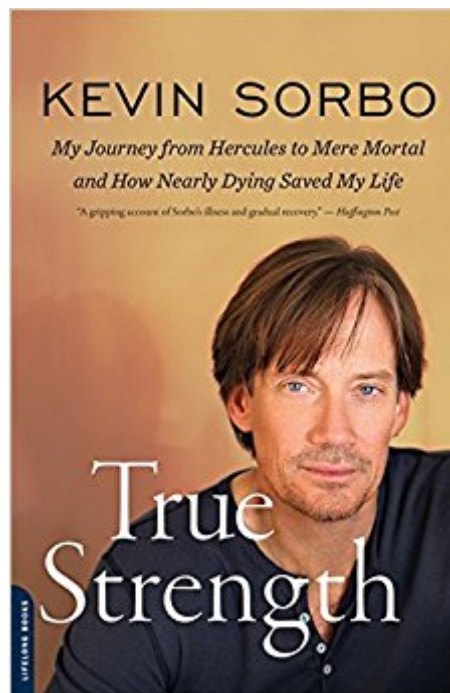




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# True Strength: My Journey From Hercules To Mere Mortal--and How Nearly Dying Saved My Life



## Synopsis

On television, Kevin Sorbo portrayed an invincible demigod; in his real life, a sudden health crisis left him partially blind and incapacitated at just thirty-eight years old. Yet since appearances are everything in Hollywood, he hid the full details about his condition from the press and continued to film Hercules, which was the number one TV series in the world. In this inspiring memoir, Sorbo shares the story of the crisis that ultimately redefined his measure of success. True Strength is the story of transformation, persistence, and hope in the face of seemingly insurmountable obstacles. Sorbo reflects on his childhood in Minnesota and his early acting days in Hollywood, to his charmed life as television's beloved Hercules, and where he is today. He recounts the onset of his symptoms, his frightening hospitalization, and his arduous path to recovery. With this honest account of personal tragedy and triumph, Sorbo aims to blaze a trail for those who have ever suffered acute illness or a serious setback in life and are now struggling to find their way back.

## Book Information

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## Customer Reviews

Kirkus Reviews, 10/1/11 "Sorbo is candid about the hopelessness and resentment that characterized his slow recovery, his frustration with contradictory medical advice and holistic therapies of varying effectiveness and the stress his condition placed on his new marriage." Booklist, 10/15/11 "[A] compelling memoir" Throughout his chatty tale, [Sorbo] drops enough Hollywood names to make any Us Weekly reader happy. Asbury Park Press, 9/25/11 "This actor has a real and really interesting

story to tell. This is the story of a man who had taken from him that which made up the entirety of his persona: strength. And how he recovered. •Huffington Post, 10/19/11 “A gripping account of Sorbo’s illness and gradual recovery. • A.V. Club, 10/19/11 “As much an inspirational story as a narrative about the former model’s rise to cable stardom, the often surprisingly candid memoir offers a look at the effects long-term debilitation can have on relationships and careers. A compelling look at a life temporarily derailed. • Shelf Awareness for Readers, 10/21/11 “His story is no mythic journey; it’s all too human, and well worth reading. • American Profile, December 2011 “A powerful autobiography. An outstanding survey, highly recommended for any film or general lending collection strong in actors’ stories and accounts of personal strength and recovery! • Politics & Patriotism, 2/22/12 “He’s got a conversational writing style that makes it easy to imagine his voice and mannerisms while you turn the pages. His presentation is passionate. His outlook is optimistic. He doesn’t pull his punches. True Strength is more than the story of how Kevin Sorbo beat the odds, banished his demons, and went on to be a better man. It’s a roadmap for others to follow, if they should ever find themselves in a similar situation. • Kingman Daily Miner, 3/2/12 “This book is intended to give hope to those who have encountered unforeseen ailments and need encouragement to overcome their frailties. It shows that with the will to go on, following the advice of doctors, and most importantly accepting support from significant others, true strength emerges. • WTBF Radio “[Sorbo’s] story is honest, inspiring, and cautionary: don’t ignore your body when it warns you. • Westlake Malibu Lifestyle, June 2012 “An inspirational read. • ThirdOptionMen.org, 10/15/11 “A story of inspiration and hope through the most trying of situations. It should be read by everyone so that they can understand, even if just a little bit, how it feels to live through a stroke or other life altering medical issue, and come out on the other side spiritually renewed. • Bookviews.com, November 2011 “Sorbo has written an interesting memoir [that] will be of interest to his fans and others. • Mesquite Local News, 11/13/11 “If there’s a Hollywood fan on your list this year, you can’t go wrong with True Strength. • Pottstown Mercury, 12/6/11 “An informative, inspirational memoir. A very personal, realistic account of a devastating event to which we can all relate in some way, having faced adversities of our own. [Sorbo’s] frank, casual narrative draws readers into his story. • WomanAroundTown.com, 12/15/11 “The story of his harrowing journey is told with humor and honesty. An inspiring book for everyone who’s

battled health issues, or watched a loved one suffer debilitating illness. —

Kevin Sorbo is an actor, producer, and director, best known for his leading roles on Hercules: The Legendary Journeys and Gene Rodenberry's Andromeda. He lives with his family in California.

