trigger

Get familiar with all the internals and inspect every part. If you have done this before, it is no big deal. If you are a novice to the 10/22®, do not worry, it is not that difficult; in fact, after a few times, you will be able to disassemble and assemble a trigger group in 30 seconds.



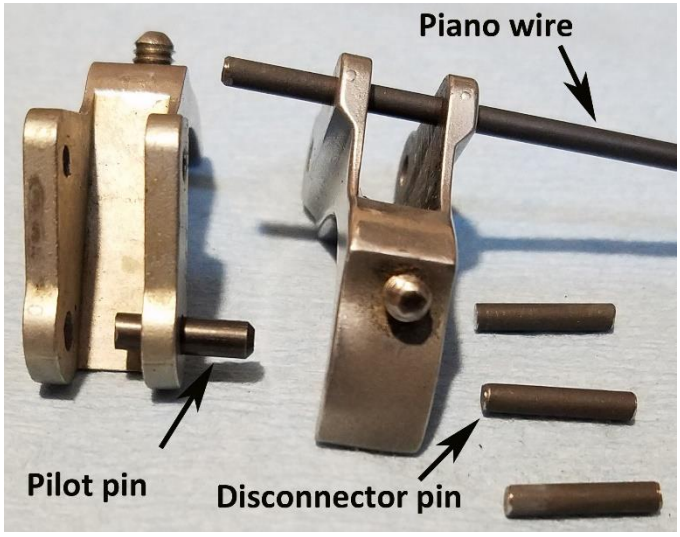
Trigger Parts

1) Bolt Release
2) Bolt Lock Spring
3) Disconnector
4) Disconnector Pivot Pin
5) Ejector
6) Hammer
7) Hammer Pivot Pin
8) Hammer Spring
9) Hammer Strut
10) Hammer Strut Washer
11) Magazine Release
12) Magazine Release Pivot & Ejector Pin
13) Magazine Release Plunger
14) Magazine Release Plunger Spring
15) Safety
16) Safety Detent Plunger
17) Safety Detent Plunger Spring
18) Sear
19) Sear Spring
20) Trigger
21) Trigger Guard/Housing
22) Trigger Pivot Pin
23) Trigger Plunger
24) Trigger Plunger Spring

NOTE: Some, if not all, of the pins are loose or they seem undersized. The three most critical pins for a smooth and fine-tuned trigger are:

- Disconnector Pivot Pin
- Trigger Pivot Pin
- Hammer Pivot Pin

If the pins are loose, you can make your own using old drill bits, steel bar stock, piano wire, bolts, or nails. You can use almost anything since the pins do not have to be super hard steel. While you are at it, make a couple of sear pilot pins to use when installing the trigger.

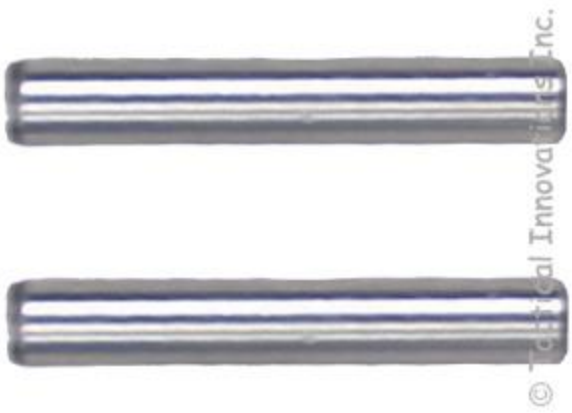


As the picture shows, I made several disconnector pins and a pilot pin using piano/music wire purchased at a hobby shop. I brought my caliper with me to the hobby shop to measure the diameter. The trick is to find one slightly larger than the standard size.

If you plan to make your own pins, this chart will help you. An inexpensive caliper is handy to get the measurements.

Trigger and Receiver Pins			
Pins	**Standard Size**	**Size**	**Over Size**
Mag Pivot	1/8" x 7/8"	0.124	0.126
Ejector	1/8" x 7/8"	0.124	0.126
Hammer	5/32" x 1"	0.154	0.156
Trigger/sear	1/8" x 3/4"	0.124	0.126
Disconnector	3/32" x 1/2"	0.093	0.095
Receiver	3/16" x 1-1/4"	0.186	0.188
Pilot Pin	1/8" x 7/16"	0.124	

The Receiver Cross Pins also have a loose fit. You can make your own pins or opt to buy new oversized pins. The Kidd receiver pins are popular.

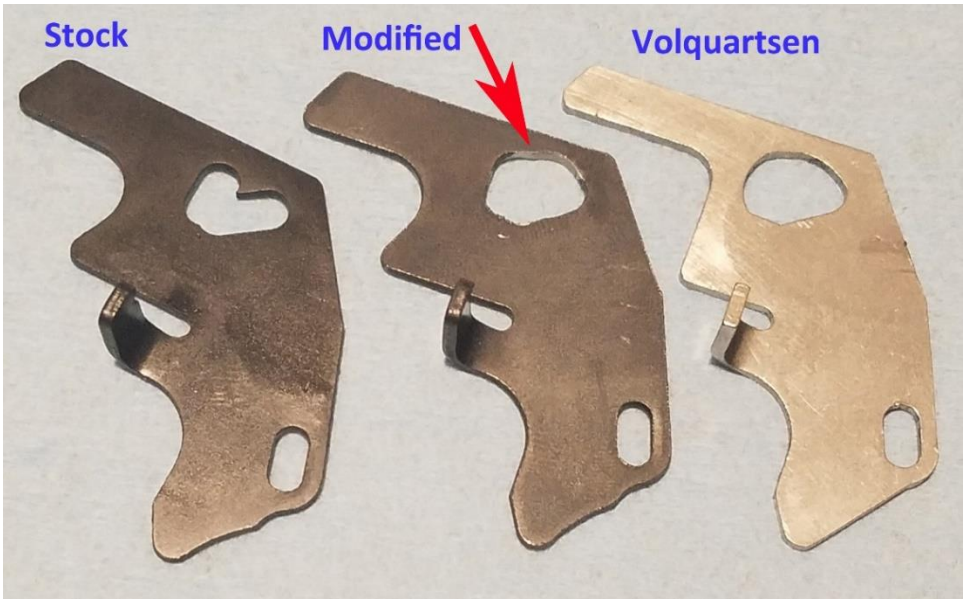


References:

