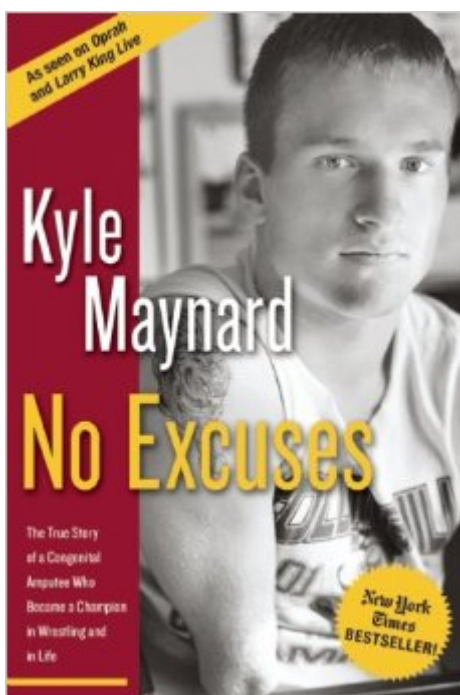


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# No Excuses: The True Story Of A Congenital Amputee Who Became A Champion In Wrestling And In Life



## 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

"No Excuses" is the story of teen athlete Kyle Maynard, who despite having disabilities to all four limbs was determined to excel in sports. This autobiography is compulsively readable. I first saw Kyle Maynard on a TV sports documentary and I'm glad to say that his determination and strength of character comes across as well on the page as it did on the screen. It also told me a lot I didn't know about the guy, including his success in other sports such as powerlifting and football. There is also good use of color and black and white photos to illustrate his story. I almost cried several times whilst reading this book. Not because it's sad but rather because it states a few simple truths that we all need reminding of. I particularly enjoyed the way in which Kyle makes his story a tribute not only to his own tenacity but also to that of his family, friends and coaches. Even simple things like memories of his grandmother taking him to the local park are remarkably touching. The only time I felt sorry for the author was when he was wrestling in the state finals with a badly broken nose and his opponent starts (illegally) kicking him in the face, out of view of the referee. It's a testament to

him (or perhaps wrestlers generally) that he doesn't complain but just carries on trying to win the match. I have always felt that wrestling is an all-encompassing activity - a thing in itself - but it really took this book to prove it to me. You feel like cheering when his much-loved coach rushes out at the end of the contest and raises Kyle onto his shoulders. I'm the sort of person who skips big chunks of books if I get bored. But I loved "No Excuses". I read every word.

The story has two faces: The one is Kyle Maynard the individual, who has the misfortune of being born without arms beyond the elbows, and without legs below the knees, drawing instant empathy -- and the other is the author, telling the inspiring tale, and the grueling process of overcoming his physical handicaps. The pages just keep on turning in anticipation of following Kyle's next move, and admiring his willpower in positivism, determined to beat life's fateful obstacles. The importance of a support team that pivots on the family, and caring by others inclusive of cultural values ring loudly. The book has a positive message for anyone at any level of life. It is a good read, and one can't help but wish Kyle success feeling his pain, which has been incredibly guarded, without the hint of looking for sympathy. The state of mind emerges as the most important asset an individual possesses, deeply delving into the human element, which also reminds us of our responsibilities for others.

"No Excuses" is the story of Kyle Maynard. Kyle was born with Quadramembral Phocomelia, which means he is a congenital amputee. He has no hands because his arms end where his elbows would be, and he doesn't have much for legs but he does have feet. The story tells about his life so far, and how he, with the help of family and friends, achieves greatness. You would think that a congenital amputee couldn't do much, but Kyle puts an end to that kind of thinking. When he was little, he depended on the people around him to help him do everyday things. Then his dad realized that he was becoming too dependent on others and made Kyle do most things on his own. So Kyle learned, slowly but surely, how to do everything that people with all of their limbs can do. One thing that I found to be incredible was Kyle's work ethic. He has the best work ethic I have ever heard of or seen. He maintained a high GPA all through high school and a lot of his classes were advanced. But where he really shined was in athletics. Like a lot of kids, he loved athletics. He played football as a child but focused on wrestling in high school. He worked ten times harder than all others and it showed. He stayed hours and hours after practice in order to be the best. His senior year he made it to the Georgia State tournament. Kyle is the real deal and his book tells all about his struggles and triumphs. "No Excuses" is flat out amazing. This book has inspired me to become the person I want

to be. Kyle Maynard isn't just a courageous human being, he is also a hero.

You would think a person like Kyle facing obstacles such as he has would be down and out most his life but he has more heart and courage than I could ever muster up even on a good day. I loved reading about his close relationships between his parents, siblings, grandparents, friends and coaches. Family and friends are important and I thought it was admirable that Kyle's family and friends never made him feel any different from anyone else. He never makes you feel sorry for him while reading his story. If anything, he leaves you motivated to face the challenges we have in our every day lives and to take them on with no excuses!

No Excuses is an inspiring autobiography about the life of Kyle Maynard. His discipline and dedication to wrestling and exercise began when he was only eleven years old. There is a section at the end of this book that describes how he exercises and what he eats to stay fit. He stays in shape by doing everything from running or sprinting like a bear, doing pushups and lifting weights daily. Kyle Maynard credits his success in sports and life to God and his loving parents who taught him that all things are possible through effort and persistence. He also credits his wrestling coach for teaching him the sport. Kyle Maynard is very a humble person despite all of his success. Maynard describes the sport of wrestling as a sport that requires physical and mental toughness. He explains the rules and moves of wrestling so well. He makes wrestling sound so exciting. I could actually visualize him taking his opponent down on the wrestling mat trying to pin him. There are great photos in this book of Kyle wrestling and lifting extremely heavy weights. I am simply amazed that a physically disabled person like Kyle can do all these things. I am not surprised that someone with Kyle's positive attitude is now a successful motivational speaker and athlete. No Excuses is one of the best autobiographies I've ever read.

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