



HarperOne
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353 Sacramento Street
Suite 500
San Francisco, California
94111-3653

Telephone 415 477-4400
Fax 415 477-4444
E-mail harperone@harpercollins.com
Web Site www.harperone.com

NEWS

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Contact: Renée Senogles, 415.477.4476
renee.senogles@harpercollins.com

'One More Step is a riveting story of overcoming the challenge of living with cerebral palsy and conquering the impossible. Bonner Paddock is an inspiration to everyone.'

–Nolan Ryan, MLB Hall of Fame

'Bonner Paddock is an amazing person with an unconquerable spirit. His story is beyond inspiring, and he personifies what true toughness and heart are all about. Through it all, Bonner Paddock keeps going, and takes all of us along with him.'

–Jay Bilas, ESPN basketball analyst and author of the *New York Times* bestseller *Toughness: Developing True Strength On and Off the Court*

A Gripping Story of Human Perseverance and Living Life Beyond Limits

The First Person with Cerebral Palsy to Conquer Both Mt Kilimanjaro Unassisted AND the Ironman World Championship – Two of the Toughest Endurance Challenges in the World

One More Step

My Story of Living with Cerebral Palsy, Climbing Kilimanjaro, and Surviving the Hardest Race on Earth

By Bonner Paddock

In 2008 Bonner Paddock summited Mount Kilimanjaro, the tallest free-standing mountain in the world. Four years later, he competed in the greatest of endurance races, the Ironman World Championship in Kona, Hawaii. Few individuals in the world have completed both challenges. Bonner is the first to complete both with cerebral palsy (CP) unassisted.

In ***One More Step*** (HarperOne; March 2015; Hardcover; \$27.99), co-authored with *New York Times* bestselling author Neal Bascomb, Bonner shares a gripping story of human perseverance and adventure that demonstrates we all have a choice: either, define our life by limitations, or discover just how much we can achieve when we push beyond them.

Growing up, Bonner just wanted to be ordinary. He and his family ignored the fact that he was clearly different. He fought to keep up with his athletic older brothers and did everything he could to feel like a regular kid, and he went on guarding his secret into adulthood, hiding the truth from everyone including himself in his attempt to build a “normal” life.

It wasn't until he reached the age of 29 that Bonner finally began to accept his CP, following the death of a 4-year-old boy with severe CP, Jake, whose family Bonner had become very close to. Jake's death led Bonner to realize that being different did not mean being limited. It was the lightning bolt moment he needed to end 30 years of excuses.

No longer content striving for "normal", Bonner began to pursue one breathtaking experience after another in Jake's memory, never hiding from his physical limitations. Along the way he has redefined what the medical community thought was possible for someone suffering with CP, and he launched the OM Foundation® (OMF) to help provide therapy services for children with all types of disabilities and their families.

Bonner Paddock's story will inspire others to conquer their own challenges, embrace every moment life has to offer, and take steps towards achieving true happiness.

One More Step offers an ideal opportunity to mark National Cerebral Palsy Awareness Month in March 2015. And, March 25 is National Cerebral Palsy Awareness Day.

About the Authors:

Bonner Paddock is a successful marketing executive and founder of the OM Foundation (OMF), which serves children with disabilities. He lives in Laguna Beach, California. **Neal Bascomb** is a former international journalist and book editor, and the award-winning author of six critically acclaimed, national, and international bestselling books, including the story of Roger Bannister's breaking of the four-minute-mile barrier in *The Perfect Mile*.

Early Praise for *One More Step*:

'*One More Step* is a courageous and heartwarming story of one man's trials and triumphs over cerebral palsy. Packed with adventure, this gripping narrative of summiting Mount Kilimanjaro and becoming a Kona Ironman both exhausts and uplifts the human spirit. An inspiring and irresistible book.' **–Lars Anderson, author of *The Storm and the Tide***

'Bonner Paddock's *One More Step* is the triumphant story of a man who accomplishes the impossible. On a deeper level, however, it's about the human bonds that can push us to become heroes. An instantly engaging and wonderful book.' **–A.J. Baime, *New York Times* bestselling author of *The Arsenal of Democracy* and *Go Like Hell***

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