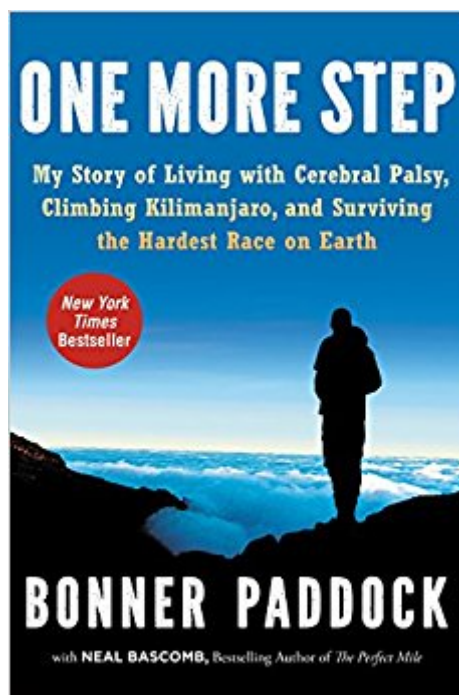




Ebook Directory
the best source of ebook

The book was found

One More Step: My Story Of Living With Cerebral Palsy, Climbing Kilimanjaro, And Surviving The Hardest Race On Earth



Synopsis

In this exhilarating and inspirational memoir, the first man with cerebral palsy to climb Mount Kilimanjaro and complete the brutal Ironman competition shares the exhilarating adventure that led to his achievementsâredefining our ideas of normal and proving that life is never truly limited for any of us. Bonner Paddock summited 19,341 foot-high Mount Kilimanjaro, the worldâs tallest freestanding mountain. Four years later, he earned the elite triathlete title, Kona Ironman. Thousands have done each individually. Bonner is the first person with cerebral palsy to do both. Diagnosed in his youth, Bonner swore he wouldnât let this neurological disorder limit him, and for twenty-nine years he guarded the truth about his health. But the sudden death of a friendâs young son who also suffered from CP forced Bonner to reevaluate his life. No longer would he be content striving for normal. Instead he would live life to its fullest, pursuing one breathtaking experience at a timeâwhile raising money for special needs children along the wayâand never turn down a challenge for fear of his physical limitations. His is a remarkable journey that has taken him across the globe and introduced him to a fascinating cast of characters who have supported his inspiring quest. An athlete, adventurer, and philanthropist, Bonner is today no longer defined by his limits, but by the moments that pushed him past them. Infused with his irresistible charisma, courage, and heart, illustrated with 16 pages of color photos, *One More Step* shows us that we can all conquer our own challenges and embrace every moment life has to offer.

Book Information

Hardcover: 288 pages

Publisher: HarperOne (March 10, 2015)

Language: English

ISBN-10: 0062295586

ISBN-13: 978-0062295583

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 35 customer reviews

Best Sellers Rank: #723,433 in Books (See Top 100 in Books) #114 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #171 in Books > Sports & Outdoors > Individual Sports > Triathlon #672 in Books > Biographies & Memoirs > Specific Groups > Special Needs

Customer Reviews

â Bonner Paddock is an amazing person with an unconquerable spirit. His story is beyond

