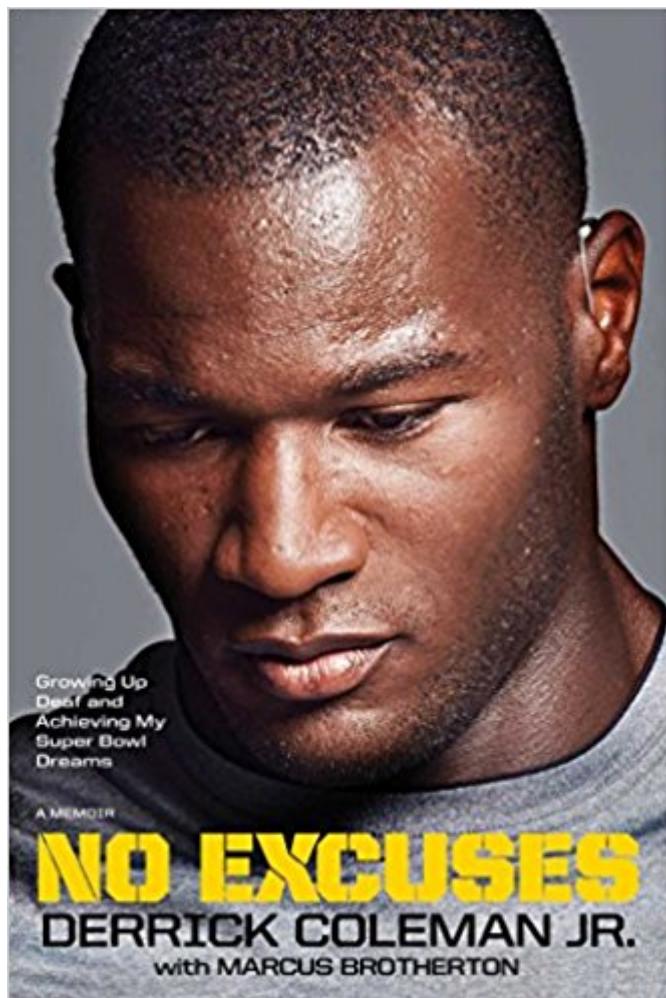


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# No Excuses: Growing Up Deaf And Achieving My Super Bowl Dreams



## Synopsis

Trailblazing Seattle Seahawks fullback Derrick Coleman Jr. "the first deaf athlete to play offense in the NFL" tells his inspirational journey of persevering through every obstacle, remaining dedicated to the hard work and a no-excuses attitude that ultimately earned him a Super Bowl victory. Great for readers of all ages. Even at a young age, if anyone told Derrick Coleman what he couldn't do, he'd just reply, "Watch me." • Diagnosed as hearing-impaired at age three, he faced a potentially limited future, but neither he nor his family were going to let that happen. Now Derrick shares the story of his remarkable journey toward NFL stardom, of the friends and colleagues who cheered him on when skeptics tried to chip away at his confidence, and of how every challenge he faced only strengthened his resolve. At the heart of his story is his unconventional family, whose one constant was always love. When Derrick was misunderstood as "difficult," or bullied and laughed at by schoolmates, he removed his hearing aids and listened instead to his mother's advice: Never let anyone else tell you how far you can go. Playing football became an outlet for Derrick's restless energy and a way of proving he could forge his own path. As a senior at UCLA, he became a standout, an award-winning player who led his team with eleven touchdowns and demonstrated to the world what his heart had known all along: He had what it took to be a champion. No Excuses is more than just Derrick Coleman's story as a sports legend, inspirational role model, and icon. It's a motivating and unique testament to the human spirit, to the potential inside everyone who has ever faced difficult obstacles. It's about aiming high in life, giving it your all, and never ever settling for excuses.

## Book Information

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## Customer Reviews

I read this book in under 24 hours.... Could not put it down! I loved how the book was written so real. I love anything Seahawks, but this was so much more. Derrick Coleman Jr has his head on straight, and was an inspiration for this 60 year old mom and grandma. We all have it in us to make our dreams come true, no matter our circumstances. Wonderful read! I would recommend to anyone wanting an uplifting ,encouraging , positive read.

I read the book, and it was if I could hear DC's voice reading it to me. A strong young man telling his story, hoping to encourage others. I want all my grandchildren to read this and learn from DC's story. No excuses!

An inspirational memoir that shares the determined spirit of Derrick Coleman, this story is tells you why you should never give up on your dreams. Born with a hearing problem, Derrick Coleman is deaf, but extremely blessed. Growing up in a world filled with love, frustration and perseverance, Coleman never gave up on his dream to play in the NFL. What we see as an obstacle, Coleman saw it a motivator. It motivated him to prove he could play football just as well as anyone else. This is a fascinating inside story of Coleman's life and how he managed to obtain a spot on the Seattle Seahawks' Super Bowl winning team. An easy enjoyable read, Coleman's voice shown through this wonderful memoir. While the writing is simple and very basic it is clear that Coleman worked hard to produced a well-written story. It is well paced and very informative. Throughout the memoir Coleman states he doesn't seem himself as a role model, but reading No Excuses I cannot see why someone wouldn't want him as a role model. He worked hard to achieve his dreams, continues to work hard and gives back to his community. That is role model worthy. A great read all around. 4/5

A truly inspiring tale from one of the NFL's good guys. Hearing loss isn't an issue that's affected my life or anyone in my family, but reading about Derrick's No Excuses spirit was really great!

I'm glad I read the story of Derrick Coleman, Jr. He's an inspiration to all, especially those with disabilities. He's proven that you CAN do whatever you set your mind on. With God's help, motivation, and dedication, anything is possible.I was about halfway through the book, when I heard he'd been arrested for leaving the scene of an accident. Since then, I've been away from news and only know he was released. Prayers are there was a very good reason for what he did. He seems like one of a few who are good role models for the kids today. I wish him well.

I have followed Derrick's career since the first time I saw him play with the Seahawks.... I love this book, he is an amazing young man for all that he does off the field but he is also fun to watch on the field! Definitely happy that my husband bought this book for me for my birthday and I hope to be able to get it signed later this month at JBLM, WA!!

I'm hearing impaired and this book was so relateable it brought tears to my eyes. Stay strong and no excuses.

Amazing book. Such an inspiration to children and adults that are of perfect hearing or hearing impaired. Such a true champion on the field and off. I read this book in 2 days. Could not put it down and now have passed it on to my 12 year old daughter who loves it too. A++++ Well written and simply perfection.

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