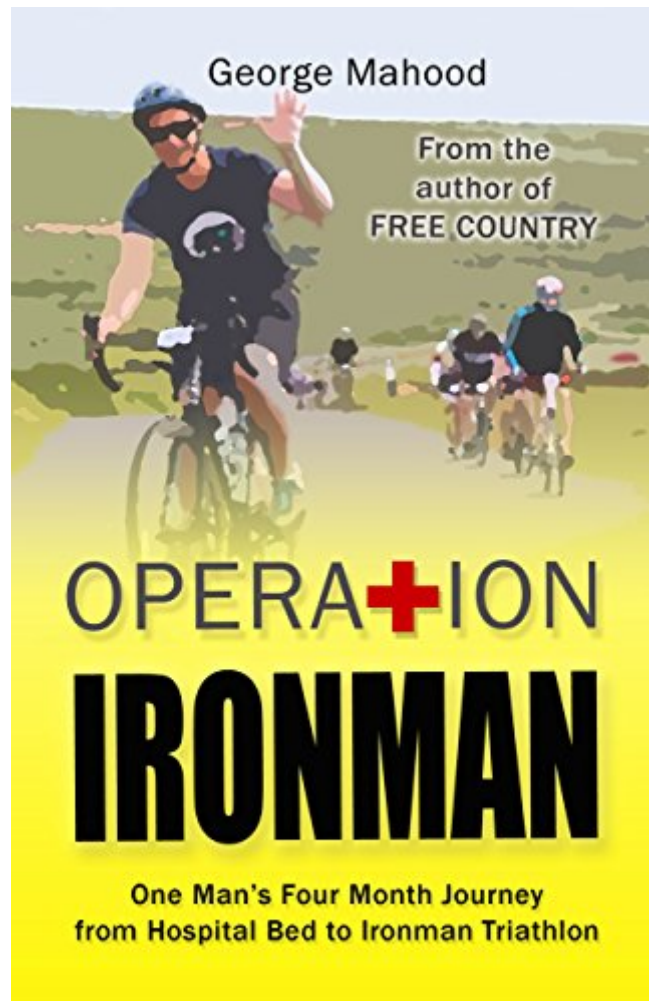


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# Operation Ironman: One Man's Four Month Journey From Hospital Bed To Ironman Triathlon



## Synopsis

George's books just keep getting better! I laugh out loud funny (note to self, don't read it on the tube) it won't fail to entertain, enthrall and motivate! I hilarious and heart-warming! I inspiring, poignant and humorous! I laughed, I cried, and am proud of a man I have never met! •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

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## Customer Reviews

I've read all of his books and have loved them but this is without question my favorite. I was going to purchase it but noticed it was available in the Prime lending library and downloaded it today. It's not as funny as the others or as filled with weird characters and experiences, but this is the work of a mature writer who has progressed far beyond the novelty press. It's time an established publishing

house adds this author to its list. The book is still witty and has some hilarious passages but the subject matter is far more serious than his previous books. After a somewhat dangerous and significant operation to remove a tumor on his spine, Mr Mahood decides that an important step to his recovery is to compete in an Ironman race (not a decision I would make, but I'm lazy). Most of the book covers his training for the event and I was cheering for him throughout. It's a fun read but also a story of determination and spirit. Beautifully written and yes, I'm going to buy it anyway to read through again in the future.

Mahood is quickly becoming one of favorite authors. I've read all his books and this one is life-affirming, humorous, and, brutally honest. His doggedness in relating stories of his life experiences take me to places I didn't know existed, namely, human determination, optimism, and love of self, family, and friends. I read this one slowly to savor each moment through his illness, decision to better himself through sheer grit, and ultimately in competing in an Ironman. Along the way his unique humor is sprinkled on each page evoking not only a smile for this reader, but occasionally a belly laugh. My getting to know George through his likable storytelling had me rooting for him from page one. I didn't want the book to end; he enlightens my life by sharing his own experiences. My favorite line: "I learned the importance of love from friends and family on any journey." • I would add "self" to that essential list. And I especially enjoyed his inclusion of the little word "any" because, indeed, it is on any journey that love matters. Don't hesitate; get this book.

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.

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

Just finished George's great book. You will experience a range of emotions with him as he first struggles to cope with a debilitating illness, and then tackle a tough recovery after surgery. His motivational tool toward finding a good recovery is a bit "out-there" however. Considering a 4 month post-operative Ironman Triathlon is way beyond sanity. The book is a very rewarding experience of discovery, humor, personal growth, and facing some serious challenge. So if you want to struggle along with his odyssey, then make sure that you read this book. His frank honesty is refreshing, and there are plenty of moments where he will make you laugh and sometimes cry. I have read two other of his books, and feel grateful that he has shared these moments with us. This book is a rewarding experience.

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