

A man in athletic gear, including a green swim cap and a grey sleeveless top, is running on a beach. In the background, an American flag is visible. The scene is overlaid with a dark, fiery graphic at the bottom.

HOW LIFE'S WORST  
HELPED ME ACHIEVE  
MY BEST

WHAT THE  
FIRE  
IGNITED

SHAY ESKEW

*"Shay's story of perseverance and sheer will is one that needs to be told and retold! His journey is both harrowing and hope filled."*

—R.A. DICKEY, NL Cy Young Winner, Olympic Bronze Medalist

Shay Eskew

## What The Fire Ignited: How Life's Worst Helped Me Achieve My Best



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We all encounter obstacles. Whether physical, spiritual, emotional, or economic, we are all functioning to overcome a roadblock ahead of us. When Shay Eskew's roadblock—a splash of gasoline and a lit match that set his body ablaze—came as a kid, he had the choice to either succumb to his injuries or to go above them. Browse this and prepare to end up being inspired! Go Shay! By posting his story, Shay hopes to greatly help those struggling with existence to realize the best tragedies are often our very best blessings if we've the faith to stay the course. We all have been facing something; Dickey, NL CY Young Champion, Olympic Bronze Medalist "To call Shay Eskew superhuman is an understatement. In *What the Fire Ignited*, readers should take comfort in knowing others have been there and not just survived, but thrived." - Dean Karnazes, TIME: "Top 100 Most Influential People in the World" and NY Times TOP SELLING Author "This is an incredible story. His journey is normally both harrowing and hope filled." - R.A. we all have the odds stacked against us for some reason. Shay somehow switched an unthinkable tragedy into boundless inspiration. He bares his soul in, *What the Fire Ignited* and his story had me laughing and crying, but mainly cheering because of this most improbable hero. Despite being told to give up on sports activities, Shay began training for and competing in IRONMAN triathlons. "Shay's tale of perseverance and sheer will is one that needs to be told and retold! Shay shares his amazing trip of overcoming countless obstacles and problems to become a world class athlete against insurmountable chances." - Craig Alexander, 5 time Triathlon Globe Champion. In *What the Fire Ignited: How Lifestyle's Worst Helped Me Achieve My Greatest*, Shay shares the trials and tribulations he was forced to face while recovering from his burns and reclaiming his existence as an athlete. It is a story of resilience, strength, family members and turning everything thrown at you into an opportunity." - Chanda Bell, Author, *The Elf about the Shelf*, article writer, director "A book that would have to be written right now needs to read. Shay has continuously defied the chances, and his powerful, heart wrenching and eventually uplifting tale is usually a testament to the indomitable power of our body and mind. It's a must browse". Told with self-deprecating humor, a lot of heart and wistful charm this compelling tale forces you to empathize, execute a small self-reflection, and ultimately walk away thinking, "Man, I would like to get to know this guy! Based on an individual tale of tragedy, it's an inspirational and gut-wrenching account of one man's determination which eventually proves self-made success can be done despite tragedy and formidable obstacles. - Chrissie Wellington, 4 time IRONMAN World Champion *What the Fire Ignited* is definitely a quick, fascinating go through. "Utterly inspirational. BAM" - Jack Daly, three time Amazon Best Selling Author and 15 time Ironman



