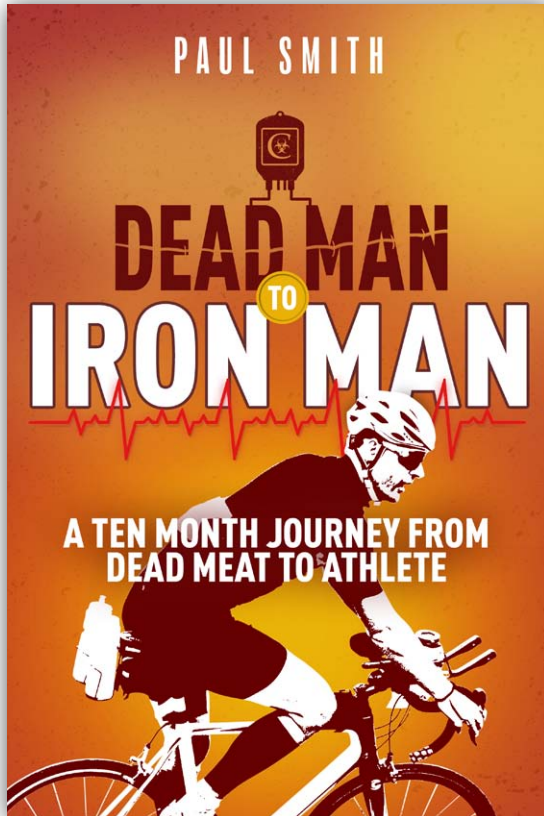




Title information



Dead Man to Iron Man

A Ten Month Journey from
Dead Meat to Athlete

By Paul Smith

Key features

- Uplifting and overwhelmingly positive story told with humility and good humour
- Honest and moving first-hand account of the author's battle with cancer, which he hopes will be a source of inspiration and hope both to patients and family members
- Newcomers to triathlons and triathletes looking to step up to a longer-distance event will gain invaluable insight through the detailed training descriptions
- Publicity campaign planned including radio, newspapers, websites and magazines

Description

You're 43, cruising through life when suddenly you're diagnosed with cancer. What do you do next? When Paul Smith found himself facing that question he decided to swim 2.4 miles, cycle 112 more and then run a marathon. There are tears and laughter in this brutally honest, good-humoured and intensely personal account of Paul's inspiring journey from being at death's door to conquering a triathlon. Join him on a life-affirming mission encompassing exhilarating highs and painful lows. After his devastatingly rare one-in-a-million bowel cancer diagnosis and his time in hospital confronting an operation ominously dubbed the 'Mother of all Surgeries', Paul has just ten months to train his broken body to peak fitness and fulfil his dream of completing one of the world's toughest and most intimidating triathlons, Ironman Wales. Paul lays bare his physical and mental battles in vivid detail. If you think completing an ironman triathlon is an impossible dream, read this truly inspirational story and think again.

Details

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