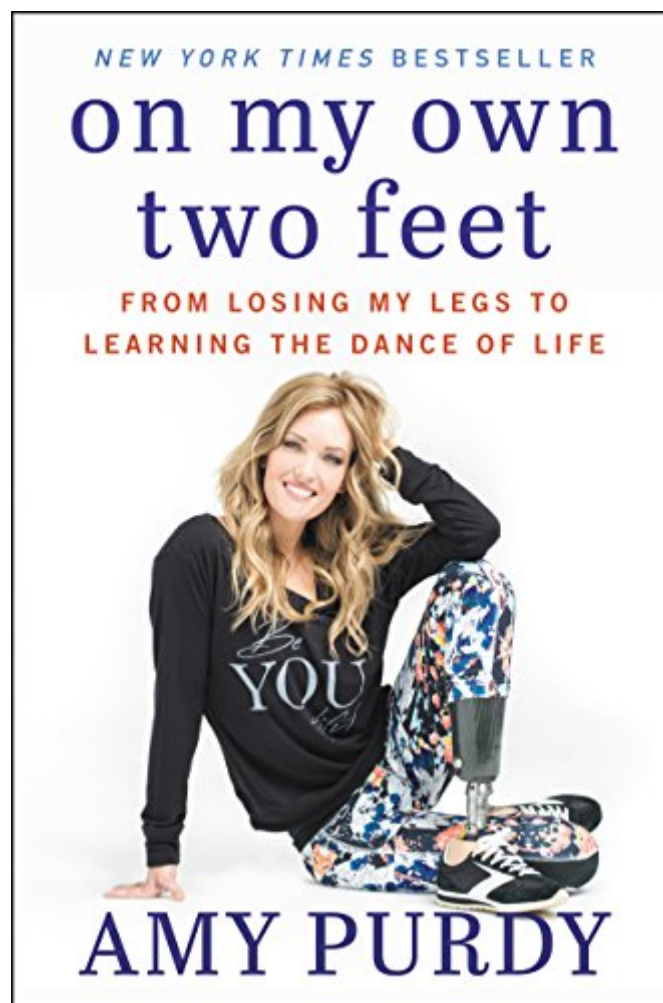




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# On My Own Two Feet: From Losing My Legs To Learning The Dance Of Life



## Synopsis

Amy Purdy, who inspired a nation on *Dancing with the Stars* and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, *Dancing With the Stars* sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her: "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife "coupled with a mysterious premonition she'd had a month before" became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality "and share that spirit with the world. In 2014, Amy "the only competitor, male or female, with two prosthetic legs" claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eighteen of *Dancing With the Stars*, and viewers were captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason "to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

## Book Information

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## Customer Reviews

After recently becoming an amputee, I must say it is refreshing to be able to relate to some of the emotional struggles Amy goes through. This book has opened doors for me in ways I never thought could happen. Here's to spreading our wings.

I really enjoyed reading the story of Amy's triumph in both the Paralympics and Dancing With the Stars after she overcame a devastating blow to her health. She lost both legs beneath the knee and had to have a kidney replacement after suffering through a debilitating sudden bout of meningitis when she was just 19. She made her living as a masseuse and was a committed snowboarder - both of which are very physical and require you to be on your feet. After the amputation, no one knew how much of her mobility she could recover. She didn't waste a lot of time feeling sorry for herself, and even walked down the aisle at her sister's wedding less than 2 months after the amputation. Amy's indomitable spirit and lack of self-pity comes through on every page of this memoir. I don't know how many ways there are to say "inspiring" but certainly every other reviewer has already covered this ground. Her missing legs don't define her. She wrote that "obstacles in our lives can only do one of two things: stop us dead in our tracks, or force us to get creative..." She definitely did the latter! She couldn't do anything about the loss of her legs, but she could carry on with her life with passion and creativity and that's what she chose to do. I had missed her season on DWTS, so went to YouTube to find the videos of her performances, which were incredible. I also watched her brief, emotional TED talk. Amy has learned that "a fulfilling life isn't based on what we have or don't have; it's based on what we give of ourselves". She is a determined, energetic survivor who will continue to give.

I'll begin with a confession: I've never watched an episode of Dancing with the Stars, and, until I found this book, I'd not heard of Amy Purdy. But I always look for stories of inspiring people, people who overcome obstacles to accomplish great things. I bought this book knowing nothing more about

it than the description on , and I'm glad I did. Amy Purdy writes: "We don't always get to decide which course we go down or know which mountains we'll face. Yet we always have the most important choice there is: whether to resist, or to give ourselves over to the twists and turns of the terrain." The wisdom in that quote is more poignant considering the mountains Ms. Purdy has faced, certainly not ones she would have chosen. But she turned her losses and her trials into opportunities to become a great athlete and person, and to inspire people all over the world. \*Spoiler alert\* The author writes of her nearly fatal meningitis, of her loss of both feet, of her kidney transplant, and of her many other 'mountains,' as opportunities. She doesn't want any sympathy; she proves that she doesn't need it. From re-learning to walk, to winning an Olympic bronze medal in snowboarding, she is always strong and determined. Ms. Purdy is not the only hero in the story. Throughout, she gives credit to the people who loved and helped her. Her parents and sister, for instance, who never left her bedside during the weeks she spent in the hospital. Amy's mother and father, and their unconditional love, devotion, and willingness to sacrifice for their children, are examples of the kind of parent we all should want and hope to be. Ms. Purdy uses her accomplishments to help and inspire others, whether it's by traveling to South Africa to give shoes to village children, creating opportunities for other athletes, or writing this book: "I didn't write this book because I want you to say, 'Wow, look at what that girl overcame....' I'm sharing my story because I want you to see what's possible in your own life. Right here. Right now." I'm grateful to have read *On My Own Two Feet* at the start of this new year. It makes me want to work harder, show more love, and be more thankful for my life and everyone in it.

If you want to be inspired; to be amazed; to be challenged; this book is for you. For Amy Purdy the impossible is the challenge she needs to start her on figuring out how it can be done. With the amputation of both below the knee legs at the age of nineteen it seems that all the dreams a young girl has were condemned as unrealistic. Read the book and learn how Amy not only follows and succeeds in accomplishing her dreams, but goes way beyond. She enters the Olympics as a snowboarder for America in Russia. But as soon as that is over she catches a plane to speed back to the US to practice dancing on DWTS. I watched her dance and she is unbelievable. This is a great book to give to a discouraged young person, or to anyone going through tough times (as we all eventually do on this trip through life!). Thanks Amy! I love your attitude!!!

I don't watch TV so I have never seen DWTS and did not know who Amy Purdy was until ebook bargains featured her book. Her story sounded interesting so I just started it and couldn't put it down

until I finished it. I also googled and watched her Ted talk and dance segments as she wrote about them so I got to "meet and see" Amy as I read her amazing story. Highly recommend this book- an extraordinary woman with an incredible story. We all have a choice as to how to live our lives, Amy's choice to rise above her pain and circumstances to reach her larger purpose in life has inspired me and touched my heart. Thank you for sharing your beautiful spirit and soul to show us what is possible when we ask "if my life were a book and I was the author, how would I want my story to go?"

Amy is so resilient and optimistic! She has a remarkable spirit. This is a fast read, yet a well written account of meeting the challenges of having no lower legs. I saw her interview on Oprah's Super Soul Sunday. I purchased the book afterward on my Kindle, and I'm glad that I did.

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