



One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth

Bonner Paddock, Neal Bascomb

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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 achievements—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 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.

Diagnosed in his youth, Bonner swore he wouldn'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 friend'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 time—while raising money for special needs children along the way—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.

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Herman Deans:

This One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. This One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth without we know teach the one who reading through it become critical in pondering and analyzing. Don't become worry One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth can bring once you are and not make your tote space or bookshelves' become full because you can have it in your lovely laptop even mobile phone. This One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth having fine arrangement in word along with layout, so you will not sense uninterested in reading.

Richard Moyer:

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Jennifer Lorenzo:

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Travis Hargrove:

What is your hobby? Have you heard this question when you got students? We believe that that problem was given by teacher to their students. Many kinds of hobby, Every person has different hobby. Therefore you

know that little person just like reading or as reading through become their hobby. You must know that reading is very important in addition to book as to be the factor. Book is important thing to add you knowledge, except your personal teacher or lecturer. You will find good news or update with regards to something by book. Amount types of books that can you decide to try be your object. One of them is One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth.

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