Kidd	www.coolguyguns.com
Tactical Innovations	www.tacticalinc.com
MidwayUSA	www.midwayusa.com

Bolt Release Mod

This is a good time to do the bolt release modification. You can use a file or a Dremel tool. In the picture, the left bolt release is unaltered. The center bolt release has been modified. The one on the right is an aftermarket bolt lock made by Volquartsen. The grinding does not need to be precise.



NOTE: You can always buy an aftermarket bolt release if you wish.

If you do not want to mess with the factory bolt release, you can buy an aftermarket one. There are many to select from.

These are a few aftermarket bolt releases:

References:

Clark Custom	www.larkcustomguns.com/product-category/ruger10-22parts
Kidd	www.coolguyguns.com
Volquartsen	www.volquartsen.com
Power Custom	www.powercustom.com
JWH Custom	www.jwhcustom.com
MidwayUSA	www.midwayusa.com
Tandemkross	www.tandemkross.com

Trigger Plunger and Spring

Next, work on the trigger plunger and spring. Polish the plunger as shown in the picture. The trigger return spring is stiff, and it is a major factor for a lighter trigger pull. Start by cutting 1-1/2 coils and test. If needed go back later and cut ½ a coil at a time. Do not cut more than three coils. You can always replace the trigger return spring if you need one.

There are aftermarket trigger return strings with reduced tension. Kidd sells a set of trigger return springs with different tensions and a pilot pin to make the trigger assembly easier. Wolf Springs also sells reduced tensions replacement springs for the 10/22®.

References:

Clark Custom	www.larkcustomguns.com/product-category/ruger10-22parts
Kidd	www.coolguyguns.com
Volquartsen	volquartsen.com
Power Custom	www.powercustom.com
JWH Custom	www.jwhcustom.com
MidwayUSA	www.midwayusa.com

Trigger Stop Mod:

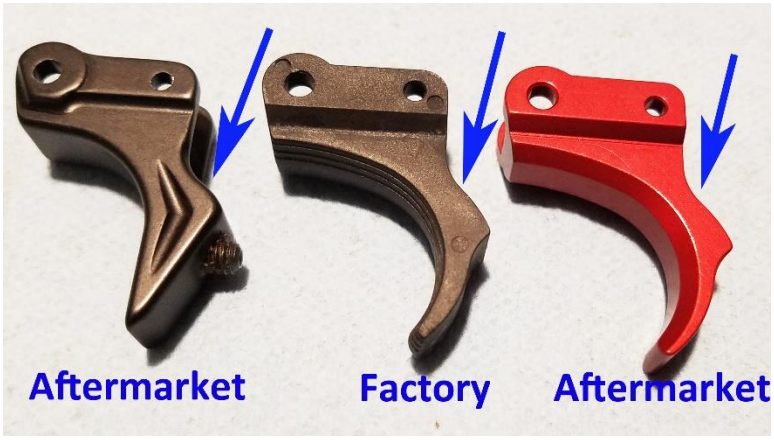
Many people are happy with the factory plastic trigger blade, and just as many are not. There is nothing wrong with the factory polymer/plastic trigger blade. You can modify the original. If you are not happy with it, you can always buy an aftermarket trigger blade. This is a simple modification. Use an 8-32 drill bit, drill a hole, tap, and screw in a socket set screw.

Use a 5/16” or a 1/4” socket set screw. The length will depend on the trigger design and the angle of the hole you drill.

If you decide to replace the factory trigger with an aftermarket trigger, note the following:

Selecting an aftermarket trigger can be tricky. Most people buy them because of the look/color or the material they are made of. The slight difference in the design can affect the overall trigger pull. Look at the blue arrow in the next picture.

Notice how the surface behind the trigger varies on these three triggers. The angle of the back of the blade can vary from brand to brand. Some trigger blades push the trigger plunger up and back which causes more friction, others push the plunger straight back which causes less friction. This is a big deal if you are serious about bringing the trigger pull down to 1 ½ lb or less. The subtle shape/design of the rear trigger blade could make the difference of a few ounces in a trigger pull. This is not important for a 3 to 4 lbs. trigger pull.



Notice the slight angles of these three triggers. Guess which one will cause more friction on the trigger plunger?

This trigger blade, when depressed pushes the trigger plunger up and to the rear. This is no big deal if you have a 3 or 4 lbs. trigger pull. If you are striving to a 1 ½ lb. trigger pull or less, this is not the trigger blade for you.

Spring Tip:

Inserting the trigger plunger backward and using the spring will help if you have the right trigger blade and your goal is a light trigger pull. The two triggers below have a 1 ½ lb. trigger pull.

If you want to upgrade the factory trigger blade here are a few examples.

Power Custom

Volquartsen

Clark

NOTE: There are other designs for the trigger return spring. These are not mentioned in this book.

