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*You Can't Get Pinned When You're on Top*

## **Wrestling with Greatness Podcast**

Action Plan

from the interview with Kyle Maynard

***Kyle Maynard is a New York Times best-selling author, an entrepreneur and former wrestler. In high school he finished top 12 at the NHSCA senior nationals and has since fought professionally in MMA and is currently competing in Brazilian Jiu-jitsu. Further, he's climbed Mt. Kilimanjaro, the highest peak in Africa, and has plans to conquer Aconcagua, the highest peak in South America. Kyle has done all of this with congenital amputation, meaning that his arms end at the elbows and his legs just above the knees. He gives no excuses and inspires us to ask ourselves, 'why not me?'***

### **Kyle's view of disability and ability:**

His parents raised him with the philosophy that everyone has a disability. However, most physical disabilities are more mental than anything.

### **Want to achieve your biggest dreams? Ask yourself...**

*"What is the biggest excuse that you are making in your life that's keeping you from reaching your highest potential?"*

What's the one thing that's holding you back? The one thing that, if you changed it, would allow you to achieve what you want?

### **Recommended reading from Kyle:**

*Mind on Fire by Ralph Waldo Emerson*

*Meditations by Marcus Aurelius*

**Website:** <http://www.Kyle-Maynard.com>

**Facebook:** <https://www.Facebook.com/kylemaynard.fanpage>

**Twitter:** <https://twitter.com/KyleMaynard>

**Instagram:** <https://instagram.com/KyleMaynard> (most active on Instagram)