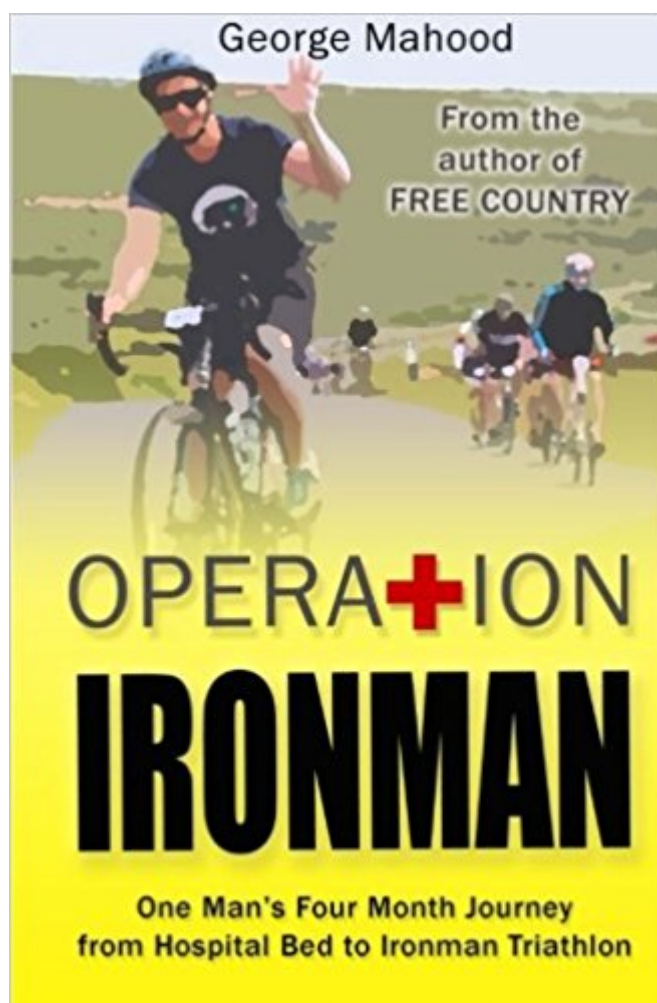


The book was found

Operation Ironman: One Man's Four Month Journey From Hospital Bed To Ironman Triathlon



Synopsis

George's books just keep getting better. Laugh out loud funny (note to self, don't read it on the tube). It won't fail to entertain, enthrall and motivate. It's hilarious and heart-warming. It's inspiring, poignant and humorous. It's Operation Ironman follows George Mahood's inspiring and entertaining journey from a hospital bed to an Ironman triathlon. After major surgery to remove a spinal cord tumour, George set himself the ultimate challenge: a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run, all to be completed within 16 hours. He couldn't swim more than a length of front crawl, he had never ridden a proper road bike, and he had not run further than 10k in 18 months. He had four months to prepare. Could he do it?

Book Information

Paperback: 316 pages

Publisher: CreateSpace Independent Publishing Platform (December 23, 2015)

Language: English

ISBN-10: 1522884211

ISBN-13: 978-1522884217

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 208 customer reviews

Best Sellers Rank: #722,319 in Books (See Top 100 in Books) #113 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #170 in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

I thoroughly enjoyed George Mahood's latest book, Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon. I want to just refer to him as George, as though I really know him. His way of writing is very comfortable as though he is writing to a good friend. All of his books are like this. Chock full of information about this incredible journey from serious back surgery to running an Ironman ...and completing it. We get to know his wife and children along the way. George is a skilled, and I think, a natural story teller with a gift for making you feel as though you are along for the ride. As I was reading, I found I cared that he be successful in his efforts. I

even knew he had completed the Ironman because I follow him on Facebook. His writing just gets better and better with each book. I am a fan. I look forward to his next endeavor.

If I hadn't read George Mahood's previous two books, *Free Country*, and *Every Day is a Holiday*, I probably wouldn't have picked up his latest work, *Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon*. I have little interest in marathons, much less an Ironman Triathlon, consisting of swimming, biking and running, plus the added stress of a time limit for it all. But I loved the first two books, so trusted that I would be entertained again. I was not disappointed. After learning he had a tumor on his spine and needed back surgery, George bravely? foolishly? signed up for a French Ironman Triathlon, reasoning that a) he needed a goal to attain, and b) training for the triathlon would assist in his recovery from surgery. I don't have the mindset of an athlete, and often questioned his reasoning and techniques, but I was totally engrossed in the book. I don't mind admitting I blubbered a little during the final chapters. I heartily recommend this book, and if you haven't already, do read his other works as well.