inspiring, and he personifies what true toughness and heart are all about. Through it all, Bonner Paddock keeps going, and takes all of us along with him.â (Jay Bilas, ESPN basketball analyst and author of the New York Times bestseller *Toughness: Developing True Strength On and Off the Court*)â Bonner Paddockâs *One More Step* is the triumphant story of a man who accomplishes the impossible. On a deeper level, however, itâs about the human bonds that can push us to become heroes. An instantly engaging and wonderful book.â (A. J. Baime, New York Times bestselling author of *The Arsenal of Democracy* and *Go Like Hell*)â *One More Step* is a courageous and heartwarming story of one manâs trials and triumphs over cerebral palsy. Packed with adventure, this gripping narrative of summiting Mount Kilimanjaro and becoming a Kona Ironman both exhausts and uplifts the human spirit. An inspiring and irresistible book.â (Lars Anderson, author of *The Storm and the Tide*)â *One More Step* is a riveting story of overcoming the challenge of living with cerebral palsy and conquering the impossible. Bonner Paddock is an inspiration to everyone.â (Nolan Ryan, MLB Hall of Fame pitcher)â [Bonner Paddockâs] story of training for these events and the mind-boggling pain he endured to achieve his goals will have readers crying and cheering all the way to the finish line. An emotion- and action-packed story of the authorâs tenacious, dogged pursuit of his goals.â (Kirkus Reviews)â Each step of Paddockâs journey is described in vivid and compelling detail. Readers will cheer for this extraordinary man, whose story is solid evidence that limits fall away when confronted with resolve, service, and courage.â (Publishers Weekly)

In 2008, Bonner Paddock summited 19,341-foot-high mount kilimanjaro, the world's tallest freestanding mountain. Four years later, he earned the elite triathlete title kona Ironman. Thousands have done each individually. Bonner is the first person with cerebral palsy to do both. Bonner Paddock grew up just wanting to be ordinary. Despite his skinny legs and habit of tripping over nothing, he fought to keep up with his athletic older brothers, learned to battle riptides with his grandfather on close watch, and did everything he could to feel like a regular kid, even when it became clear he wasn't. After being diagnosed with cerebral palsy at age eleven, Bonner didn't let it limit himâ instead he simply ignored its existence. For the next eighteen years, he guarded the truth about his health, building a normal life and keeping his secret from everyoneâ most of all himself. But the sudden death of a friend's young son named Jake, a boy who also suffered from cerebral palsy, forced Bonner to reevaluate who he was. No longer content striving for normal, he began to pursue one breathtaking experience after another in Jake's memory, never hiding from his physical limitations and, in the process, raising international awareness about cerebral palsy. T is

appetite for challenges led him to the foothills of Mount Kilimanjaro where, pushing his fragile body to the brink and barely surviving, he braved one mountain only to discover that he still had farther to climb. Embracing his weaknesses to understand his strengths, he then pursued the ultimate adventure: testing his mind, body, and will at the Ironman in Kona, Hawaii, a race regarded by many as the hardest on earth. Along the way he forged a renewed bond with his family and launched a foundation to help disabled children in Africa and at home. In the end, his remarkable journey took him across the globe and introduced him to a compelling cast of charactersâfrom Tanzanian mountain guides to top-class surgeons, to disabled children, to champion athletesâall of whom inspired his quest. Infused with his irresistible charisma, courage, and heart, and illustrated with sixteen pages of color photos, *One More Step* is a gripping story of human perseverance that demonstrates how our lives are not defined by limits, but by the moments and lessons that push us past them.

At first glance, you might think *One More Step* is about climbing mountains or competing in triathlons. You might even think that Bonner Paddock's book is about living with cerebral palsy. Yes, *One More Step* is about these things - but it's more than that. Much more. At its core, this remarkable book is about acceptance, letting go of resentment, and love. There's something in its pages for everyone to enjoy. Written in an easy, conversational style, I read this book in two days, captivated by the narrative of a man who climbed Mt. Kilimanjaro fueled by anger only to complete the Ironman World Championships in Kona propelled by love. Bonner's story is one of transformation and you'll cheer him on every step of the way - while reflecting on your own life in the process. I'm proud to have this book on my shelf and will be recommending it to everyone I know. Don't pass up the opportunity to read *One More Step*. John W. Quinn Author, *Someone Like Me - An Unlikely Story of Challenge and Triumph Over Cerebral Palsy*

I don't know anything about CP so I thought this might give me some insight into this physical problem. It showed me how determined CP people must be in order to do things. I worked with a boy with CP in a steel warehouse and remember some pipe rolling on his legs. He just couldn't move fast enough to get out of the way. Thank goodness he wasn't badly hurt. I can't imagine the courage it took Bonner to accomplish what he did.

