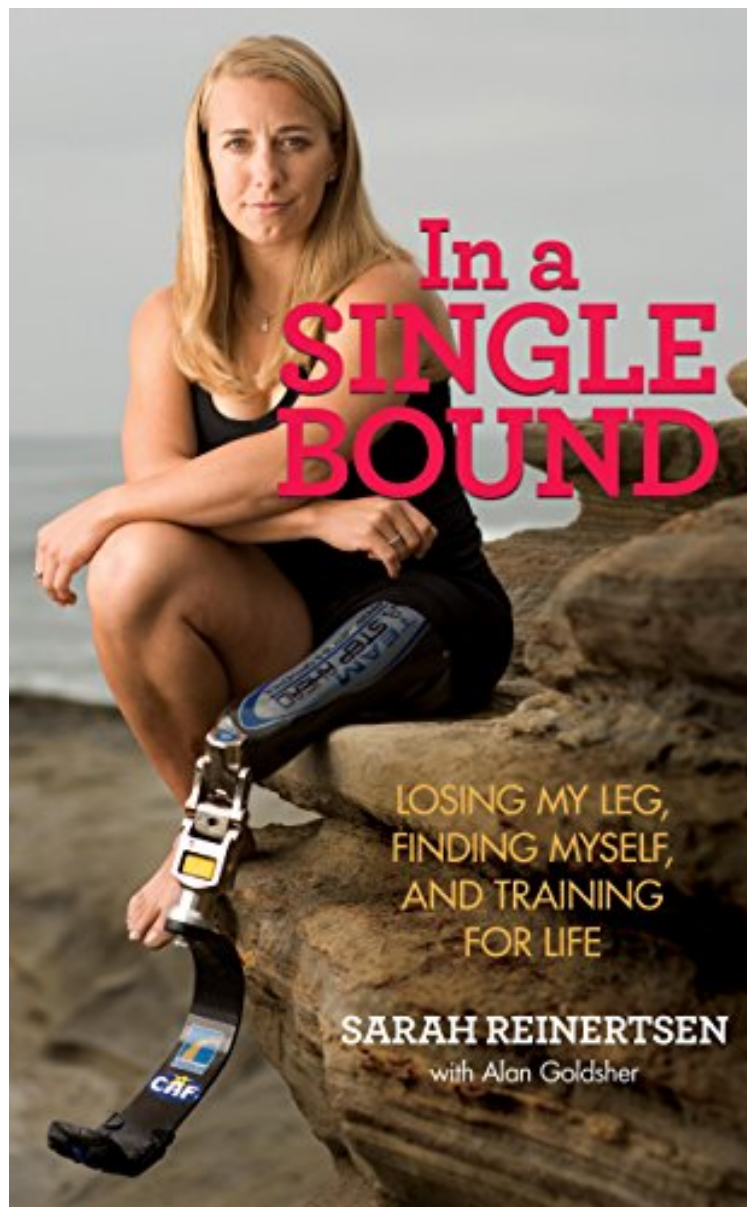


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# In a Single Bound: Losing My Leg, Finding Myself, and Training for Life

*Sarah Reinertsen, Alan Goldsher*  
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**Sarah Reinertsen, Alan Goldsher : In a Single Bound: Losing My Leg, Finding Myself, and Training for Life**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised In a Single Bound:  
Losing My Leg, Finding Myself, and Training for Life:

0 of 0 people found the following review helpful. Inspirational read  
By Jenny Hilborne  
In a Single Bound is the story of Sarah Reinertsen, born with a congenital birth defect that resulted in an above-the-knee amputation of her left leg at age seven. The book documents her struggles and follows her story as an accomplished athlete. Determined to succeed in her sport, Sarah gives the reader a look into the challenges she endured and the realities amputees must face, from societal attitudes to image, plus other issues such as insurance, prosthetics. She also shows the reader the possibilities, which is the focus of the book. In 2006, Sarah also appeared in The Amazing Race. Her experience is included in the book. I watched the episode and cheered her on. Inspired by her determination, I bought her book. In A Single Bound is a realistic look into one athlete's struggles and challenges. It documents her personal fight to accomplish success. Beyond that, it is also the story of courage; dealing with family issues, her own insecurities, and other people's insensitivity. Above all, it is impressive, and an uplifting, inspirational read, and not just for other athletes overcoming a disability. Her memoir is a moving reminder to everyone to move forward and go after your dream, no matter how big the obstacle in your path.

0 of 0 people found the following review helpful. This is a wonderful book! Sarah Reinertsen is not only a world-class ...  
By robert j. sliman  
Bravo! This is a wonderful book! Sarah Reinertsen is not only a world-class athlete but also a great story teller. She describes the ups and downs of her amazing life and athletic career with honesty, humor and great insight. This book takes her story up to about 2008 and I'm sure she has a lot more stories to tell. I look forward to Volume 2!

0 of 0 people found the following review helpful. Life with an amputation  
By Kermit  
Great book! Sarah grows from a young girl to a woman and documents her life with an amputation. You get a look into some of the realities that people with amputation have to deal with: changed body image, being 'different', family issues, social/romantic relationship issues, repeated appointments to a prosthetist, outrageous fees for a new prosthesis, ridiculous insurance coverage policies, etc. The book documents many of Sarah's triumphs, but she gives a very open and honest view of the road and battles she fought to get there.

See Sarah on the cover of ESPN The Magazine's first "Body Issue"  
Touching, funny, and honest, In a Single Bound is the story of how a feisty little girl from Long Island became one of the world's most famous disabled sports figures. An inspiring memoir of courage, spirit, and determination.

The impressive story of a woman who will eventually be duly recognized as a pioneer in disabled athletics.