References:

Clark Custom	www.clarkcustomguns.com/product-category/ruger10-22parts
Volquartsen	www.volquartsen.com

Power Custom	www.powercustom.com
MidwayUSA	www.midwayusa.com
Tactical Innovations	www.tacticalinc.com

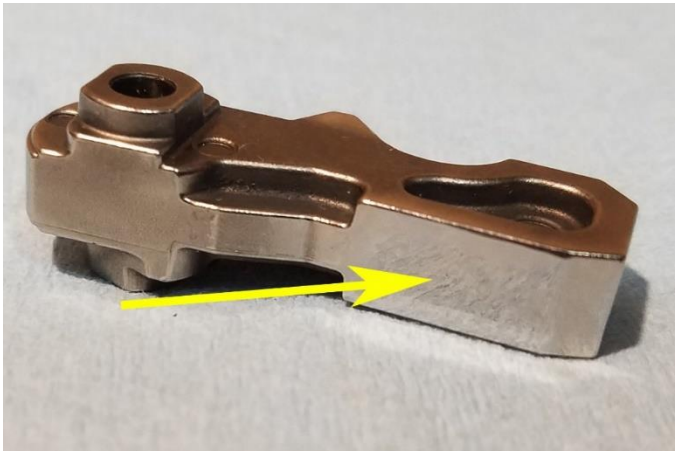
Polishing the Hammer:

This is where the watch-your-step begins. There are three parts to this mod. You will need a knife sharpening stones and a buffing wheel for these tasks.

- Polish the Hammer Surface
- Polish the Hammer Shoe
- Square the Hammer Hook

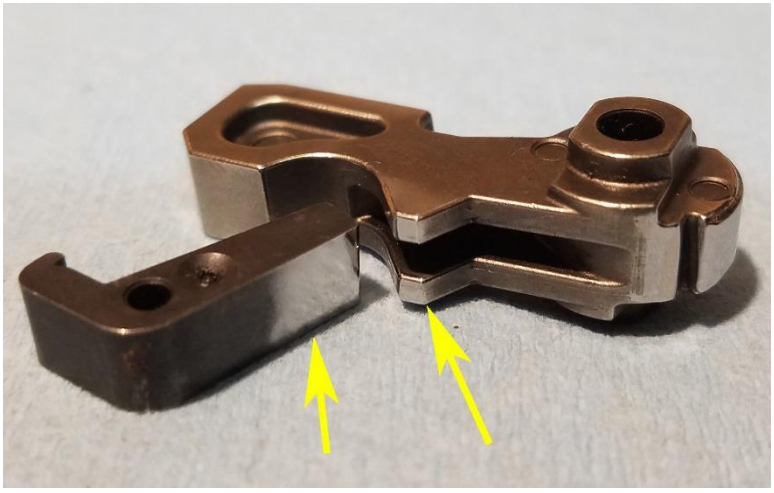
Polish the Hammer Surface

Polish the hammer surface that rides on the bolt when the rifle cycles. This helps the hammer slide on the bolt smoother.



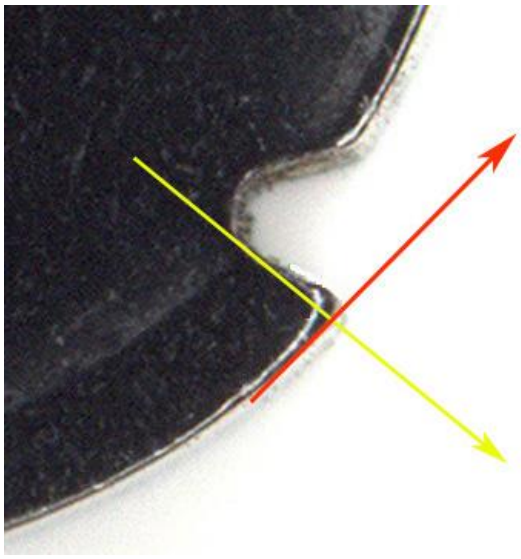
Polish the Hammer Shoe

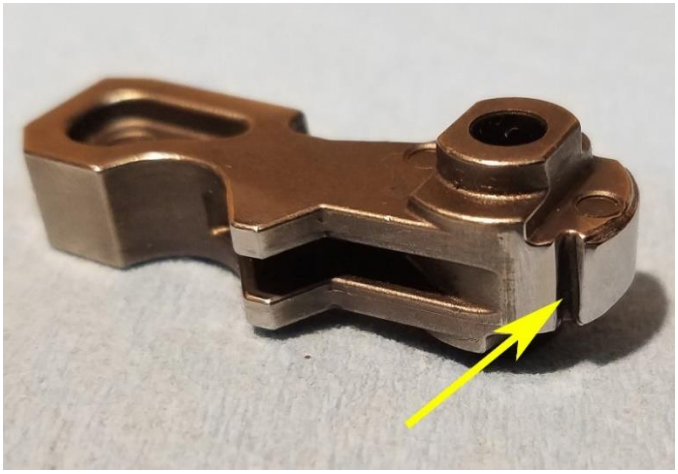
Polish the hammer shoe (right arrow) that contacts the disconnector (left arrow). When the bolt moves to the rear, the hammer shoe presses the disconnector at the end. You want these two surfaces to be smooth.



Square the Hammer Hook

The factory hammer has a deep notch shaped like a **"U."** The trick is to square the notch and reshape it from a **"U"** shape so it looks like an **"L"** shape. Look at the YELLOW line on the next page. Use a fine stone to remove material and reshape the notch. Once you have it squared, look at the RED line. Clean up with a stone and polish. Take it slow and check your results. It would be a good idea to use a magnifying glass to see your work.





NOTE: In the event, you go overboard, you can buy a new factory or an aftermarket hammer.

