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# Living With No Excuses: The Remarkable Rebirth Of An American Soldier



## Synopsis

Military hero and beloved Dancing with the Stars alum Noah Galloway shares his life story, and how losing his arm and leg in combat forced him to relearn how to live--and live to the fullest. Inspirational, humorous, and thought provoking, Noah Galloway's **LIVING WITH NO EXCUSES** sheds light on his upbringing in rural Alabama, his military experience, and the battle he faced to overcome losing two limbs during Operation Iraqi Freedom. From reliving the early days of life to his acceptance of his "new normal" after losing his arm and leg in combat, Noah reveals his ambition to succeed against all odds. Noah's gripping story is a shining example that with laughter, and the right amount of perspective, you can tackle anything. Whether it be overcoming injury, conquering the Dancing with the Stars ballroom, or taking the next steps forward in life with his young family - Noah demonstrates how to live life to the fullest, with no excuses.

## Book Information

Hardcover: 288 pages

Publisher: Center Street (August 23, 2016)

Language: English

ISBN-10: 1455596930

ISBN-13: 978-1455596935

Product Dimensions: 6.3 x 1 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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## Customer Reviews

Your story was very moving, some parts I was actually crying considering your struggle throughout your life. You are an inspiration to many of us. Hopefully more veterans will read your story and not give up. Families need to be strong, and get them through their struggles. Love the book and highly recommend it.

Amazing book! Read it in one day. Rebecca does an exceptional job conveying the legendary story of Noah. They need to make this into a film. I hope to read more books by Rebecca Angel Baer.

While I'd certainly recommend it to veterans, it's a good read for the rest of us too. It's about starting over. I've never served in the military & certainly haven't been wounded in combat. Thankfully, I haven't lost any limbs either. But at its core, this is a book about getting knocked down then finding the strength to get up again and the courage to get back in the game.

When I heard about this book, it struck a chord with me because I really wanted to know more about Noah Galloway. While I had seen him on *Dancing With The Stars*, I had only heard a small portion of Noah Galloway's real story. I was happy that this wasn't one of those books that was hard to read. I mean, it wasn't always upbeat and there's really some hard stuff included - what I mean is that it was well written and didn't lag anywhere and at times it was even humorous. The story kept moving and readers learned about the amazing journey of a regular guy who pushed himself to be more than he ever was before. Noah Galloway is a military hero who shares how on December 19, 2005, just three months into his second tour of duty, he lost his left arm above the elbow and left leg above the knee in combat during Operation Iraqi Freedom. He was transported to Germany to receive medical treatment and remained unconscious for five days. When Noah Galloway woke up on Christmas Eve, he learned that he had lost two of his limbs and sustained severe injuries to his right leg and jaw. Galloway spent a lot of time in recovery and rehabilitation and began to withdraw, feeling depressed and becoming out of shape. As a former athlete, he found himself drinking, smoking and sleeping all day. He finally took a long look at himself and realized he had to pull himself together, get back in shape, be healthier and inspire others. He shares how these injuries have forced him to relearn how to live--and live to the fullest. Noah Galloway shares with readers his story of success and failure, courage and weakness, tears and triumphs. This book isn't about overcoming physical injuries, it's about Noah's decision to fight the battles of surviving in the real world and won, and how he is now **LIVING WITH NO EXCUSES**. I received a complimentary copy of Noah Galloway's book from the Hachette Group in exchange for this, my very honest review. Thank you Hachette Group!

Read Noah's book in 8 hours! I just couldn't put it down, *Living With No Excuses* is a Real Emotional, Raw, Inspirational story about a American Soldier and Father who triumphed over his injuries he suffered in Iraq and the depression and the subsequent rebirth of this amazing man!! It is a must read! I laughed in parts and cried like a baby in others. Noah is a exceptional man and I Thank Him For His Service and want him to know we are better off with him in this world.

Although I do not often read autobiographies I was drawn to this book having heard a bit about Galloway over the past few months. I'm also not one to write a review but given the very few reviews and my conflicts with the book I decided it was appropriate. Being an avid reader I was expecting a more sophisticated writing style. I found the repetition of the same words and/or phrases tiring. The book also does jump around in time. Some books written in that fashion can be confusing. I didn't have that problem with Galloway's book; I was able to stay on track with the time jumps. However, the changes did come with more repetition. In one chapter it would give a bit of information which would be repeated in a section shortly thereafter. During some parts of the book the duplication and overuse of specific words became so distracting that I would put the book down and walk away. I also was left with the feeling of "not enough" when it came to the details. Galloway mentions his depression but never gives the gritty details I was hungering for. How did he feel? What went through his mind? He shared the outward expressions but glossed over the deep inward details. Despite the surprise and disappointment in areas with the writing I was left after completing the quick read with a few thoughts. I've decided that the very things that I was less than thrilled about are likely Galloway's personality shining through. And I mean shining because I feel as though he is a genuine, fun and caring individual. It felt as if he told the story as he would in person rather than as it would be told by a professional author or Ghost Writer. He is a normal man with a warrior's heart. He went through a traumatic experience and is likely still to this day learning how to deal with the results of it. Nevertheless, he has not let the trauma stop him from living his life the way he intends. Facing and fighting through his challenges are what inspire people to look at themselves and find a way to do the same. He shares his life in a real and honest albeit stoic way without the elegance of a highly paid group of professional writers. While I am left still wanting more, I am also left in awe of his tenacity, resolve and overpowering love for his children.

Such an inspiring story. Noah tells it like he lived it and doesn't make himself out to be something he's not. It's a very easy read, but that's part of the appeal. If I had any complaint, it's that I wanted more... more details of his story, of his background, just more!

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