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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

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Customer Reviews

Sergeant NOAH GALLOWAY was assigned to the 1st of the 502nd Infantry of the 101st Airborne Division during Operation Iraqi Freedom. Three months into his second tour of duty, he experienced a life changing injury-- losing his left arm above the elbow and left leg above the knee in an Improvised Explosive Device attack. After a long stint in recovery and rehabilitation, Noah became a motivational speaker and fitness activist. A father of three, Noah currently resides in Alabaster, Alabama.

As a Soldier assigned to Bravo company during that time frame, I knew I needed to read Noah's book. What I got from his book was more than I expected. Not only does he explain the austere conditions that Soldiers face, he also brilliantly explains the new world they face when returning home. I especially enjoyed how he overcame many obstacles and did not use his injury as a crutch. I am still active duty and now a senior leader, and I feel this book will be a good learning tool for young service men and women who struggle upon redeployment. I would highly recommend this book to any service member or civilian who is struggling to overcome an obstacle in their life. Thanks for writing your book and sharing your story Noah. "First Strike" SGT Galloway!!! -SFC Sweet

Finishing the book now. Noah is a really awesome guy that just kind of tells his story for what it is. He provides perspective to the problems he struggled with and gives context to mistakes he made. I knew of this guy as he was getting famous a few years back but really drove me to read his book when I started hearing him interview on the Free Beer and Hot Wings Show. He seems really chill and I'm happy that he made it out of the difficult times in his life to drive forward and help others. Keep being a badass, brother.

V AUSTIN, DENVER, COLO. MOST INSPIRATIONAL, MOVING, TOUCHING AND HEARTFELT BOOK THAT I HAVE READ. I HIGHLY RECOMMEND LIVING WITH NO EXCUSES BY NOAH GALLOWAY. HE INSPIRED ME ON DWTS AND CONTINUES TO

Noah's story is inspirational from beginning to end. He shares personal details from his life that paint a portrait of who he was, and how he became the person we know today. His book is honest and heartfelt, and you can hear his voice on each page. There is pain and suffering in his life, yes, but it molded him into the man and father that he is today. As we have all heard, it's not about how many times you get knocked down, but how many times you get back up. Noah is living proof that this is true and we can all learn from his example. Thank you, Noah, for sharing your story of loss and courage and overcoming adversity. No doubt it will inspire and give courage to many others, civilians and veterans alike.

I can't put into words how inspiring this man is. You think you know someone simply because you follow them on social media, the truth is you don't. This book was written on such a personal level, it made me cry all the while inspiring me to improve not just myself, but my children's lives. He shows

we must always be kind, you never know what that person is dealing with behind closed doors.

This is a very moving story of an American hero and his emotional battle with all of the ups and downs of depression after losing 2 limbs while fighting for our country. Noah holds nothing back when he explains the rawness of everything he had to go through. I've read the book and even listened to the audio version of Noah reading the book. AMAZING and well with the read! I had the honor of meeting him at his book signing in Alabaster and it's something I will never forget! He even signed a book for a friend of mine who had been in the hospital for a month and was unable to be there. Such a humble and amazing man!

I never knew of Noah Galloway before watching American Grit. From that point on I've been following this wonderful person. He has definitely won Best Dad Ever award in my eyes after reading his story. Although he does not see himself as a hero, I cannot think of a better man who fits the description as a true American hero. I'm grateful for his service as well as all other Veterans. On a lighter note, Noah is my man crush Monday, Tuesday, Wednesday,everyday of the week. My only complaint about this book is unfortunately he did not hand deliver it to me and autograph it. :)

Another War Story but think of all those that have not been told. I'm in my "Golden Years" and seems like every year of my life the US has been in a war somewhere. Where will it end? I feel blessed that I have not lost anyone to a war but did have cousins and an uncle who was short of 3 weeks of not going, gave up a lucrative business and was in the battle of Leyte Philippines, cousin in Saipan wounded by Japanese bullet, Battle of the Bulge with holes thru the gathering of his jacket from German shot, another in Patten's Army driving Jeep. Yea, I'm lucky all right else I'd be bitter.

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