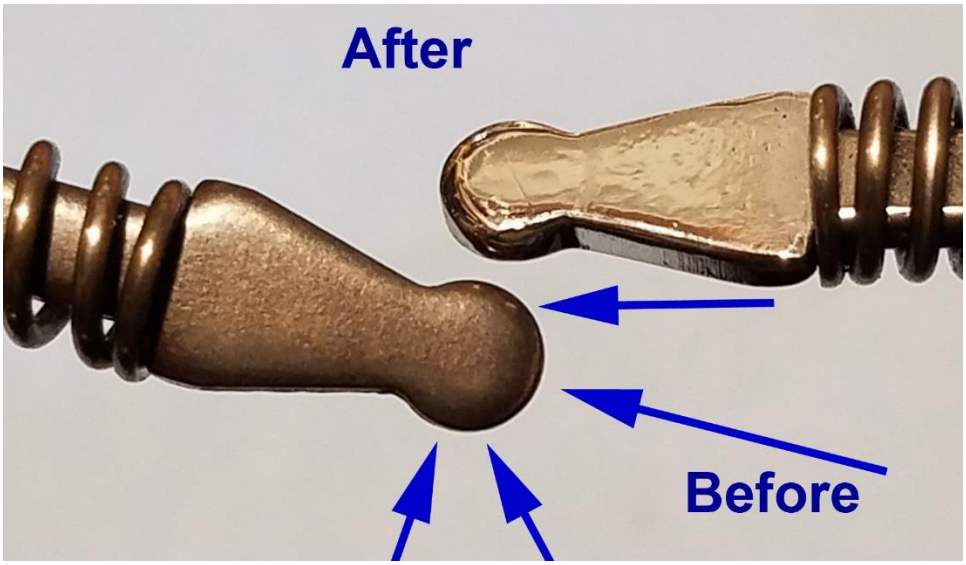
References:

S&P Outfitters LLC www.sapoutfitters.com

Shop Ruger www.shopruger.com

Polishing the Hammer Strut

In the picture, look at the blue arrows. Some hammer struts are rough at the tip. If your hammer strut has cast markings or is uneven, this is a good time to clean it up. Use a stone to remove the cast markings and finish with the buffing wheel.



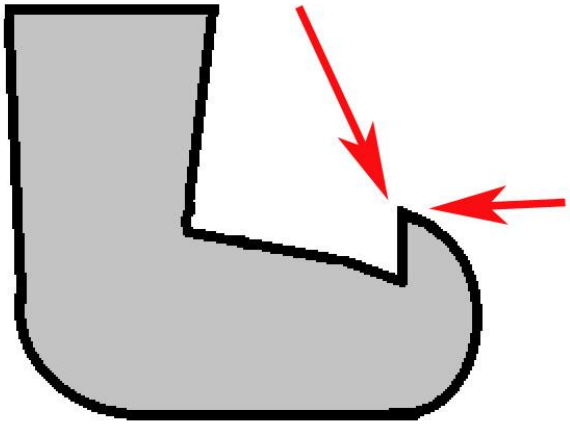
References:

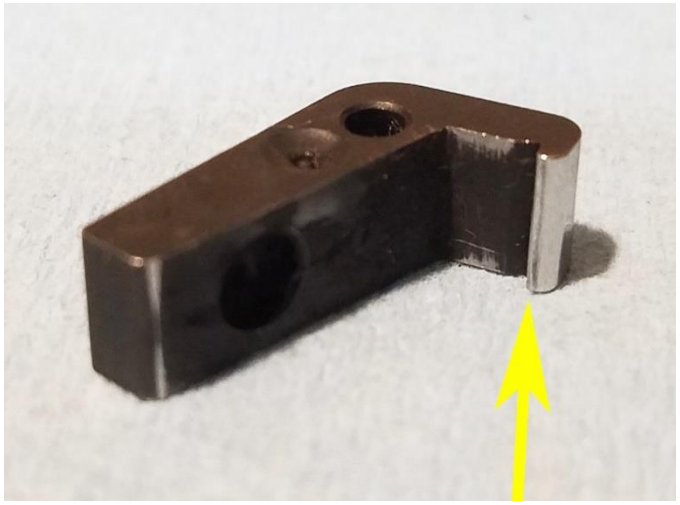
S&P Outfitters LLC	www.sapoutfitters.com
Shop Ruger	www.shopruger.com
MidwayUSA	www.midwayusa.com

Polishing the Disconnector:

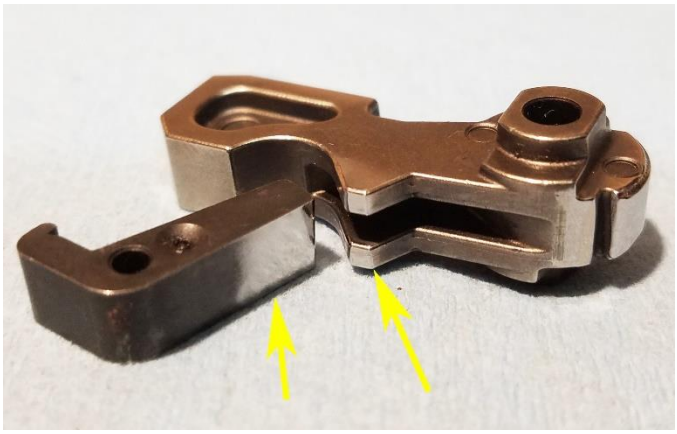
You can use a fine knife sharpening stone to polish the disconnector. After you are satisfied, you can use a Dremel buffing wheel with polishing compound to clean it until the area looks like shiny chrome. There are two areas on the disconnector you want to polish:

First, polish the disconnector hook where it engages with the sear. It is a small area, and this helps a lot, especially if you are looking for a 1-lb. trigger pull. Remove the rough edge at the hook and buff when finished.

