



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

By Kevin Sorbo

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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.

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### Editorial Review

#### Review

Kirkus Reviews, 10/1/11 "Sorbo is candid about the hopelessness and resentment that characterized his slow recovery, his frustration with contradictory medical advice and holistic therapies of varying effectiveness and the stress his condition placed on his new marriage." Booklist, 10/15/11 "[A] compelling memoir...Throughout his chatty tale, [Sorbo] drops enough Hollywood names to make any Us Weekly reader happy." Asbury Park Press, 9/25/11 "This actor has a real and really interesting story to tell...This is the story of a man who had taken from him that which made up the entirety of his persona: strength. And how he recovered." Huffington Post, 10/19/11 "A gripping account of Sorbo's illness and gradual recovery." A.V. Club, 10/19/11 "As much an inspirational story as a narrative about the former model's rise to cable stardom, the often surprisingly candid memoir offers a look at the effects long-term debilitation can have on relationships and careers...A compelling look at a life temporarily derailed." Shelf Awareness for Readers, 10/21/11 "His story is no mythic journey; it's all too human, and well worth reading." ThirdOptionMen.org, 10/15/11 "A story of inspiration and hope through the most trying of situations. It should be read by everyone so that they can understand, even if just a little bit, how it feels to live through a stroke or other life altering medical issue, and come out on the other side spiritually renewed." Bookviews.com, November 2011 "Sorbo has written an interesting memoir...[that] will be of interest to his fans and others." Mesquite Local News, 11/13/11 "If there's a Hollywood fan on your list this year, you can't go wrong with True Strength." Pottstown Mercury, 12/6/11 "An informative, inspirational memoir...A very personal, realistic account of a devastating event to which we can all relate in some way, having faced adversities of our own. [Sorbo's] frank, casual narrative draws readers into his story." WomanAroundTown.com, 12/15/11 "The story of his harrowing journey is told with humor and honesty. An inspiring book for everyone who's battled health issues, or watched a loved one suffer debilitating illness." American Profile, December 2011 "A powerful autobiography...An outstanding survey, highly recommended for any film or general lending collection strong in actors' stories and accounts of personal strength and recovery!" Politics & Patriotism, 2/22/12 "He's got a conversational writing style that makes it easy to imagine his voice and mannerisms while you turn the pages. His presentation is passionate. His outlook is optimistic. He doesn't pull his punches...True Strength is more than the story of how Kevin Sorbo beat the odds, banished his demons, and went on to be a better man. It's a roadmap for others to follow, if they should ever find themselves in a similar situation." Kingman Daily Miner, 3/2/12 "This book is intended to give hope to those who have encountered unforeseen ailments and need encouragement to overcome their frailties. It shows that with the will to go on, following the advice of doctors, and most importantly accepting support from significant others, true strength emerges." WTBF Radio "[Sorbo's] story is honest, inspiring, and cautionary: don't ignore your body when it warns you." Westlake Malibu Lifestyle, June 2012 "An inspirational read." Midwest Book Review, July 2012 "A powerful testimony, this deserves ongoing attention and recommendation."

#### About the Author

Kevin Sorbo is an actor, producer, and director, best known for his leading roles in *Hercules: The Legendary Journeys* and Gene Roddenberry's *Andromeda*. He lives with his wife, Sam, and their three children in California, and is a spokesman for A World Fit for Kids!, a non-profit mentoring organization in Los Angeles.

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