



# JOHN KRIESEL

## STILL STANDING. STILL SMILING.

### ABOUT JOHN KRIESEL

If *The Power of Positive Thinking* were written today, it would need a chapter dedicated to John Kriesel.

In 2006, while serving in Iraq, John was catastrophically injured when a 200-pound roadside bomb exploded beneath his vehicle. The blast killed two of his closest friends and left him with life-threatening injuries. He died three times on the operating table before being revived, endured four hospitals, 35 surgeries, and months of grueling recovery. He lost both legs and suffered numerous other major injuries—but the loss of his friends was the deepest wound of all.

Despite a prognosis that he would likely never walk again, John defied every expectation. Nine months after the explosion, he walked out of Walter Reed Army Medical Center on prosthetic legs. His journey is chronicled in the award-winning book *Still Standing: The Story of SSG John Kriesel*, coauthored with Jim Kosmo and winner of eight national book awards.

Four years after his near-death experience, John transitioned into a civilian role with the Minnesota Army National Guard and later became the Director of Veterans Services for a county in the Twin Cities metro. He also serves as a part-time host on KFAN Sports Radio and is a former member of the Minnesota House of Representatives. In 2010, he ran a hard-fought campaign—personally knocking on thousands of doors, even wearing out a prosthetic leg in the process—and won a seat many said he couldn't. After tours in Kosovo and Iraq and years of recovery, he chose not to seek re-election so he could prioritize time with his family.

Known for his candor and authenticity, John quickly earned a reputation as a straight-shooter at the Capitol. The Minneapolis Star Tribune called his honesty “a breath of fresh air.” Today, in addition to serving veterans and being a regular voice on KFAN's *Power Trip Morning Show*, he shares his powerful message of resilience, gratitude, and choosing joy with audiences across the country.

*Still Standing* is available in print and eBook formats.

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