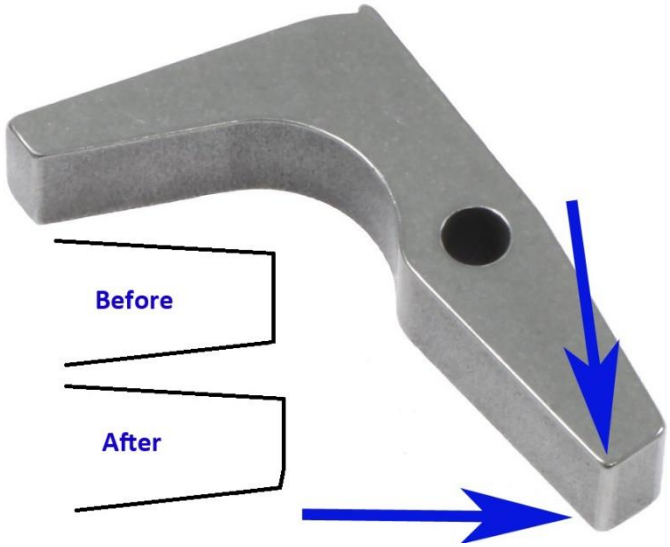




The second area to polish is at the back of the disconnector were the hammer shoe makes contact. See the next image.



Polishing the Sear

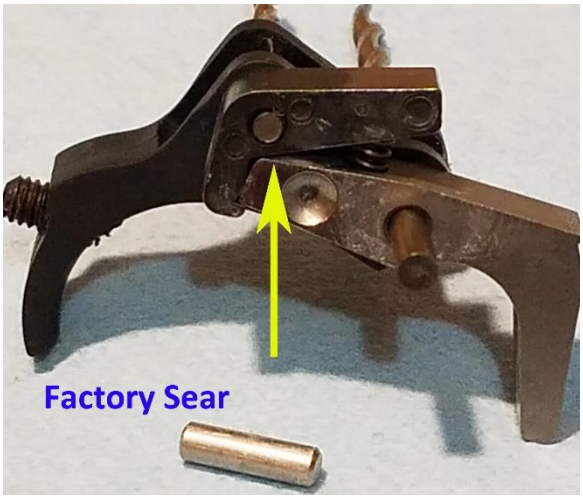


The trick is to smooth and polish the sear where it engages the disconnector. Polishing the sear arm where it engages the disconnector is especially important. A softer or weaker trigger return spring will not have the force to engage the sear. This mod helps the sear reset with lighter tension trigger return springs.

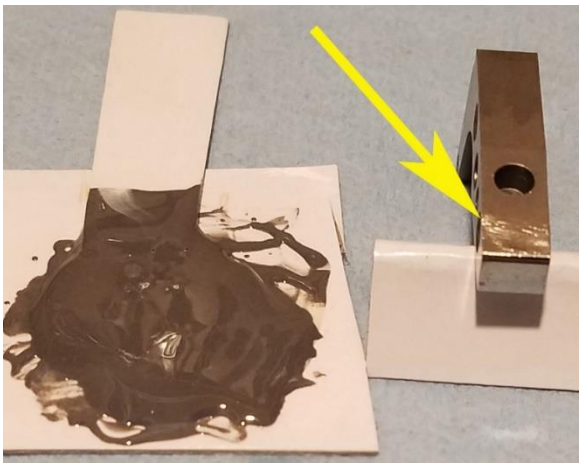
Polish the sear arm at the blue arrows. You want it slightly rounded and smooth as glass. After polishing the sear, I recommend assembling the trigger group and spend time in the range. Many people are happy with the trigger pull and the slight creep. Depending on how aggressive you have worked the internals, you should have dropped the trigger pull buy 2 or 3 lbs. If you feel you have too much creep in the trigger, then do the J&B Weld modification.

Sear J&B Weld Mod

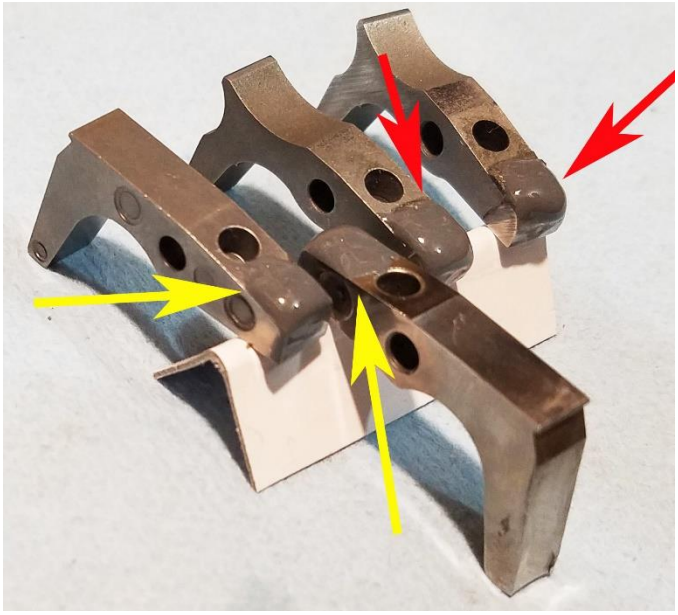
If you want to reduce trigger creep, this mod will work. The trick is to get rid of the slop/space between the sear and disconnector. Look at the arrow below. The gap does not look like much, but it makes a difference. There are several ways to approach this mod. Do what works best for you. The following is a suggestion on one method.



You need to fill in the gap with some material. The most popular method is using J&B Weld. There are two types of J&B Weld mixtures available: fast drying and slow drying. The slow dying J&B Weld is the hardest, but it takes longer to cure.

