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FOR IMMEDIATE RELEASE

No Arms, No Legs, No Limits

Disabled author Nick Vujicic details faith story in newly-released memoir, 'Life Without Limits'

LOS ANGELES, Nov. 8, 2010 – Born without arms or legs, 27-year-old Nick Vujicic offers hope to those seeking to find their life's purpose in the newly-released ["Life Without Limits: Inspiration for a Ridiculously Good Life"](#) (Doubleday Religion, October 2010, ISBN: 0307589730).

Nick Vujicic entered this world with what some people would call impossible circumstances, a rare condition termed "phocomelia," where babies are born with malformed or missing limbs. Yet despite his physical limitations, Nick Vujicic has discovered that God had a plan and purpose for his life.

"Recognizing your purpose means everything. I assure you that you too have something to contribute. You may not see it now but you would not be on this planet if that were not true," Nick Vujicic writes. "I know for certain that God does not make mistakes, but he does make miracles. I am one. You are, too."

Each chapter of "Life Without Limits" identifies a key attribute that Nick Vujicic uses to live what he calls his ridiculously happy life. The solutions to living without limits detailed in his book are:

- A powerful sense of purpose
- Hope so strong that it cannot be diminished
- Faith in the infinite possibilities
- Love and self-acceptance
- Attitude with altitude
- A courageous spirit
- Willingness to change
- A trusting heart
- Hunger for opportunities
- The ability to assess risks and to laugh at life
- A mission to serve others first

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As a young child, Nick Vujicic's frustrations with his disability left him questioning his reason for being alive – even to the contemplation of suicide. Despite some of his darkest and loneliest moments, Nick Vujicic put his faith in God and chose to be happy and grateful because of his situation.

“Often people ask how I manage to be happy despite having no arms and no legs. The quick answer is that I have a choice. I can be angry about not having limbs, or I can be thankful that I have a purpose. I chose gratitude,” Nick Vujicic states.

Despite Nick Vujicic's physical disability, he's truly living as though he has no limits. In “Life Without Limits” he offers readers encouragement and guidance, helping them find their life's purpose so that they, too, can live a fulfilling and ridiculously good life.

“I'm officially disabled, but I'm truly enabled because of my lack of limbs. My unique challenges have opened up unique opportunities to reach so many in need. Just imagine what is possible for you!” Nick Vujicic writes.

Nick Vujicic began motivational speaking and evangelism at the age of 17, and was soon traveling around the world – having currently visited more than 32 countries – sharing his testimony with millions of people, young and old alike. After founding a motivational speaking company, [Attitude is Altitude](#), Nick Vujicic began the non-profit ministry [Life Without Limbs](#) to “cross boundaries and break down barriers, to build bridges that bring people to the love and hope found in Jesus Christ.” More information can be found online at <http://www.attitudeisaltitude.com> and <http://www.lifewithoutlimbs.org>.

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Note to Editors: For more information or to arrange an interview, please contact Julie Shultz or Julie Shutley at 972.267.1111 or via e-mail at julie@alarrayross.com or jshutley@alarrayross.com. Additional information about “Life Without Limits” or Nick Vujicic is available at <http://www.lifewithoutlimbs.org>.