

Tyson Vanhook

Tyson Vanhook is a 10-year-old visionary who is already turning his dreams into reality. With a passion for writing and helping others, he creates meaningful stories that inspire people to stay strong and never give up. Tyson is a shining example that age does not limit greatness.



Memphis Parks
Literacy Meets Recreation
Young Authors Guild Inaugural Member



About the Book

Did you know that living with asthma doesn't mean giving up—it means learning how to keep going? In this honest and inspiring story, a determined young runner shares what it's like to manage asthma while doing what he loves most. From tight chests and inhaler puffs to doctor visits and determination, this book reminds kids that limits don't have to stop you.

A perfect read for children with asthma, their friends, and families

Books available for purchase online at Amazon and Barnes and Noble
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