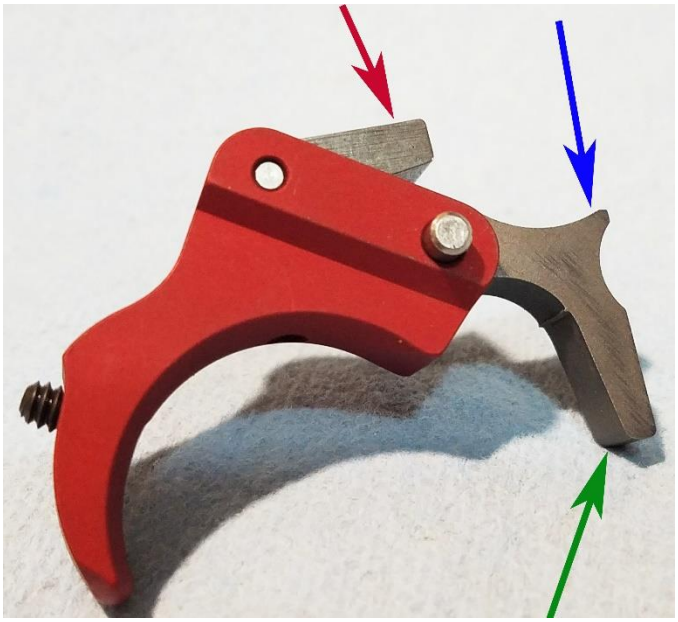


- Mix the two parts thoroughly. At first, the J&B Weld is runny.
- Let the mixture sit for up to 30 to 45 minutes or until it firms up like putty or clay
- Clean and rough up the end of the sear arm with a file or sandpaper. This will help bond the J&B Weld to the metal.
- Apply the J&B Weld putty on the sear
- You can fit the sear after several hours. Trim the sides with a knife or razor blade
- The picture below shows the J&B Weld material that needs to be filed down. I use fine sandpaper.



Testing the J&B Mod Externally:

- Assemble the trigger, disconnector, and sear as shown in the picture
- Pressing downward on the sear (Blue arrow) will engage the sear with the disconnector
- Pressing downward on the disconnector (Red arrow) will release the sear from the disconnector



You should be able to apply strong upward pressure on the sear (Green Arrow) and it should not release the sear from the discounter. If it releases the disconnector, you need to remove a little more J&B Weld material. Keep in mind you will need to remove a little material, maybe one pass with sandpaper. Removing too much J&B Weld will increase creep in the trigger pull. You can always add more J&B Weld, fit the sear, and test again. In the event you damage any of the trigger internals, you can get replacement parts from several vendors.

Mix Match Parts

Trigger work is not that difficult; however, it does require attention to detail. If you plan to do your own trigger job, I would recommend buying a Ruger® BX trigger. This way you have a good trigger and you can work on your factory trigger slowly. If you happen to do a "whoops," you can order replacement parts for it. I have several complete trigger groups on the side that I tinker with and test.

Working on triggers has become a separate hobby for me. I always have several on the side that I use to test different modifications and aftermarket trigger parts/accessories.

My spare triggers have all kinds of mix-matched internals.

Magazine Release

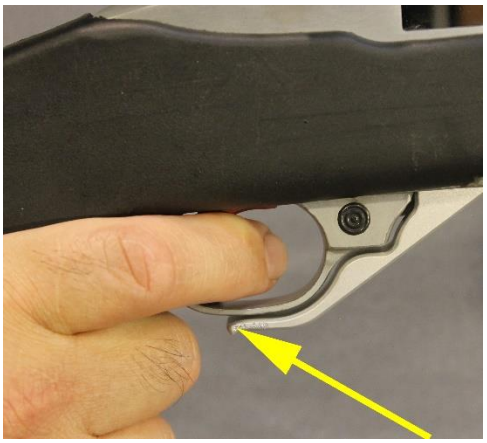
One of the most replaced aftermarket parts on the trigger group is the magazine release. I'm a big fan of extended magazine release. Basically, there are two basic designs short and long.

Short Extended Magazine Releases

Long Extended Magazine Releases

The Crossfire extended paddle release is my favorite. I just wish it came in alloy and in different colors. I like this release for a couple of reasons. The release follows the contour of the trigger housing nice and tight. I also like the fact that my hand never leaves the grip so my trigger finger can reach the level.

Some extended long magazine release levers don't work well with some stocks that have a handgrip. In the picture below you see that I had to shorten the Kidd lever because it was rubbing against my middle finger.



Kidd offers and interesting magazine release setup. The plunger arm staying in the trigger assembly. The levels can be replaced without taking the trigger group apart.

NOTE:

The factory plunger spring works well with the factory BX-1 ten-round magazine. You might consider a heavier spring when you use heavier high capacity magazines. Another benefit of a stronger tension spring comes into play when a long lever-type magazine release is installed. The longer lever has a little more leverage making it feel like the factory plunger spring is weaker. A stronger tension plunger spring will keep the magazine snugger and give a long magazine level more tension.

References:

MidwayUSA	www.midwayusa.com
Kidd	www.coolguyguns.com
Clark Custom	www.clarkcustomguns.com/product-category/ruger10-22parts
Tactical Innovations	www.tacticalinc.com
S&P Outfitters LLC	www.sapoutfitters.com
Shop Ruger	www.shopruger.com

