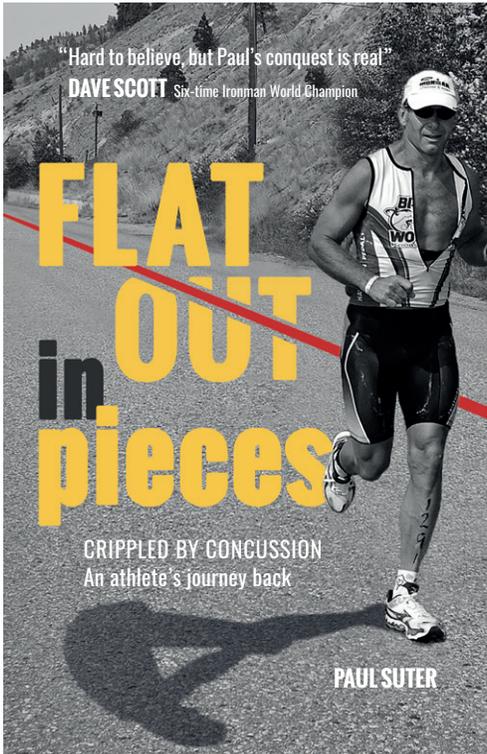




TIDEWATER PRESS

Flat Out in Pieces

Crippled by Concussion: An athlete's journey back



Paul's epic journey in Flat Out in Pieces encompasses every human emotion of tenacity, perseverance and a relentless will to overcome his emotional and physical condition. After reading the book, there isn't a comparison with athletic feats that are simply planned, calculated and choreographed. Paul's twisted roadmap to his recovery is defined by his compassionate wife, Christine, and their collective and endless pursuit to figure out what truly was haywire with his mind and body. Flat Out in Pieces is hard to believe but Paul's conquest is real.

DAVE SCOTT, SIX-TIME IRONMAN WORLD CHAMPION

Paul Suter was an elite endurance athlete who went from competing in Ironman-distance triathlons to being unable to take his dog for a five-minute walk. Despite suffering a serious concussion, he continued to train and compete until his exhausted adrenal system collapsed. Paul knew his body wasn't working, but couldn't convince the medical community that his illness actually existed. The ongoing search for a cure contributed to his depression and suffering; how could he continue to hope, when what he had didn't fit into any doctor's shoe box of remedies?

Paul's relationship with his wife and training partner, Christine, was based on their mutual love of endurance sport. Over seven years, his illness and invisible disability threatened to destroy the bond that held them together. Paul's search for recognition of his condition and for an effective treatment was a quest to restore not just himself but his marriage and their future.

Paul Suter lives in Whistler, BC, where he continues to recover with the help of his wife, Christine. *Flat Out in Pieces* is his first book.

Flat Out in Pieces

by **Paul Suter**

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