BIOGRAPHY & MEMOIR

Life Without Limits

by Nick Vujicic

Born with no arms or legs, Nick Vujicic built a ridiculously good life - proof most limits live in the mind.

BEST POINTS FROM THE BOOK

01 **If you cannot get a miracle, become one.**

Nick's title for chapter one and his whole message: stop waiting to be rescued, and become the encouragement somebody else is praying for.

02 **Find your purpose and pain gets a meaning.**

At seventeen, his school janitor, Mr. Arnold, told Nick he would become a speaker. Months later he told his story to a small group - and discovered that his suffering was exactly what let him reach other hurting people.

03 **Hold on to hope, especially when you cannot see the way out.**

At ten, bullied and depressed, Nick tried to drown himself in a bathtub - and stopped because of what it would do to his parents. Hope, he says, is what carries you until the purpose you cannot see yet shows up.

04 **Faith means Full Assurance In The Heart.**

Nick's acronym for FAITH is the book's backbone: trusting that God has a plan for a life that looks broken from the outside - the trust that later put a man with no limbs on a surfboard next to Bethany Hamilton.

05 **Love the perfectly imperfect you.**

Chapter four: your worth is not set by other people's opinions or by appearance. Accepting your flaws - and learning to laugh at them - is the starting point of confidence and of accepting others.

06 **Attitude is altitude. Choose it on purpose.**

You cannot always choose your circumstances, but attitude is a daily choice. Nick names the ones that lift a life: gratitude, action, empathy, and forgiveness.

07 **Fear is a bigger disability than any body.**

Fear will paralyze you more than a wheelchair ever could. As a boy Nick faced down a school bully from his wheelchair; ever since, he treats fear as a signal to act, not a stop sign - 'Why not?' beats 'What if?'

08 **Fall seven times, stand up eight.**

Nick's failure chapter: a fall is an event, not a verdict on your worth. Failure teaches, builds character, motivates, and makes success sweet - if you refuse to let a face plant grow roots.

09 **Accept what you cannot change. Work on what you can.**

He could not grow arms, and no amount of wishing changed that. He could control attitude, effort, skills, and hope - and when life changes, he changes with it. Aim your energy at the second list and the first list shrinks.

10 **Build a circle that lifts you - and let them help.**

Family, mentors, role models, and fellow travelers carried Nick through the dark years. Trust is a skill: read people, listen to understand, and have the humility to ask for help instead of going it alone.

11 **Take the ridiculous risk, and laugh at life.**

Nick's 'Ridiculous Rules': assess the risk, prepare, then go - scuba diving, skydiving, starring in a film. He jokes about the small foot he calls his 'chicken drumstick.' Lightness is a discipline, not luck.

12 **Make giving your mission.**

The final chapter: at twenty, Nick traveled to South Africa's poorest townships and found that serving people in worse pain than his own filled his life. You do not need much to give - start with what you have, one person at a time.

THE BOOK, IN SHORT

The big idea is carried by a life. Nick Vujicic was born in Melbourne, Australia, in 1982 with tetra-amelia syndrome - no arms and no legs. Childhood brought bullying, loneliness, and depression; at age ten he tried to drown himself in a bathtub, and stopped only because he pictured what his death would do to his parents. This book is the story of how that boy became a man who swims, surfs, and speaks to millions.

Two anchors saved him: his parents' steady love and his Christian faith. Nick was one of the first disabled children in Australia to be mainstreamed into a regular school. Reading the Bible story of a man born blind, he came to believe his life had a purpose he could not yet see - and at seventeen the school janitor, Mr. Arnold, told him flatly that he would become a speaker. Within months Nick was telling his story to small groups, and he had found his purpose: helping other people find hope in their own hard situations.

Each of the twelve chapters builds one quality of a limitless life: purpose, hope, faith, self-acceptance, attitude, courage, getting back up after failure, embracing change, trust in others, a hunger for opportunities, the ability to assess risks and laugh at life, and a mission to serve others first. The lessons are practical, not just cheering-up. Accept what you cannot change and pour your

energy into what you can. Treat failure as an event to learn from, not a verdict on who you are. Let people help you. Choose gratitude and humor daily.

The book closes with a Life Without Limits Personal Action Plan to help readers map their own path. By then Nick had founded the nonprofit Life Without Limbs to carry his message worldwide. His summary of it all: if you cannot get a miracle, become one - stop waiting to be rescued, and become the encouragement someone else is praying for.

DO THIS WEEK

Make Nick's two lists this week: what you cannot change, and what you can. Pick one item from the 'can' list and take a small action on it every day for seven days. Then do his title chapter literally: be a miracle for one person - send the encouraging message, share the story, or give the help someone around you has been quietly praying for.

Life Without Limits: Inspiration for a Ridiculously Good Life, by Nick Vujicic, first published 2010 (Doubleday). For anyone who feels their situation is too broken to build a good life from - read this first.