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In Shay's autobiography, we observe his will and travel to conquer his roadblocks and the struggles of working towards reclaiming his existence of an athlete. Discussion: This utterly engrossing true story proceeds to offer an enormous amount of material that every person, in any position in lifestyle, physically compromised or not, will get helpful, if not literally 'life saving' in many ways. Rather than accept this and make an effort to move on, Shay was motivated to live the life that he needed. Once you accept it, life is pretty simple. Possibly the most astonishing of the physical feats he offers accomplished is repeatedly completing high in IRONMAN competitions along with never having failed to complete any and all such competitions he offers entered. (For the uninitiated such competitions contain a 2. The reserve is well crafted and edited, in fact it is clear that also the causal reader will see satisfaction by scanning this story. 2 mile marathon.) His survival and actual ability to attain these highs combined with his simultaneous ability to carve out a most pleasurable and successful existence he features to discoveries actually forced upon him. Out necessarily he was able "to train his mind to believe when confronted with a death situation, he will survive therefore the brain automatically starts focusing on survival methods and a remedy. He was told to accept the hands fate dealt him and to give up athletics. Inspiring and Uplifting At a very young age, Shay Eskew's life drastically changed with the splashing of gasoline and a lite match. Life is not fair and bad stuff happen to great people. He not merely has survived but has turned into a successful businessman, married to a lovely and understanding woman with whom he has five children he simply adores and has already reached incredible heights in a number of sports (after having been informed he never again can participate). I've experienced firsthand how grit, perseverance, raw dedication, and the refusal to give up can bury any obstacle. I couldn't deposit and examine in about 6 hours over two days. We have to keep the faith and continue carrying out what we know will make us successful, even if we're not seeing immediate results." It is necessary to have "Faith in God and the fact that success doesn't happen overnight." The story contains a lot more observations regarding his life including humorous incidents resulting from changes he has made along with poignant incidents and ruminations. What the FIRE Ignited, ISBN: 9781642250275, Advantage Media Group, a motivational e-book Copyright and written by Shay Eskew, This is actually the true story of a guy whose extraordinary journey began when as an eight-year-old child a major accident caused him to be enveloped in flames that burned 65 % of his body. At the age of eight, Shay experienced burns for over 65 percent of his body. When Shay was 8 yrs . old, he endured a horrible event. Gasoline was spilled on him and then he was burned extremely badly. The years that adopted were extremely unpleasant as he went through surgeries and recoveries again and again. There is a substantial amount of comic relief as well, as there are stories about his prosthetic ear and the funny items he has been through with it. Thus as a child, he was pressured either to die or discover the mental toughness, grit and tenacity of purpose to survive the excruciating discomfort of an almost endless succession of treatments because of this life threatening incident that even through the ensuing years provides requiring even more surgeries and therapy and other setbacks too numerous to say. Through extreme commitment, Shay was able to become an athlete. Not just any athlete, but a global recognized athlete who provides competed in the Ironman competition repeatedly and placed high among top competitors. This publication is Shay's method of letting others understand that if he was able to have this level of success, after that others can as well. Everyone has complications and set backs within their lives. Nevertheless, this book actually puts what a true problem can appear to be. I'm in awe, I really like it! Yet after 35 surgeries, Shay has attained the most amazing sports activities achievements including ten triathlon world championships and near thirty Ironman events. 4 mile swim, a 112 mile bike ride, implemented immediately by way of a 26. A remarkably inspiring book for anyone who would like to be empowered to handle all of life's challenges "What The Fire Ignited" is a reserve that tells the life span tale of Shay Eskew. Wow What the Fire Ignited: How Life's Worst Helped Me Achieve My Best by Shay Eskew is a motivational and inspirational book that tells the story of Shay and how he not only recovered from a horrific event, but used it to produce a mental drive unlike any other. Inspirational! Supporters of inspirational and motivational reads will enjoy this and find energy in the webpages. It may not need happened over night, but he determined that life was worth living. In a 'strawberry' generation where we discover our children overly vulnerable and susceptible, without grit and mental strength to overcome challenges and obstacles, this book is a very timely resource to educate not merely ourselves but our children the power of human will. He's motivated me to pursue larger and better things also to be thankful for the

