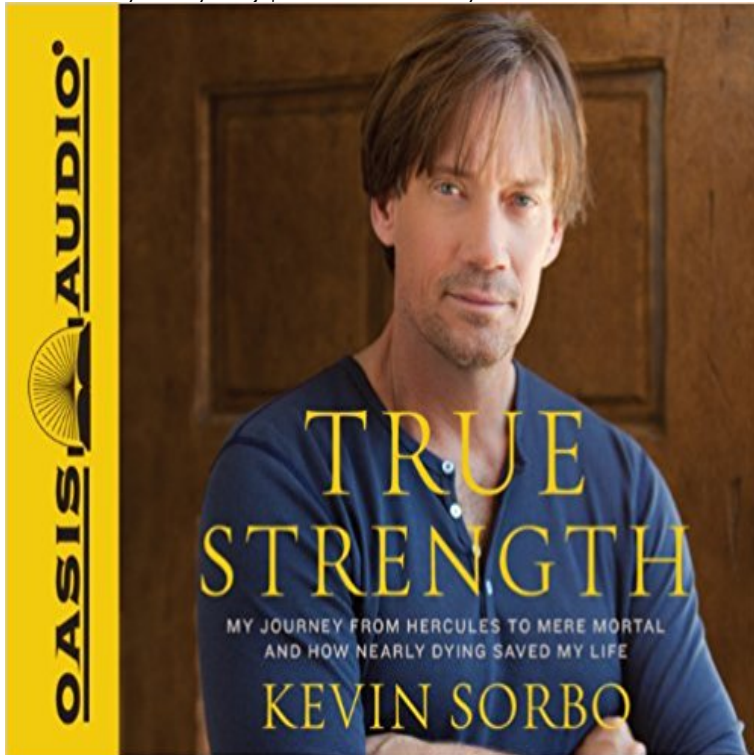


## True Strength: My Journey from Hercules to Mere Mortal--and How Nearly Dying Saved My Life



On television, as the star of the popular *Hercules: The Legendary Journeys*, Kevin Sorbo portrayed an invincible demi god. He relished living the part putting in 14-hour days on set, doing his own stunts, and relentlessly working out at the gym. Until one day it all came to an abrupt end. Now, for the first time, Sorbo shares what viewers didn't know: he suffered three strokes from an aneurysm in his shoulder that had been radiating blood clots throughout his body, likely for months. He was left partially blind and entirely incapacitated at just thirty-eight years old. Appearances are everything in Hollywood, so Sorbo and the production studio hid the full details of his condition from the media. After all, how could the strongest man in the world be fragile? To continue filming *Hercules*, the number-one worldwide syndicated TV series at the time, they frantically reworked scripts and revamped production to allow for the stars' severely limited involvement. But as the effects of the strokes persisted with painful, mysterious, debilitating symptoms and physicians could offer few answers, Sorbo grew increasingly despondent. What happens when your entire identity vanishes? *True Strength* is the story of how one man faced the unimaginable and ultimately found the real measure of success. With tongue-in-cheek humor and an unfailingly candid voice, Sorbo reflects on his childhood in Minnesota, his early modeling and acting days, and his hard-charging charmed life in television. He recounts the onset of his stroke symptoms, the frightening hospitalizations, his battle with depression, and fighting for a recovery that defied medical expectations. And how through it all, love conspired to save him from missing out on what matters. With this refreshingly honest account of celebrity, personal tragedy, and the power of letting go, Sorbo aims to blaze a trail for anyone who may have

suffered a serious setback in life and is struggling to find their way forward.

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