



# JOHN KRIESEL

## SUGGESTED INTRODUCTION

### **STILL STANDING. STILL SMILING.**

John Kriesel may have lost both legs and three close friends in Iraq, but he returned home with an extraordinary message of hope, resilience, and the power of choosing a positive mindset in the face of overwhelming adversity.

John served as a NATO peacekeeper in Kosovo in 2004 before volunteering for deployment to Iraq. On December 2, 2006, his team struck a massive improvised explosive device. He was not expected to survive. John died three times on the operating table, but after 35 surgeries and nine months of recovery, he walked out of Walter Reed Army Medical Center on prosthetic legs.

He retired as a staff sergeant after 10 years in the Army National Guard, earning the Combat Infantryman Badge, the Purple Heart, the Bronze Star, and several other honors.

In 2010, John was elected to the Minnesota House of Representatives, though he later chose not to seek reelection so he could spend more time with his family.

Today, he serves as the Director of Veterans Services for a county in the Twin Cities metro, is a part-time personality on KFAN Radio, a nationally sought-after motivational speaker, and the co-author of the award-winning book *Still Standing: The Story of SSG John Kriesel*, winner of eight national book awards.

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