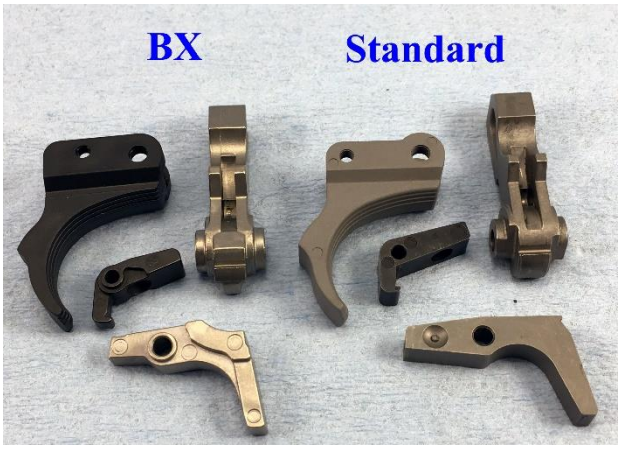
Aftermarket Trigger Assembly

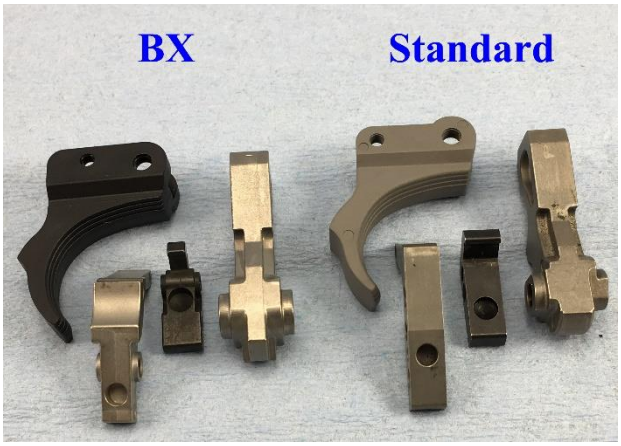
For a complete, new aftermarket trigger group, you have many options. Remember your wallet is your guide. You can get a complete drop-in trigger group for as low as $59.00. If you want a bench rest rifle, expect to pay as much as $350 for a trigger group.

If you are on a strict budget, you cannot go wrong with a Ruger® BX trigger group. It is a complete drop-in replacement. If you are looking for the best trigger for the dollar, this is it. The average trigger pull is between 2 ½ and 3 lbs. If you are familiar with the factory trigger pull, this will feel like night and day. Many people have been happy with it. The lowest current street price for the BX-Trigger is around $59.

The BX trigger is a great trigger, but it is not a perfect trigger. As stated, many are happy with the BX trigger, but some people want a lighter trigger pull with zero creep.

If you are wondering if the internals between the BX and standard Ruger® trigger group are different and are interchangeable here is the answer.





These four parts are different. The trigger blade, sear, disconnector, and the hammer. All the rest are interchangeable.

If you have a Ruger® BX trigger and want to lighten the trigger pull and reduce trigger creep, you have two options.

- Work on the trigger yourself using the instructions as described above.
- The best option is sending the trigger to Brimstone Gunsmithing: http://brimstonegunsmithing.com/ruger-10-22/

This is a list of trigger group features to consider:

- Material - Alloy or plastic
- Weight - This is not much of an issue unless you are striving for the lightest possible rifle
- Color - Silver, black, green, blue, etc.
- Features - Set trigger pull or adjustable
- Other - With extended magazine release and or a modified bolt release feature

If the BX trigger is not for you, then visit the following companies listed, take out your wallet, and make your selection. The costs for these are a lot more, but in all honesty, you get a lot better trigger. For plinking or hunting, these aftermarket trigger groups are an overkill. If you want precision and the best accuracy possible, you need to take a serious look at these trigger groups. For plinking, hunting, and target shooting, a 1-stage trigger is all you need. Many bench rest shooters prefer 2-stage triggers. If you are interested in a 2-stage trigger, take a look at the Kidd triggers.

Volquartsen

Clark Custom

Tip: Pike Arms Trigger Housing

As I mentioned before, I am starting to like the plastic/polymer trigger housings, but sometimes a metal housing is just too cool to pass up. If you want a metal/alloy trigger housing, you cannot go wrong with an aftermarket stripped Pike Arms trigger housing.

You can transfer the internals from your current trigger group into a new Pike Arms metal housing. They come in many colors.

TIP: If the internals that you are transferring has a trigger pull of 1 ½ lb or less, you will need to modify the trigger return spring that comes with the Pike Arms metal housing. I noticed that for trigger pulls of 2 lbs or more the original spring works fine. My triggers have a 1 ½ or 1 ¾ lb trigger pull. I had to cut two or three coils off the Pike Arms spring to keep the same trigger pull. On my first transfer, I got too aggressive with my Dremel tool. I ended cutting too much off the return spring. The trigger would not reset.

I found the perfect solution. I used the spring of a BIC lighter and cut another one the right size. On the next Pike Arms housing transfer, I just used my BIC spring and cut the spring size I needed and kept the original Pike Arms spring with my spare parts.

The Last Round

The 10/22® rifle is not designed to hold the bolt open after the last round is fired. If you want your custom rifle to have this function visit **Custom Shooting Technologies. CST**. They make a 2nd Generation Auto Bolt Stop kit that consists of a Power Custom bolt and bolt lock assembly unit.

References:

Clark Custom	www.clarkcustomguns.com/product-category/ruger10-22parts
CST	www.cstmtech.com
Kidd	www.coolguyguns.com
Tactical Innovations	www.tacticalinc.com
Power Custom	www.powercustom.com
Volquartsen	www.volquartsen.com
Timmy	www.timneytriggers.com

ABOUT THE AUTHOR

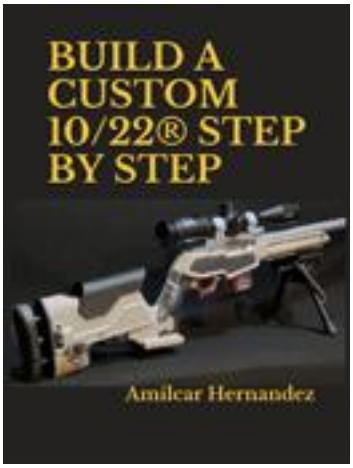
See Amilcar's biography at:

https://www.aumih.info/bio.html

Amilcar Hernandez took his first breath of air in 1954 in the industrial city of Monterrey Mexico. After his father abandoned then, he and his mother immigrated to the United States in search of the American Dream. At times, it was the American Nightmare. With dedication and persistence, he learned a new culture, a new language, and a new way of life with some hard knocks along the way. Amilcar is a retired computer system engineer. To keep active and his mind busy, he started a new chapter in his life as a writer.

