



Drinking from My Leg: Lessons from a Blistered Optimist

Paul Martin

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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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