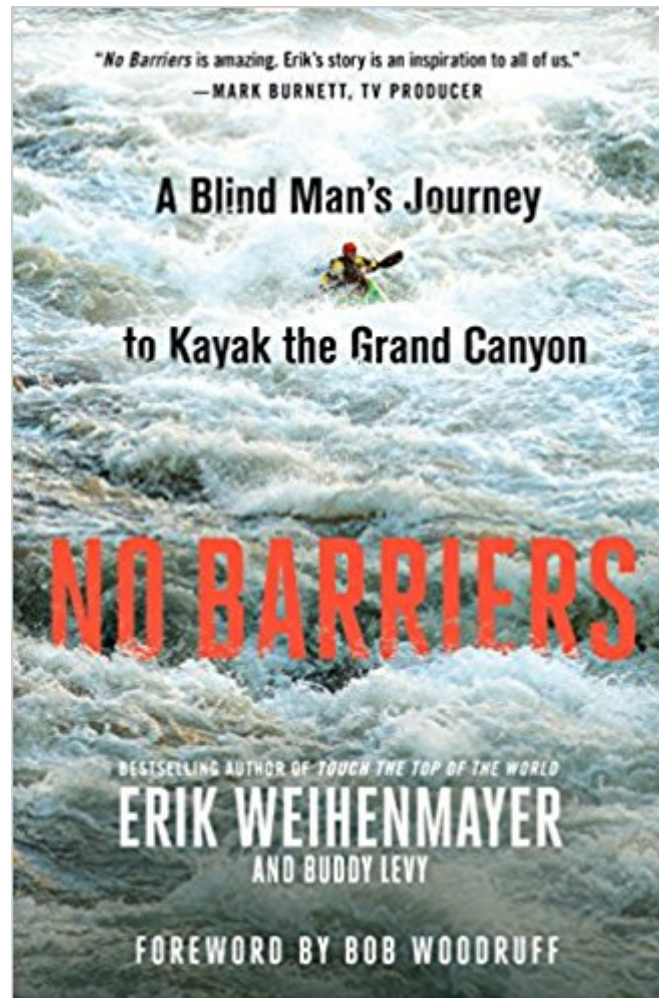




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# No Barriers: A Blind Man's Journey To Kayak The Grand Canyon



## Synopsis

Erik Weihenmayer is the first and only blind person to summit Mount Everest, the highest point on Earth. Descending carefully, he and his team picked their way across deep crevasses and through the deadly Khumbu Icefall; when the mountain was finally behind him, Erik knew he was going to live. His expedition leader slapped him on the back and said something that would affect the course of Erik's life: "Don't make Everest the greatest thing you ever do." No Barriers is Erik's response to that challenge. It is the moving story of his journey since descending Mount Everest: from leading expeditions around the world with blind Tibetan teenagers to helping injured soldiers climb their way home from war, from adopting a son from Nepal to facing the most terrifying reach of his life: to solo kayak the thunderous whitewater of the Grand Canyon. Along the course of Erik's journey, he meets other trailblazers—adventurers, scientists, artists, and activists—who, despite trauma, hardship, and loss, have broken through barriers of their own. These pioneers show Erik surprising ways forward that surpass logic and defy traditional thinking. Like the rapids of the Grand Canyon, created by inexorable forces far beneath the surface, No Barriers is a dive into the heart and mind at the core of the turbulent human experience. It is an exploration of the light that burns in all of us, the obstacles that threaten to extinguish that light, and the treacherous ascent towards growth and rebirth.

## Book Information

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## Customer Reviews

"Weihenmayer presents an exhilarating adventure story of arduous mountain climbing and

whitewater kayaking, but he also offers broader life lessons. A wonderful tribute to the greatness of the human spirit." â•Kirkus Reviews (starred review)"No Barriers is amazing. Erik's story is an inspiration to all of us." â•Mark Burnett, TV producer "No Barriers does more than chronicle a magnificent and seemingly impossible journey through the heart of the Grand Canyon. It offers a shining testament to the truth that both on rivers and in life, it is within the pockets of turbulenceâ•the places where chaos reigns greatestâ• that discovery, wisdom, and growth await. Weihenmayer's powers of discernment are acute, startling, and deeply inspirational."â•Kevin Fedarko, New York Times bestselling author of *The Emerald Mile*"No Barriers is more than an incredible adventure story â• it's a beautiful book about family and finding a way to achieve more than you ever thought possible.â•â•Brad Meltzer, New York Times bestselling author of *The President's Shadow*"An inspiration to other blind people and plenty of us folks who can see just fine."â•Jon Krakauer, New York Time bestselling author of *Into Thin Air*"Chronicling a grueling journey navigating eddies and rapids while paying homage to the complexity of families and bonds of friendship forged through shared experiences. In addition to tracking the kayak trip, the author also offers a poignant account of adopting his son from Nepal and details fascinating medical advances concerning neuroplasticity, the brain's capacity to change. More than a story about a blind man converting the improbable to the possible, this volume provides a powerful testament to the human spirit, concluding with a challenge to readers to take the Pledge of No Barriers. Guaranteed to inspire." â•Brenda Barrera, Booklist

Erik Weihenmayer is a bestselling author, athlete, adventurer, and motivational speaker. He is the author of the bestsellers *Touch the Top of the World* and *The Adversity Advantage*. He cofounded No Barriers USA, which empowers people to break through barriers, find their inner purpose and contribute their very best to the world. Erik lives in Colorado. Buddy Levy is an author, educator, journalist and speaker. His books include *American Legend*, *Conquistador*, *River of Darkness* and *Geronimo*. He lives in Idaho.

