



No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life

By Kyle Maynard



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No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life By Kyle Maynard

He was born a congenital amputee, his arms ending at his elbows and his legs at his knees. But that didn't stop Kyle Maynard from becoming a champion, on the wrestling mat and in his life.

No Excuses

is the inspiring story of Kyle's battle against the odds. You'll learn about the family who supported him, the coach who trained him, and the faith that strengthened him to face the toughest fights.



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Editorial Review

Review

Praise for *NO EXCUSES*

"*No Excuses* will really pump you up. Kyle is the real deal . . . and is one of the most inspiring people I've ever met."

—ARNOLD SCHWARZENEGGER

"When I interviewed Kyle Maynard, he touched the hearts of more viewers than perhaps any other interview I've done. *No Excuses* is the book that Kyle Maynard fans, like me, have been waiting for. And let me tell you, it's terrific."

—LARRY KING

"Significant achievement occurs for those who have the courage to overcome disappointment and setbacks to pursue their dreams. This is an inspirational book about the perseverance of the human spirit. Let Kyle inspire you!"

—TROY AIKMAN

From the Inside Flap

Faced with impossible challenges Kyle Maynard lives life with *No Excuses*

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In addition to Kyle Maynard's amazing story, revealed in its entirety for the first time, you'll learn about:

- How Kyle's parents dealt with the shock of his birth
- Why they allowed him "no excuses"—and how that benefited Kyle as he learned to eat, type, write, and live without hands
- How Kyle earned his way onto the football team—as a hardnosed defensive lineman
- How Kyle triumphed as a top state wrestler in Georgia
- The core values that Kyle gained from his coach, his family, and the demands of competition
- How Kyle's own incredible success met a new barrier: from the federal government, which blocked him from a future NCAA wrestling career.
- How Kyle has changed people's minds and opinions on the value of life
- The principles that have made Kyle a champion.

BONUS:

- Kyle's very own diet and exercise regimen, which helped him compete at the highest levels
- Thirteen ways to live a *No Excuses* life

NO EXCUSES is a book about a courageous young man who faced the seemingly impossible challenge to live a normal life—and won a phenomenal victory.

About the Author

Kyle Maynard was born in 1986 with a rare disorder called congenital amputation. He has no forearms, shortened legs, and stands only four feet tall. Yet Kyle has learned to live a full and active life. Besides dealing with everyday challenges, he is an excellent student, has impeccable handwriting, and can type fifty words a minute. A competitor to the core, Kyle was determined to succeed as an athlete. Through hard work, the support of his family, and a coach who designed new wrestling moves like the “jawbreaker” and “buzz saw,” Kyle became one of the top high school wrestlers in the state of Georgia. In 2005, he broke the world record in the modified bench press by lifting 360 pounds, three times his body weight. Kyle is the 2004 ESPY Award Winner (Best Athlete with a Disability) and a recipient of the President’s Award for the Sports Humanitarian Hall of Fame. He is currently a student at the University of Georgia.

Users Review

From reader reviews:

Katherine Ouellette:

Information is provisions for anyone to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is inside former life are challenging to be find than now is taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you obtain the unstable resource then you have it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life as the daily resource information.

Mary Crist:

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Steven Ellison:

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