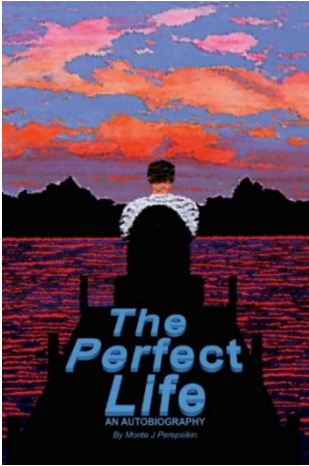


FOR IMMEDIATE RELEASE

Calgary, AB – June 1st, 2017

Announcing the publication of
The Perfect Life
An Autobiography
By Monte J Perepelkin



Presale for *The Perfect Life* begins on June 1st, 2017 through Amazon, Barnes & Noble and other book sellers across North America in softcover edition or e-book format. Official release of *The Perfect Life* is June 28th, 2017.

Monte will be making a personal appearance to release the first 200 copies of his book at the 2017 Rockstar Energy Drink Motocross Nationals at Wild Rose MX Park in Calgary on June 17th–18th and Moto Valley Raceway in Regina on June 24th–25th. Book signings will be available upon request.

Visit montejperepelkin.com to order a copy of *The Perfect Life*. You can follow Monte on Twitter, Instagram, Pinterest, YouTube, Facebook, or Google+ for additional updates.

For further information contact Monte Perepelkin through email: mxp@shaw.ca
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After miscalculating a treacherous triple jump at the Lethbridge Arenacross in Alberta, Canada on Feb 12, 1999, Monte Perepelkin's life changed forever. The victim of a worst-case racing scenario, Perepelkin – a top-three Canadian professional cross-country dirt bike competitor – regained consciousness in the hospital three days later to find himself paralyzed from the neck down. The horrific accident had resulted in his fourth vertebra being completely crushed. His condition was irreversible. Perepelkin, who had turned thirty just thirty-four days earlier, faced living the rest of his life confined to a wheelchair as a quadriplegic.

In *The Perfect Life*, Perepelkin has written an exceptional, unflinchingly honest account of his life. Perepelkin has a marvelous voice that feels natural and personal. He leads the reader through the important events of his life, both before and after the accident, relating his story in clear yet conversational prose. Perepelkin doesn't shy away from the less-than-flattering and darker moments of his life, including multiple brushes with the law as a young man and a post-accident suicide attempt. No matter how high the highs or how low the lows, Perepelkin never loses his sense of humor. A sense of joyful reflection permeates the book. Though the narrative touches on the all-important events that led to his introduction to cross-country and hare scrambles racing, motocross and arenacross, and his development into a nationally competitive racer while maintaining a highly successful finish carpentry business in Calgary, *The Perfect Life* furthermore tells the story of the mental and physical struggles Perepelkin faced after the accident—and the long and circuitous route he traveled to come to acceptance. A more contemplative side of the book touches on faith, purpose, and existence, adding surprising depth to the story and helps make *The Perfect Life* a truly entertaining read, and an uplifting one as well.

“Monte Perepelkin's autobiography is a must-read for anybody who has recently suffered a spinal cord injury, as well as for their families and friends. Not to relive their own drama, but to share in the experience of a man who successfully dealt with the dark aftermath of becoming a quadriplegic and emerge into the light of a new life, one worth living. This is a candid autobiography that should be of interest to any reader who enjoys a story of adventure and misadventure, strife, resolution, redemption and spiritual awakening.”

Wil De Clercq, Motorsport Journalist

“In order to commit my autobiography to paper, I poked away over four million keystrokes—one key at a time—with a mouth-stick between my teeth. I mention this not to dramatize my efforts, but to underscore the resilience of the human spirit to triumph over adversity.”

Monte Perepelkin

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