This is such a great book. George's writing is as wonderful and entertaining as always (I've read all his other books) but this was something special. I almost burst into tears when he wrote about looking at the bracelet his daughter had given him which gave him the extra impetus to forge on. It sounded absolutely crazy to enter an Ironman with only 4 months to "train" but his journey and the other people he writes about during this journey makes a wonderful book. I'm not a runner or a swimmer and I'm only a recreational biker and I'd never read (that's present and past tense) a book about a triathlon - but I knew this book would be special and it was. Any book by George Mahood is worth buying and reading. I laughed out loud when I came across the first of his classic sayings - and other sayings are available. It was like encountering an old friend unexpectedly. This book is also educational. I thought he was pandering to Americans when he spoke of miles. I've traveled in the UK and apparently I didn't notice the British use miles and not kilometers. I didn't know that! What a book - entertaining, inspirational AND educational.

If you have yet to discover George Mahood, please do so now. He never fails to entertain. I've read all his books and this one is no exception. His other books are more on the humorous side, when he and his friend decide to bike from one end of England to the other, just missing a few items ... like BIKES, food, money, or CLOTHES. Then he decides to celebrate some little known

holidays every single day, which turns into quite the challenge for him and his family ! He wrote another called Life's a Beach , then this one, which I just happened to see the other day , and immediately bought a copy . I haven't missed one yet !In this book, George has his biggest obstacle ever . Overcoming a tumor on his spine, the surgery and rehab to get him back to normal ... but knowing George, he doesn't stop there. He isn't satisfied with normal . He decides to be in an Ironman competition, and he only has a few months to prepare .Very inspirational story for those facing a serious surgery and uncertain recovery. Read this book. It will inspire you to try your hardest to get better .George, I know you read all your reviews on here ,so I would just like to send my well wishes to you and hope you are strong and healthy again (and writing another book :))You write them, I will read them . Sincerely, Your Number One Fan

George is one of the most entertaining authors I have read in a long time. I can't put his books down, they are so much fun. I won't go into the details of this book, I don't want to ruin even one line for others, if you want to laugh and smile, get any of his books, I guarantee it won't be the only one you will want to read. Enjoy.

George Manhood is an incredible man. I've read all of his books and loved every one of them. I laugh all the way through them. But Operation Ironman was really an amazing story. What he accomplished was unbelievable. He just seems like such a good guy. He comes up with crazy ideas, does all kinds of stuff no one else could/would do, doesn't mind being laughed at, loves his family and is helpful to others. And he puts it all into words so you love reading all about it. I can't wait to read his next book.

Fact is, I've now been along with him on every literary escapade he's taken and looking forward to the next. I think this one is the best yet - but that's what I said about the one before and the one before that - you probably get the gist - now go get the book! Doesn't matter where you start, you'll end up laughing.

Even though I'm old and fat, I love sports and I love sports stories. This is a really good sports story. I knew how the story turned out, but got so caught up in the narrative I was ridiculously emotional during the last part of the book. Mr. Mahood delivers a fantastic reading experience.

[Download to continue reading...](#)

Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon One

vast hospital: The Civil War hospital sites in Frederick, Maryland after Antietam : with detailed hospital patient list Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing Start to Finish Ironman Training 24 Weeks to an Endurance Triathlon How to Get Rid of Bed Bugs: Learn How to Kill Bed Bugs and Prevent Bed Bug Bites Bed and Breakfast Ireland: A Trusted Guide to Over 400 of Ireland's Best Bed and Breakfasts (Bed & Breakfast Ireland) Bed & Breakfast Ireland: A Trusted Guide to over 400 of Ireland's Best Bed and Breakfasts (Bed & Breakfast Ireland) Month-by-Month Trait-Based Writing Instruction: Ready-to-Use Lessons and Strategies for Weaving Morning Messages, Read-Alouds, Mentor Texts, and More ... Writing Program (Month-By-Month (Scholastic)) IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance The Massachusetts General Hospital/McLean Hospital Residency Handbook of Psychiatry Clinical Anesthesia Procedures of the Massachusetts General Hospital: Department of Anesthesia, Critical Care and Pain Medicine, Massachusetts General ... of the Massachusetts General Hospital) Clinical Anesthesia Procedures of the Massachusetts General Hospital: Department of Anesthesia and Critical Care, Massachusetts General Hospital, ... Williams & Wilkins Handbook Series) Hospital Epidemiology and Infection Control (HOSPITAL EPIDEMIOLOGY & INFECTION CONTROL (MAYHALL)) Pacific Northwest Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year New England Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont Month-By-Month Gardening in the Deserts of Arizona: What to Do Each Month to Have a Beautiful Garden All Year

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)