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## American Hero Gives Back to the Men and Women Recovering at Walter Reed

*Success is to be measured not so much by the position that one has reached in life  
as by the obstacles which he has overcome* – Booker T. Washington

**Washington, DC**—After miraculously surviving a horrific accident that severed both of his legs, causing him to permanently lose his right foot, U.S. Navy submarine officer Nader Elguindi could have decided to sign the retirement papers offered to him. In fact, the nuclear engineering program that Nader was a part of is so restrictive, many thought it would impossible for him to stay on active duty.

But, as Nader reveals in his inspirational new release, *My Decision to Live*, he defied the odds—by continuing his quest to earn his submarine qualifications (the coveted Dolphins) and becoming the first officer with a prosthetic to do so. Elguindi now wants to give back to those who are still struggling to recover from their injuries and **is pledging to donate all proceeds from his new book to the Walter Reed Medical Center** where serves as a peer counselor and passionately supports the efforts by the Walter Reed team.

However, despite Nader's unparalleled achievement, the Physical Evaluation Board determined he was unfit to continue serving on active duty. Discouraged but not deterred, Nader began his own information technology company from nothing but his personal savings. Nader's story comes full circle ten years after his tragic accident, when he wins one of the largest small business contracts in history from the Office of Naval Research and gets to work again, at last, with his beloved Navy.

*My Decision to Live* illustrates:

- Nader's rebellious youth—feeling like an outsider in the south because of his Middle Eastern heritage and ending up in jail at age sixteen
- How love and support from friends and fellow sailors strengthened his resolve to not only return to service, but also to become the first officer to earn the Dolphins with a prosthetic leg
- His struggles in launching his own company—and how lessons learned in the Navy helped him prevail

Today Nader runs a multi-million dollar consulting firm, serves as a peer volunteer at Walter Reed Medical Center, and is a motivational speaker before sold-out crowds.

**ALL PROCEEDS FROM *MY DECISION TO LIVE* WILL GO TO SUPPORT THE BRAVE MEN  
AND WOMEN RECOVERING AT WALTER REED ARMY MEDICAL CENTER**

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**For more information on *My Decision to Live*, or to schedule an interview,  
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