



No Need to Lie

Rolf Rainer Schmid

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Rolf Schmid's No Need to Lie is an extraordinary autobiographical account of a remarkable life. The author describes his rough childhood and adolescence in the impoverished dwellings of Neu Ulm, Germany in the 1940s and 50s before recounting his training as a chef and his travels around the world. He became a celebrated restaurateur and sportsman and after acquiring Kenyan citizenship, he represented his new home in judo, polo, weightlifting and pistol shooting; excelling in all four of them.

He also still got time to emulate his childhood idol, Ernest Hemingway as a passionate big game hunter in the African bush. Tragedy struck through cancer which almost killed him but sheer determination, luck and the hand of God saved him. After this ordeal, he ventured on to become a world champion power lifter in the masters over 50 category. For this and all his previous achievements in sports, he was bestowed with the Order of the Grand Warrior of Kenya by His Excellenc

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