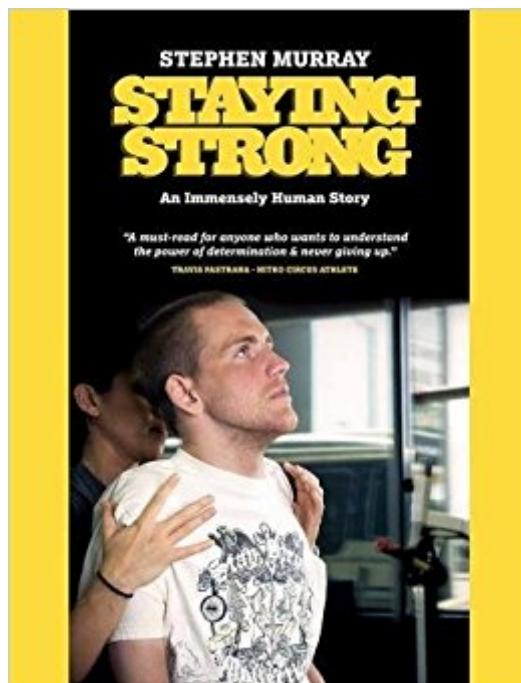


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# Staying Strong: An Immensely Human Story



## Synopsis

Staying Strong is an immensely human story of how a working-class boy from Tyneside in the north of England became a world champion BMX dirt rider in America — then went downhill through partying and drugs and alcohol, until he hit rock bottom. But, with determination and hard work, Stephen Murray had the tenacity to fight his way back to the top of his sport and, in 2007, he was once again riding in a world championship final. Then tragedy struck — he crashed and broke his neck, flat-lined three times, and ended up paralysed from the shoulders down. Though he lost the use of most of his body, Stephen never lost the fighting spirit that made him world champion and saved his life. Now he fights on a different front, staying strong in the face of everyday adversities, with a super-human mental resilience that inspires quadriplegics and action sports athletes the world over. His story is inspirational and his book is a triumph of the soul. The limited edition collector's hardback is personally signed by Stephen Murray (only from [www.stysrg.com](http://www.stysrg.com)) available on .

## Book Information

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## Customer Reviews

“A must-read for anyone who wants to understand the power of determination & never giving up.” — Travis Pastrana -

Nitro Circus Athlete “You’re an inspiration, a fighter that does what you do: stay strong!” Stephen Murray has always set out to break all the rules. He united the action sports world, he changed the face of everything we do & his biggest achievements are still ahead of him. — TJ LAVIN “3X X-GAMES GOLD MEDALLIST AND MTV HOST” “The book is

amazing, such an inspiring read. A Mad journey you've been on!!! A MATT HELDERS - ARCTIC MONKEYS "I heard a great quote recently: 'To make the impossible become possible you must be awesome'." A Well, Stephen Murray is awesome! A Much love" A MAT HOFFMAN A "THE GODFATHER OF BMX" A "Stephen has overcome more things in his life than many others" A could even deal with. It gives me great honour to call Stephen and his family, friends of myself and my family. A STEVE PEAT A "3 X MOUNTAIN BIKE" A "WORLD CUP CHAMPION" A "Stay Strong is a sentiment that both words and actions can express. It encompasses A a turbulent journey through the A tough BMX tracks of England, A the elation of golden moments that A changed the landscape of BMX A competition as we know it and an A incredible struggle for life or death, A leading to Stephen becoming an A inspiration to the world! A JAMIE BESTWICK A "13 X X-GAMES GOLD" A "MEDALLIST & 2014 LAUREUS WORLD" A "ACTION SPORTSPERSON OF THE YEAR" To see how far Stephen has come A is unreal. To see him being a A dad to his kids, doing his rehab, A traveling to contests to cheer us on A it A "amazing, he is such a fighter." A Thanks for being my friend and A inspiration." A ALISTAIR WHITTON A "BMX RIDER AND A STUNTMAN, KNOWN FOR HIS WORK ON A "THE DARK KNIGHT RISES" (2012), A "SKYFALL" (2012) AND JASON BOURNE (2016)

Stephen was one of the top BMXers when I was heavy into BMX in my teens/early twenties. It's hard to believe it's already been 10 years since his accident. This book is a great read, and I read it in about 3 days...mostly because I wanted to keep following the story. It felt like a conversation, more than a typical book, which is why it was hard to put down. The events of his life, pre and post crash, are very detailed and I think that makes it more of an honest conversation. Publicly putting out there the partying, drugs, women, etc.. prior to the accident, not sugar coating anything. A very inspirational story and wish I could find more books like this in my field of interest. A very inspirational read for anyone within the BMX world or anyone going through any personal struggles. Definitely worth the purchase to help the Stay Strong cause and to raise awareness.

Very good book. Its hard to put it down. No sugar coating here just the hard facts, right or wrong Stephen tells all.

Probably the best book I've ever read. Fact.

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