

George Mahood

From the
author of
FREE COUNTRY

A photograph of a man in a blue helmet and sunglasses riding a bicycle on a paved path. He is wearing a dark t-shirt with a white circular logo and is waving his right hand. In the background, other cyclists are visible on the same path, and the landscape is hilly and green.

OPERATION+ION **IRONMAN**

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

George Mahood

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



[continue reading](#)

"... a 2."..."laugh aloud funny (note to personal, don't read it in the tube)..."...t swim more than a length of front crawl, he previously never ridden a proper road bike, he previously not run further than 10k in 1 . 5 years."... He couldn't...hilarious and heart-warming..."...inspiring, poignant and humorous..."..."I laughed, We cried, and am pleased with a man I've never met...Operation Ironman follows George Mahood's hilarious and inspiring trip from a medical center bed to an Ironman triathlon. After major back surgery, George established himself the ultimate challenge –George's books just keep getting better...4 mile swim,a 112 mile bike ride, and a 26.2 mile run,all to be completed within 16 hours....it won't neglect to entertain, enthrall and motivate... He previously FOUR months to get ready.. and he had under no circumstances put on Lycra.. Could he do it?



[continue reading](#)

George Mahood is a GEM Should you have yet to discover George Mahood, please achieve this now . This guy must have the native VO2 max of an undoped Lance Armstrong. I've little interest in marathons, much less an Ironman Triathlon, consisting of swimming, biking and working, plus the added stress of a time limit for it all.. Fine people in the reserve, people you'd want to have coffee with. After learning he had a tumor on his spine and needed back surgery, George bravely? foolishly? enrolled in a French Ironman Triathlon, reasoning a) he needed an objective to attain, and b) teaching for the triathlon would help out with his recovery from medical procedures. I don't have the mindset of an athlete, and frequently questioned his reasoning and methods, but I was totally engrossed in the publication. I don't mind admitting I blubbered just a little during the final chapters. We heartily recommend this publication, and when you haven't already, do read his other works as well. Entertaining and Inspirational This is such an excellent book. George's writing is as great and entertaining as often (I've go through all his additional books) but this was something unique. I can't await your next book! It sounded definitely crazy to get into an Ironman with only 4 months to "train" but his journey and the other folks he writes about during this journey makes a wonderful book. What a book - interesting, inspirational AND educational. His frank honesty is certainly refreshing, and there are many moments where he'll make you laugh and occasionally cry. I've browse all but one - and I'm beginning on that next. Definitely recommended reading! This book is also educational. Read this publication. I've traveled in the UK and evidently I didn't notice the British use miles and not kilometers. I didn't know that! I'm not really a runner or a swimmer and I'm a only a recreational biker and I'd under no circumstances examine (that's present and past tense) a publication in regards to a triathlon - but I knew this book will be special and it had been. Buy this.. We become familiar with his wife and kids along the way. He isn't satisfied with normal . Overcoming a tumor on his spine, the medical procedures and rehab to obtain him back to normal . Most of his books are such as this. Chock complete of information about this incredible trip from serious back medical procedures to working an Ironman . But I enjoyed the first two books, so trusted that I'd be entertained once again..and completing it. I thoroughly appreciated George Mahood's latest book, Operation Ironman: One Man's 4 Month Journey from Hospital Bed to Ironman Triathlon. George is an experienced, and I think, a natural tale teller with a gift for making you are feeling as though you are along for the trip. As I was reading, I found I cared that he be successful in his attempts. I even knew he had completed the Ironman because I adhere to him on Facebook. His writing just gets better and better with each publication.. I anticipate his next endeavor. Procedure Ironman: Foolishness or Daring Fortitude? Sincerely, Your Number One Fan This Book Is An Adventure! I've examine all his books which one is no exception . It will inspire you to try your hardest to progress ... like BIKES , food, money , or CLOTHES . After that he decides to celebrate some little known holidays each day, which becomes quite the challenge for him and his family members ! He wrote another known as Life's a Beach , then this one, that i just happened to start to see the other day time , and immediately bought a duplicate . I haven't missed one however ! In this book, George has his biggest obstacle ever . His way of writing is quite comfortable as if he is writing to a good friend... but understanding George, he doesn't end there. I wish to just make reference to him as George, as if I must say i know him. He chooses to be in an Ironman competition, and he just includes a few months to get ready . Easy going design of this writer is an excellent pleasure between much more serious nonfiction that I read. I believed he was pandering to Us citizens when he spoke of miles. His other books tend to be more on the humorous side , when he and his friend opt to bike in one end of England to the other , just missing several items . George, I understand you read all your reviews on here ,so I would just like to send my good wishes for you and wish you are strong and healthy again . It is well worth a examine. I am a lover. You will

