



# Drinking from My Leg: Lessons from a Blistered Optimist

*Paul Martin*

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## **Drinking from My Leg: Lessons from a Blistered Optimist** Paul Martin

Twenty-five years old, fresh out of college, Paul Martin's life took a major turn. In 1992, as a result of a car accident, Martin's left leg was amputated five inches below the knee. His future plans hadn't included a prosthetic leg. But after returning to his workout routine, Martin realized he was destined to be a disabled athlete. In this, his second memoir, Martin's story takes up where *One Man's Leg* left off. He narrates the events of his life on the race course during the eight years and reveals what his life as a competitive triathlete, runner, and cyclist has been like. *Drinking from My Leg* details a host of accomplishments, including the completion of ten Ironman Triathlons and the raising of the flag after he won the Disabled Cycling World Championships in 2002. Engaging and written with a sense of humor, *Drinking from My Leg* serves as an inspiration for others who face challenges. Martin shows that optimism is the key to winning the battle.

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a reserve. The book Drinking from My Leg: Lessons from a Blistered Optimist it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy the particular e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book features high quality.

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