Kevin is extremely honest in this book. The sadness, fear and panic that sets in when your body stops working the way it has all your life and you don't really know why or how. But the thought you must be dying and something terribly wrong sears into your soul. You can feel his fear, confusion and frustration in what he was going through in this book, and fearless relating it to you, sans ego. This book is not so much a full autobiography, but rather the story of an extremely challenging time in his life and how he overcame adversity. As Kevin writes in this book, when in distress and no real answers, the doctors rush to place you on pharmaceuticals and SRI's. After trying it their way, he finally got control of his situation by educating himself rather than medicate. You will relate to what Kevin put into words and experienced here and explains what the anxiety and panic can do. It can totally cripple you emotionally and physically as you lay in bed or on the couch, fearful of the episodes. Sorbo writes to educate yourself and look into natural remedies and relaxation techniques. Slow down and give your body time to heal/recover. It won't be over night. Your body wants to heal itself, you just need to give it the right tools to do so. I also enjoy all the tidbits, insight and stories of the actors and actresses he worked with on Hercules.

Excellent book detailing Kevin Sorbo's journey as he dealt with a serious health problem. Kevin Sorbo was the star of a very successful TV series, a very physical actor, very confident in his abilities. When hit with a health problem that he had no control over, he had to essentially remake his life and his expectations while keeping his career intact and the people who depended on him employed. It is a fascinating tale of strength and courage even as he tells of his difficulties in handling the tremendous pressures, emotionally and physically. I enjoyed it and would recommend it to fans of Hercules and Andromeda and also for anyone going through a similar health journey.

A very interesting biography! I love reading memoirs of famous people to see how their lives are in comparison to mine (I'm not famous, I know, sound corny, but some portray such happiness and you find out a lot is a facade and they deal with many of the same emotional, physical and daily struggles we do - the story is how they deal with it and the fame). I was surprised to find about his

health scare that permanently changed his life and how important his faith and family was to him. He gained such an appreciation for life after that health scare—one that should remind us all of how important every day is and to live it to the fullest with those that truly matter - family and close friends while making memories to treasure for a lifetime. I understand that part of his story was having to deal with the constant symptoms that followed the scare and maybe we were to understand his frustration by the number of times these lingering issues were described in the book but it got a bit redundant to me (as I am sure it was very redundant to him too). It in no way caused me to put the book down and I did enjoy seeing how his faith grew and what a great support system he had around him. I chose to read this bio after seeing the movie "God's Not Dead" and I wanted to know more about him.

Kevin starts out dramatically catching the reader's attention, and this is just the introduction. "Don't move. I flexed my toes, balled my fists, and counted the tubes in my arms and in my groin, remembering the strict instructions not to reposition myself no matter what, because I might bleed out. That's right. I bleed out." Although the book jumps about a bit and has various people adding their input it is no less gripping and holds your attention throughout. In compiling this novel the way he has Kevin is giving the reader a much better insight into his life before 'disaster' struck and his coming to terms with, and learning who he was and his illness, it also gives the reader an insight into others' views, frustrations and final understanding (at least a little) of what Kevin was going through. This is the story of a man who thinks he has it all, a career moving ever upwards, surrounded by beautiful women/people, good friends and a loving family (not of the married kind) a happy bachelor doing what he wants when he wants and nearly always getting his own way, one might be forgiven for thinking maybe a little spoiled. Although he worked hard and deserved all these wonderful things he didn't really know hardship (going by the book). And unfortunately, like so many of us, this is how he defined himself. However, things were soon about to change, and because he defined himself by all those wonderful things he became the complete opposite of the man he thought he was, strong, confident and grateful. He became a man who was so self-absorbed that he almost lost the one really good thing to happen to him, his wife Sam. This is not a criticism merely a comment related to Kevin's own writings. Something, I think, which makes him more human and approachable. Whether it was the will of God (whichever god you believe in) or whether it was all down to the fact that this man was running himself into the ground, maybe a bit of both is anyone's guess, certainly it confounded all the doctors who treated him. Three strokes at the age of thirty-eight, practically unheard of, what is to be done about it? This novel holds your attention

throughout. There are no boring bits. As a person who has had various ailments I could empathise with a lot of what Kevin was saying. Although I have never been truly 'fit' there was a time I attended the gym 4-5 days a week, but I have had to learn to accept that I am not able to do some of the things I was able to, nothing to do with age I might add, other things you learn to do differently, as Kevin has. Kevin might not be the demi-god he used to be but in place of that, he has a loving wife, who obviously adores him and three healthy children, not to mention he still has that career which is soaring ever upward, he just had to approach it from a different angle. I'm betting he is also a much happier and at peace with himself person than he ever was. True Strength is an amazing and truthful story of a man, who most would think invulnerable, and his fight for life. A life worth living.

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