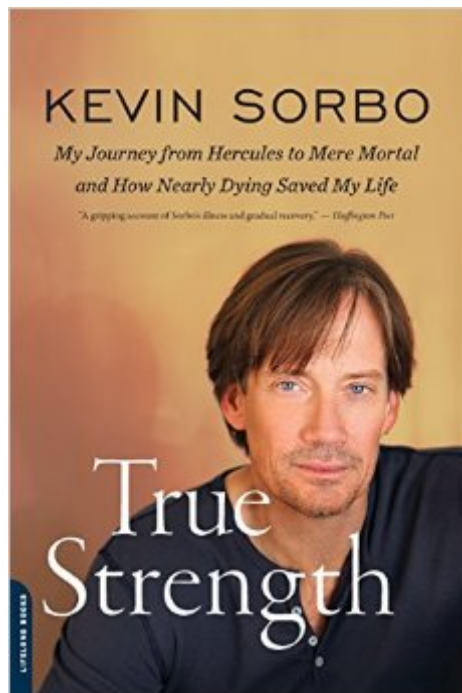


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# True Strength: My Journey From Hercules To Mere Mortal--and How Nearly Dying Saved My Life



## 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

Paperback: 296 pages

Publisher: Da Capo Lifelong Books; Reprint edition (October 9, 2012)

Language: English

ISBN-10: 073821602X

ISBN-13: 978-0738216027

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (336 customer reviews)

Best Sellers Rank: #103,938 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #335 in Books > Biographies & Memoirs > Arts & Literature > Television Performers #528 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

I didn't know Kevin Sorbo had written a book, but there it was in the New Bios section at Barnes & Noble. Being a sucker for show-biz bios, I bought it. HERCULES was a favorite show of mine. Of course it was clear from the blurbs on the jacket that this was more than just an "actor's story." No, this was about life and near-death and SURVIVAL...I remember hearing about Sorbo's aneurysm and strokes at the height of HERCULES' popularity. Despite the show's physical demands and stunts filmed in New Zealand, his crisis actually occurred while he was back in the States. Ironically,

Lucy Lawless, star of HERCULES' sister show XENA also suffered a serious injury the year before, being thrown from a horse while taping a comedy bit for THE TONIGHT SHOW in Burbank. Odd, how both happened during the actors' "vacations." Author Sorbo's gift for details is impressive. His accounts of those scary early hours and days in the E.R. are dramatic; chilling, even. He doesn't veer from unpleasant memories... that he nearly lost an arm, for instance... though such details were understandably kept under wraps at the time. Even if he recovered fully, would the studios continue to insure an action star who'd confessed to such a life-changing debilitating condition? Sorbo comes clean now, and his tale of his long road to semi-recovery and learning to manage his symptoms (which persist to this day) is honest, enlightening and often funny. He talks about HERCULES gamely struggling to stay in production with "Herc-light" scripts. Who can forget "Porcules"; Hercules-turned-into-Babe! Especially entertaining are occasional chapters contributed by family and friends... Kevin's wife Sam, for instance, and his HERCULES co-stars Bruce Campbell and Michael Hurst.

I have always found it fascinating how each person dealing with a crisis in their lives deals with what is handed to them. As a rehabilitation professional for over 30 years I have worked with many individuals who were dealt difficult hands in the life of poker. Some folded, while others bluffed and hoped for the best and still others put on their game face, weighed the odds and decided to play out their hand with everything they had. I have also found that while 3 people can all have the exact same illness/condition, all three will cope with it differently, have varying degrees of ability due to it and will ultimately recover from it differently. Kevin gave us a look at the horrible hand he was dealt and how that hand effected him, his career, his love life, his future and how he ultimately won the pot in that game. I can't begin to imagine what it must have been like to be a 38 year old man, doing all the right things as far as health goes, (eating right, exercising, not smoking, limited to no drinking, etc), no previous health issues, no hereditary issues, at the top of his career and finally finding the love he had pretty much given up on to be hit suddenly with several strokes and an aneurysm. These are things that happen to unhealthy people, older people, people with high blood pressure, but they don't happen to healthy, young men. The psychological issues that came along with the physical issues certainly played a huge role in Kevin's illness, as is seen in the book and with good reason. The fear alone in wondering why, could it happen again, what caused it and can it kill me would be enough to sideline a large number of people.

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