tiny things. A remarkably inspiring book for anybody who desires to be empowered in working with most of life's challenges. An inspirational story of overcoming disability and making the most of life. This story is a heartwarming check out the life of an Iron man competitor who was simply horribly burned as a kid and was given little expect having anything close to a standard future. S. Shay pulls no punches as he tells about the incident and the agonizing remedies that he had to endure afterward. My crisis were nothing from what Shay endured. I appreciated the message of hope and optimism that story gives. That is a feel-good tale from an extremely likable person. The author did something marvelous in this publication, it's nothing short of astounding, the genius it took to put a book like this collectively. His personal victories will continue, his attitude may be the key. I am hoping you win even more Ironman competitions Shay, you've gained them!" He admonishes people – "Don't sign up to the victim mentality. At 208 web pages, it a small amount of a long read, but it's really worth investing period into. We, as humans, have two options in those moments. Either succumb to the roadblocks and obstacles or rise above them. A book EVERYONE can profit by reading." Similarly "you may filter all distractions in life that deter you from achieving your goals. However, Shay never did, as he educated for and competed in the IRONMAN triathlon. Shay says that by posting his tale, he hopes to have the ability to help somebody else realize that fighting tragedy doesn't mean you have to give in to it. He expectations that his story could be a blessing and motivator for anyone out there fighting their personal roadblocks. It is so easy to take our lives for granted. Thought-provoking and highly inspirational! While scanning this story, you may be touched in the center. There are likely people you know in your life that have given up on existence or don't even make an effort to overcome the little things that eventually them. Regarding the author, main tragedies happened and he overcame and still continued to become a role model and person he himself could possibly be pleased with. As you go through this publication, one cannot help but be amazed at Shay's individual will, grit and power, both physical, and even more impressively, his mental and psychological strength. This perspective enables you to want to get one of these little harder yourself, no matter the situation. He was told that due to the severe injuries around his body, he should give up sports because they might not be a choice for him. I believe anyone would benefit from reading this, particularly if you are looking at hearing about defying the chances or are intrigued by the Ironman competitions. Embrace the Suck Great book." That "Obstacles are possibilities in disguise" and "Our greatest disappointments in lifestyle are preparing us for our very best blessings. I follow Shay's posts and had to learn the book. His story inspires me to persevere when I struggle. Every year he faced more surgeries and more attacks and still, he were able to keep a sense of humor. Inspiring Perseverance Shay Eskew recounts his own struggle in returning to as an athlete after an accident with fire when he was a kid. I've browse it thrice currently and I'm still yearning for more of it. It is a publication for the top shelf, a publication I believe everyone should examine at least once in their life time, it's that great. The writing quality is at a very high level, everything about this book is merely great. It makes me thankful I have never had to endure the horrors that got become Shays lifestyle. Due to that, it becomes simple to use this story as inspiration to overcome whatever problem is in the right path. Instead of listening to Doctors who offered no wish that Shay would return to his life as a normal athletic 3rd-grade kid, he made a decision that he was going to take full advantage of every obstacle because they came. Eskew simply got a new fan. He was informed that he would never maintain competitive sports. "Adversity defines champions. When something bad happens, know that someone has experienced something worse and not only survived, but thrived." This quote perfectly sums up the tone of this astonishing work. Shay Eskew is a remarkable man who endured horrible tragedies and overcame them to be an utter inspiration. He's comprehensive four Ironman competitions, boasted a successful career, married and had a wonderful family, and so a lot more. The greatest lesson learned may be the limitless nature of our human will and strength and that is indeed possible to overcome any challenge that life throws at us only if we'd allow ourselves to unleash the energy of our human will. In his tale, Shay hopes that the readers will understand that others have already been there, and possess not merely survived their situation, but thrived because of it—showing just how enduring human nature is when push comes to shove. Even the little things can get us down. But Shay teaches us to move past them and remember we have so much to end up being thankful for. Everything gets better. You merely have to remember that "the refusal to give up can bury any obstacle." An Inspiring Story This book by Shay Eskew tells of how he overcame many trials throughout his life. You'll read of how he fought through intense burns due

to a fire which nearly remaining him bedridden. He fought through the medical complications he had and became an athlete despite all chances. He eventually fights through his complications to train for an IRONMAN event, probably the most dueling athletic races in the world. If you're looking for an inspiring browse, definitely keep that one in mind. It will encourage you to get out and encounter your complications and obstacles and try to get over them. Eskew also writes with an engaging design that may keep you a lot more interested in the intriguing story he must tell. There are also a few encouraging quotes scattered around the book that will help to inspire you even more. In enough time that implemented, he learned that people all face some type of obstacle—whether that it be emotional, physical, or spiritual. Excellent read I'm still in awe of what I simply read, this book has it all, that is a book I'll generally want to read, what a reserve! He displays how he overcomes his accidents in order to teach for Ironman triathlons, offering inspiration for others that could be in the same placement. Anyone who read's Shay's tale will be inspired to obtain out and revel in life.



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