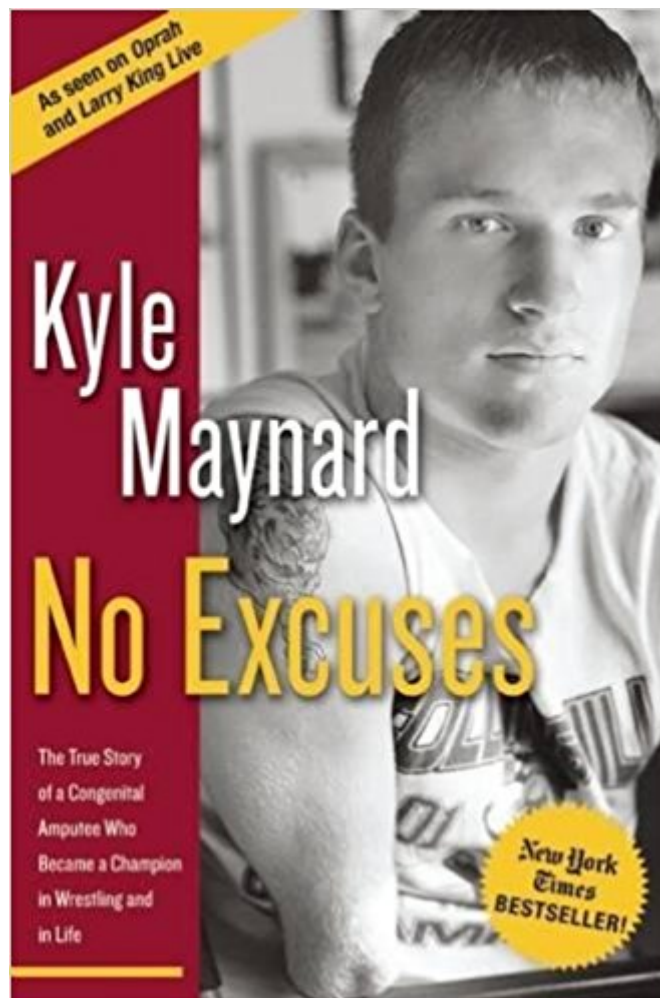




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# No Excuses: The True Story Of A Congenital Amputee Who Became A Champion In Wrestling And In Life



## Synopsis

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.

## Book Information

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## Customer Reviews

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

Faced with impossible challenges Kyle Maynard lives life with No Excuses 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. 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. --This text refers to an out of print or unavailable edition of this title.

Very motivating story, got it for my granddaughter who will be in a wheelchair temporarily from car accident to encourage her.

Five stars for a worthy story of one human among us but zero stars for the writing. Steel yourself for atrocious writing and then remind yourself throughout the book that you are reading it to learn of this young man's life and not for the writing -- and you may be able to appreciate and benefit from it. I apologize for my own shortcomings in having trouble getting over the writing - but I found it really horrendously bad - like a first draft from an 8th grader (again, I'm sorry to say this). I found myself distracted throughout by the lack of editing and the repetitive thoughts. I wish someone would have encouraged the young author to have an editor review the manuscript, because the story, nonetheless, is a worthwhile read. It's a simple book, so read it for just that. Kyle does not write with a maturity that comes with understanding how to express the emotions that drive him beyond just the raw, primordial impulse by which he is driven in his life to live with no excuses. And he doesn't allow us into his soul to understand how a man so young has learned to shut out doubt every day. At writing, he is still a youth who perhaps has not taken time yet to delve deep enough to put in writing his emotions. It is a short, very quick read - large type with lovely photos. An easy 2-hour

read. I recommend this book for grades 5-8.

It's an easy read that will keep you fully engaged from chapter to chapter. However, don't read this book if you're intending to stay where you are in life. Once you see what Kyle has achieved, overcoming the challenges he has faced, the book is truly appropriately titled. And its message will hit home with you as it did me. We all are exactly where we've chosen to be. And so, in the end, the book is really not about Kyle at all. It's really about all of us, and it's time to choose differently with no excuses!

I was really excited about this book. Kyle's story is very inspirational - not letting anything get in his way of achieving his goals. When I started reading, however, I became less and less enthralled. While the story is still impressive, the telling was lacking. The writing was somewhat simplistic, and the organization makes the story hard to follow. He jumps around chronologically, making it difficult to follow the progression of his struggles and triumphs. Some of his points are repeated many times in more or less the same language. In all, I only made it through about half the book before I lost interest in wading through for the few glimmers of inspiration buried deep down.

This book is a fantastic read for anyone stuck the least bit in self pity. I am a cancer survivor and reading this book helped to put things in perspective. Painful realities like Neuropathy can become too large of a focus and hence a limitation. I feel much better and more in control of my life after reading this special book. Too often, people let things which can be overcome become a wall instead of a challenging hurdle. For those of you who did not wrestle in High School this could be a long read. I encourage you to relate his love of wrestling for any passion you have felt in your life. This is an excellent book from a young man of few years and yet he has worked hard and gained a wealth of wisdom. I commend Kyle Maynard and his exceptional book. You will gain much in reading this book. Tad O. Patterson

Great!

Even before you get very far into this book, you feel a strong closeness to Kyle. His examples and his sayings are tremendous. A great read and an enjoyable book. It takes me a month to read a book and I finished this one in a few days. GOD BLESS KYLE!

I felt the book was too much about wrestling not enough about his journey and inspiration. Quick easy read with some stories repeated throat out the book.

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