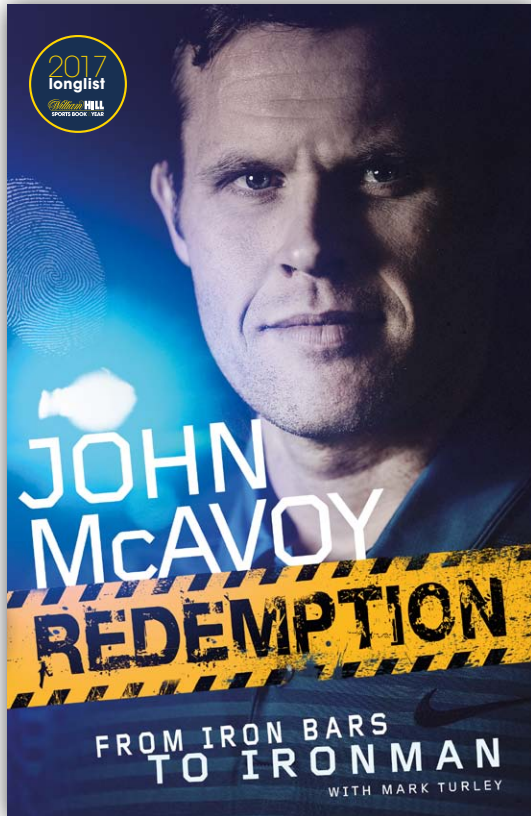




Title information



Redemption

From Iron Bars to Ironman

By John McAvoy, with Mark Turley

Key features

- First-hand and fast-paced account of a life turned around; a true story of reform
- A gripping and fascinating life story which has huge appeal to many different markets; it has already sparked interest from film and documentary makers
- John wrote his book with acclaimed author Mark Turley who amongst others writes for the *Telegraph* and *FHM*
- Mark's work was longlisted for the William Hill prize 2015 and named among the *Guardian's* best sporting books for the same year
- Colour photo section including pictures from John's own personal collection
- Extensive publicity campaign across mainstream print and broadcast media, with tour planned for major UK cities

Description

Redemption: From Iron Bars to Ironman is the fascinating, frightening and inspirational autobiography of former career criminal, now world-record holder and endurance athlete John McAvoy. Born into a notorious London crime family, his uncle Micky was one of the key players in the legendary Brinks-Mat gold bullion caper. John bought his first gun at 16 and carved out a lucrative career in armed robbery. At one point he was one of Britain's most-wanted men. It took two spells in prison and the death of a friend on a botched heist to change his path. During his second stint in jail he discovered a miraculous natural talent while serving life in the Belmarsh high security unit - where fellow inmates included Abu Hamza, the hook-handed extremist cleric, and the 7/7 bombers. John broke three world rowing records while still an inmate and since his release has become one of the UK's leading Ironman competitors. *Redemption* is the ultimate story of sporting salvation.

Details

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