His interests are riding a motorcycle, fishing, and target shooting.

BUILD A CUSTOM 10/ 22 ® STEP BY STEP

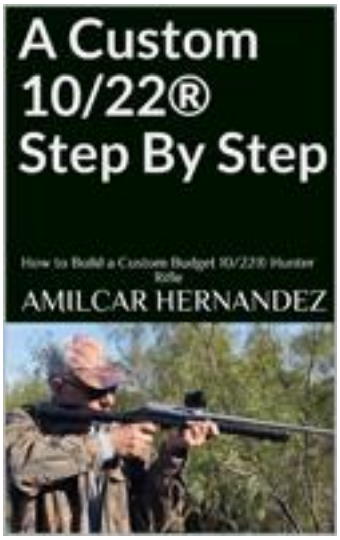


Buy

Do you like 22 caliber rifles? Have you always wanted a cool-looking, colorful, tack-driving .22 rifle? Ever thought of building one yourself? It's easy. This book, BUILD A CUSTOM 10/22® STEP BY STEP, takes even the beginner through step-by-step instructions on how to modify, upgrade, and customize your own 10/22. With large color photos, Amilcar shows you exactly what you need to do, and how you need to do it. It won't take thousands of dollars in tools either — in fact, you probably already have all the tools you need. Decades of knowledge and experience went into the making of this book so that you can enjoy a sport that is truly fun and rewarding. Filled with references that will get you to the right places to find just what you need for your own modification, BUILD A CUSTOM 10/22® STEP BY STEP takes the guesswork out of this fun DIY project!

A Custom 10/ 22 ® Step By Step

How to Build a Budget 10/22® Hunter Rifle

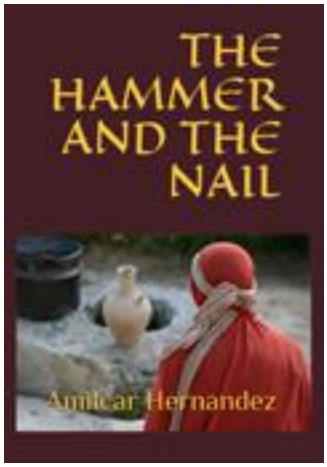


Buy

This book is a continuation of Build A CUSTOM 10/ 22® STEP BY STEP. In the previous book, every aspect of building a custom 10/22® rifle is discussed. This book takes that information further by illustrating how to build a custom 10/22® type rifle specifically for hunting.

If you ever thought about building a custom rabbit slayer rifle on a modest budget, this is the book for you. This book discusses all the components needed for Building a Custom Budget Hunter rifle together and why the parts were selected. The step-by-step approach will help you build one just like the one in the book or something similar to your liking. The book has detailed images of the step-by-step build project. The author explains why he used the parts he selected and other options available for a builder not on a budget.

THE HAMMER AND THE NAIL



Buy

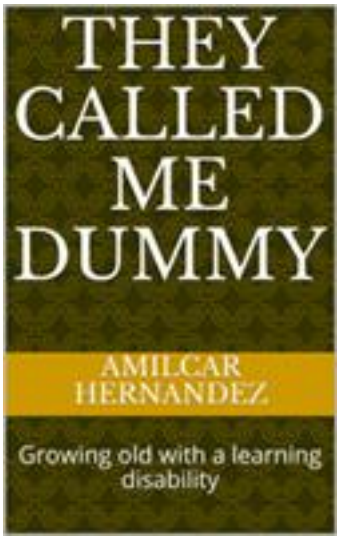
It's 21 AD., life is harsh under Roman occupation and even harder for a lonely peasant with no family or friends. Despite his miserable life, Oren seeks to better himself. But the harder he tries, the more difficult his life becomes.

At a low point in his life, fate shines on him. A Roman Tribune offers him work.

In Jerusalem, he finds the security and stability he dreams of—but discovers it comes with a price. He must decide. If he refuses, it could cost him his life. If he accepts, he will lose his soul.

THEY CALLED ME DUMMY

Growing old with a learning disability



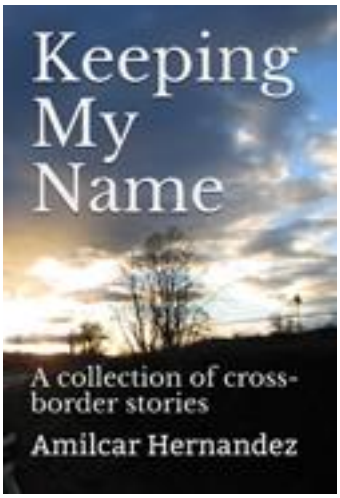
Buy

As a child, the author suspected there was something wrong with him. In his mid-thirties, he sought help and that is when he discovered and confirmed he had a learning disability (LD).

This book is about his experiences growing old with several forms of LD. The author writes of events that span from his childhood up to his golden years. He shares his struggles, his victories, his pains, and his joys. His story will give you an insight into the frustrations, anxieties, challenges, and depression associated with LD. The author explains how he learned to understand and accept his limitations, which helped him to live a positive, satisfying, and rewarding life.

Keeping My Name

A collection of cross-border stories



Buy

- A boy's painful experience with a gangster stepfather
- A boy's experience of the 1962 Cuban Missile Crisis
- The wisdom of an old man to his great-grandson
- A boy wants to show the adults he is not a child
- A child teaches the true meaning of sharing
- Feeling lonely on New Year
- A young recruit does not change his name
- A narrow escape with death
- Backing out of a wedding
- Mother's Day will never be the same