



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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From reader reviews:

Jacquelyn Lopez:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth can be fine book to read. May be it is usually best activity to you.

Agnes Figueroa:

The reason why? Because this One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content within easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the reserve store hurriedly.

Belinda Bedard:

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth your head will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will become your mind friends. Imaging just about every word written in a guide then become one contact form conclusion and explanation that maybe you never get prior to. The One More Step: My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth giving you another experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us explain to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

Patricia Sax:

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