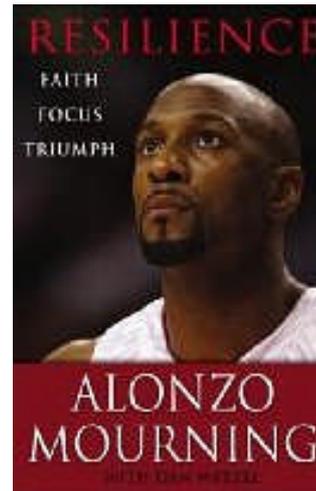


A Review of  
***Resilience: Faith, Focus, Triumph (2008)***  
Author: Alonzo Mourning and Dan Wetzel



While his book may be advertised as not being a basketball book, how can this amazing story of Alonzo “Zo” Mourning not be told without focusing much of the telling being about that sport and his life in basketball? Yes, there really is a lot of basketball in this book but the kidney disease challenge and the resultant kidney transplant takes center stage within the framework of that life on the courts that makes the story so incredible and inspiring. Its title, **Resilience**, says it all in that one word and all the rest of the words and chapters support that one word summary.

After tracing his roots from childhood, where he made tough decisions about his self declared independence even as a 10 year old child, with the support of an adopted family and its prayerful supporting mother, we read of his successful basketball career in college (both in sports and education) and the pros. At the seeming height of that success, Zo is stricken down and loses the battle with a kidney disease called focal glomerulosclerosis, of which there is no cure, but then goes on to get a kidney transplant and therein lies the story of his real success. Unbelievably to most, with faith and focus, he not only fights to a successful recovery, but returns to play in the brutally physical NBA again!

Alonzo’s comeback serves as hope and inspiration for transplant patients worldwide in showing what is possible, overcoming the many mental and physical challenges that come with this lifesaving procedure so common today. Why else would almost 80,000 be lined up waiting for a kidney transplant on the UNOS list just in this country alone? Yes, an extreme recovery like his takes extreme focus and faith, but even at the non-champion athletic level, the average patient can do it and that is the power of this reading which I strongly recommend for every patient and family facing a transplant in their lives today. As Alonzo shows in his life and story, finally winning a World Championship with the Miami Heat post transplant in 2006, with “faith and focus we can triumph!” Spiritually and physically, he focuses total energy on making his 6 foot 9 inch body return to a peak performance level, and we can feel the effort and pain as we share that part in reading his recovery story.

If you are looking for inspiration and powerful example of what the human body can recover from and do post transplant, this is the book to read. Alonzo is one very special and “really good/nice guy” (at least when you are not his opponent on the court) as we see in his very quiet and personal outreach to others in need, especially children facing their own medical challenges. I can say that this is one “feel good” read for everyone.

Note: **Resilience: Faith, Focus, Triumph** is available in hard cover on [Amazon.com](http://Amazon.com)  
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**Reviewer bio:** Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with NKF, UNOS and the Gift of Life Donor Program in Philadelphia, as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered in thanks to his donor family and can be obtained on a CD without cost by contacting him at [GleasonJim@aol.com](mailto:GleasonJim@aol.com)