knowledge a range of emotions with him as he 1st struggles to handle a debilitating illness, and then tackle a tough recovery after surgery. Great relaxation reading I have become a big lover of George Mahood's books. He never fails to entertain . Just finished George's great reserve.. His motivational tool toward finding a great recovery is a bit "out-there" however. Taking into consideration a 4 month post-operative Ironman Triathlon can be way beyond sanity. This is an excellent fun read for anyone training for anything. So if you desire to struggle along with his odyssey, after that make sure that you read this book. Any book by George Mahood is worth buying and reading. I have read two various other of his books, and experience grateful that he offers shared these moments with us. This reserve is a rewarding encounter. George Does It Again! His following books, "Every Time's a Vacation" and "Existence's a Beach" were every bit nearly as good, tickling my funny bone and enchanting me with his antics, his weird and hilarious love of life, the warm, relationship he has along with his wife and children and the original niceness that shines through everything he writes. I've been a major fan of George Mahood since I read his first reserve, "Free Country". He has three kids to feed) Love this guy and his family members! George Mahood, you are awesome!!! I nearly burst into tears when he wrote about looking at the bracelet his child had provided him which offered him the excess impetus to forge on. Our 3rd Book by George Hamilton and I have read 3 of George's books up to now: Josephine, the one about cycling without money and now this one approximately the Ironman. We both laugh out loud when we consider turns reading his books. We've enjoyed them so much we purchase them even though we are able to get them free of charge because you want to support George and wish he can afford to write more often. George if you are ever in McAllen, TX touch base and we'll involve some BBQ. Enjoyed this book I enjoy most of Mahood's books. The guy is good company and amusing and unpretentious. Inspiring read Inspiring and entertaining book. (PS- Choose the book. It was like encountering an old friend unexpectedly. A fine effort throughout More poignant and fewer belly laughs than Josephine, but nonetheless lots of fun.Very inspirational story for those facing a serious surgery and uncertain recovery. Enough twists to make novel-like in bits, a great read that make you wonder if you could do it too. But I can't. If I hadn't browse 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. Proceed George! I must say i enjoyed following George on this challenging trip. This publication, Iron Man, is just as engrossing, this time however, for its more serious theme...a tumor on his spine, surgery, rehab and the amazing, ridiculous but eventually triumphant challenge he provides himself to compete within an Iron Man Triathaon—with only 4 a few months to train. Funny, inspirational, heartwarming. Brilliant I actually don't want to spoil the finish, but I'll just say We was pretty skeptical on the subject of the chances. The book is a very rewarding connection with discovery, humor, personal growth, and facing some critical challenge. (and composing another reserve :))You write them, I'll read them .I laughed aloud when I came across the first of his classic sayings - and other sayings are available.I was not disappointed. Humorous, with bits of interesting details. It surprised me just how much I loved simply reading about the daily of the man and his family. I highly recommend reading any of most of his books. Read this book after that become an Ironman Read this book! Inspiration, humor, struggle, accomplishment. George is an excellent writer who writes just how an excellent story teller lets you know a story in person. I laughed aloud throughout, I cried and I added Become and Ironman to my workout goals. I learned from this book that I could do it! Thanks a lot George!



[continue reading](#)

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

download Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon fb2

[download 50+ Natural DIY Beauty Recipes: Using Ingredients That Are Already In Your Pantry! fb2](#)

[download free Functional Training.txt](#)

[download free Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex epub](#)