Erik and Buddy do a great job here describing not only Erik's quest to kayak through the Grand Canyon, but also to explain that the more important message is to empower yourself to overcome barriers in your life - the things that tend to pull you down or act as easy excuses not to accomplish what you might really be capable of. This is really what Erik's life is about now with his nonprofit No Barriers. He has used his experience as a blind man overcoming the naysayers and climbing not only Everest but all the Seven Summits, as well as kayaking the Colorado through Grand Canyon -

to motivate and empower others with any perceived barrier in their lives (common barriers are disabilities) to do as much as possible to attain goals. While a common goal can be to summit a mountain or paddle a river like the Colorado, such goals can be less glamorous like just taking the step as a blind man to mow the lawn (as fellow blind paddler Lonnie Bedwell did). We all have such barriers - and we all can benefit from the lessons that Erik and Buddy eloquently describe in this book. I was a part of Erik's development as a paddler, and I saw first-hand the doubts and challenges he faced in his paddling quest. I have respect and admire Erik greatly for seeing his goal through to the end and actually kayaking through the whole Grand Canyon despite so many problems that he faced.

Erik Weißenmayer has recently released his latest adventure story titled "No Barriers: A Blind Man's Journey to Kayak the Grand Canyon." I highly recommend it for anyone interested in learning more about themselves, pushing their own boundaries farther in their quest to make an impact, and living a life without barriers. Am I making a difference in the world? Does my work matter? These are just some of the questions the reader is forced to ask themselves as they make their way through Erik's real life journey to explore and extend his own "edge of the envelope." If you are not aware of Erik's background, he is a world class adventurer, having successfully climbed all of the famed Seven Summits around the world; all done completely blind, but never in the dark. Every adventure Erik undertakes is always painstakingly prepared for, meticulously planned and practiced, accomplished with an acutely focused sense of responsibility and dedication, and always done with an intended purpose for a greater cause. Erik is also a tireless advocate for those facing challenges in their lives, and he selflessly provides a powerful voice to this community through his non-profit foundation No Barriers USA, with the singular goal to help people of all ability levels overcome personal, physical, intellectual, and societal barriers to reach farther than ever was thought possible. In this new book, and in his own unique voice, Erik eloquently illuminates how we can all move forward in our lives towards growth and purpose "despite the barriers that get in our way. I promise, it's just as inspiring as his first book, Touch the Top of the World: A Blind Man's Journey to Climb Farther Than The Eye Can See. And in many ways, it's even more captivating. In relating his journey to kayak the entire length of the Colorado River through the Grand Canyon, Erik's singular ability to explain the entire process, from the initial idea all the way through to successful completion, weaving into the story all of the people who helped him along his path, and intricately describing the myriad of obstacles that needed to be overcome, was not only incredibly exciting, but at times, breathtakingly terrifying. He does a fantastic job of building the story of his

journey to its ultimate crescendo, across many different story lines. Without a doubt the most suspenseful part for me from the kayaking perspective was his personal battle and ultimate triumph over the aptly named section of the Colorado River called Lava Falls! Beyond the kayaking, the extremely intimate and revealing personal stories are brilliantly told, thought provoking, and at times very raw and emotional; a captivating read for sure. You will not be disappointed!

I've written several book reviews that took me a couple of minutes, this is not the case with Erik's book. I wanted to write something profound, thought provoking, inspirational etc. but after much reflection came to the conclusion there is nothing I could write that expresses those thoughts more than recommending others to read this book. Erik is a unique person who is completely focused on helping others to overcome whatever is holding them back and through that purpose has become one of the most self-reflective people one could ever meet. If you want to read an open, candid recount of a unique person and each of the No Barriers participants and their challenges, don't underestimate how this book may awaken you to do some valuable self-reflection. This book is one to read and re-read!

The virtual washing machine that Erik endures throughout this latest chapter in his anthology of breaking barriers is both captivating and dizzying, culminating in a deep sense of accomplishment yet longing to know what may lie ahead. The foundation of his story is rooted in deep love of family and friendships with folks whom Erik has complete and utter trust....major barrier breakers! The cyclical nature of the interweaving odyssey's brings home the message of the No Barriers mantra, akin to the whirlpools and whitewater he had to encounter but overcame by perseverance and suppressing multifaceted fears, with a little help from his loving guide buddies. Erik's meticulous nature needed to brave mountain cliffs and tortuous waters demonstrates a true warrior, in line with his proud veteran father whose aura resonates throughout his journeys. His tales are poignant lessons in 'everyday' life and he is a true leader in getting the most out of other people, as he pushes himself. Thanks for letting us get to really know your family and friends in your personal account of another unbelievable and extraordinary journey through your world of darkness filled with light! Big Love to Erik and all the Weißenmayer family

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