Learning about the various aspects of Cerebral Palsy and how it affects each person differently, was truly an eye-opener. As Bonner takes you with him through his extraordinary accomplishments, you

will feel yourself beside him, cheering him on. But he also let's you step inside of his heart and spirit as he describes the intimate, humanistic, emotional aspects of his personal struggles -- which eventually become victories. The steps that lead there make this book a must read. His words will help you rethink the word "impossible."

This story of Bonner Paddock not only accepting the fact that he has cerebral palsy, but embracing that fact and then going above and beyond to do great things for others with CP, is inspiring and encouraging. Paddock tells the story of accepting his condition and then doing something with it. He climbs Mt. Kilimanjaro (no easy feat even for someone not fighting against spasticity) and then sets out to raise one million dollars by finishing an Ironman competition. His voice is honest and his struggles resound with the reader. This is not a "feel bad for me because I am a victim" type book. This is a "Get up and make a difference" If you want to be inspired by the resiliency of the human spirit and the desire in us all to do something that matters, then read this book.

Inspiring and insightful. I read it because my young granddaughter has CP. This helped me understand something of what that may be like for her as she grows and learns to walk and run. Bonner is brutally honest about himself and his physical, emotional, and spiritual struggles. His story motivates me to get involved more directly with hurting children, both locally and internationally. The shocking truth of what is done with handicapped children in third world cultures is bone chilling. LORD, help us.

I've completed five Ironman triathlons and I have a 2 year old with CP so this book was a definite must-read for me and it did not disappoint. I enjoyed it from start to finish and am so inspired by Bonner. I can't wait until my son is old enough to read it and I know it will be great to show him that he can do whatever he sets his mind to. I would recommend this book to anyone whether they are familiar with triathlons, cerebral palsy, or neither. I'm looking forward to reading it again. Bonner, you are an inspiration!

This is the best book I have ever read in my life! I encourage everyone who comes across this book to read it! This story exemplifies what it truly means to never give up, even when faced with great difficulties! As someone with Cerebral Palsy I felt such a strong connection with Bonner Paddock. I could relate to his struggle to overcome his Cerebral Palsy both physically and personally!

In our hectic, often selfish world, we too often forget how lucky we are! Besides being an incredible inspiration, this book allowed me to reflect and appreciate my own amazing life. Thank you Bonner, 1man1mission!

[Download to continue reading...](#)

One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth Bell's Palsy Handbook: Facial Nerve Palsy or Bell's Palsy facial paralysis causes, symptoms, treatment, face exercises & recovery all covered Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing The Climbing Warrior's Mindset (Rock Climbing, Bouldering, Caving, Hiking) The Courage to Compete: Living with Cerebral Palsy and Following My Dreams Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities by Sumar, Sonia (2007) Paperback Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy and Learning Disabilities by Sonia Sumar (2007) Teaching Motor Skills to Children With Cerebral Palsy And Similar Movement Disorders: A Guide for Parents And Professionals Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities Cerebral Palsy: A Complete Guide for Caregiving (A Johns Hopkins Press Health Book) Trapped: My Life with Cerebral Palsy From Where I Sit: Making My Way with Cerebral Palsy Children with Cerebral Palsy: A Parent's Guide Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing the Climbing Warrior's Mindset Kilimanjaro and Mount Kenya: A Climbing and Trekking Guide Kilimanjaro - Kibo Climbing and Trekking Map: Including Moshi & Arusha City Plans Kilimanjaro & East Africa: A Climbing and Trekking Guide Climbing Kilimanjaro at 70 Climbing Mount Kilimanjaro Climbing Kilimanjaro: An African Odyssey Rock Climbing New England: A Guide to More Than 900 Routes (Regional Rock Climbing Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)