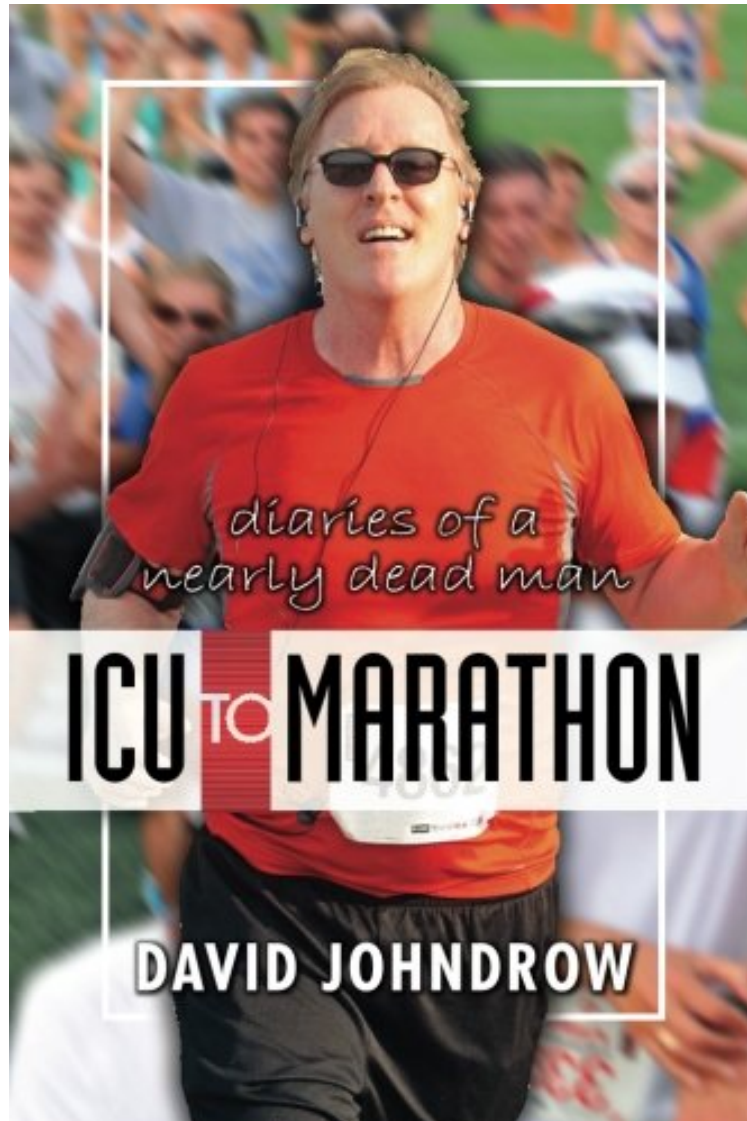


[Download] ICU to Marathon: Diaries of a Nearly Dead Man

## ICU to Marathon: Diaries of a Nearly Dead Man

*David S. Johndrow*

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#2147667 in Books Johndrow MR David S 2014-01-08Original language:EnglishPDF # 1 9.00 x .48 x 6.00l, .64 #File Name: 1494403927210 pagesICU to Marathon Diaries of a Nearly Dead Man | File size: 16.Mb

**David S. Johndrow : ICU to Marathon: Diaries of a Nearly Dead Man** before purchasing it in order to gage whether or not it would be worth my time, and all praised ICU to Marathon: Diaries of a Nearly Dead Man:

1 of 1 people found the following review helpful. Not only with it's story line of casual earth-inhabitant to divinely-saved to marathon runner to better human, but also the hearBy Maryanne Panaro-GradyDavid Johndrow has cracked the code between inspiration and action. His book is nothing short of miraculous. Not only with it's story line of casual earth-inhabitant to divinely-saved to marathon runner to better human, but also the heart and humor in which he tells

his tale. In fact, thinking of the severity of his heart condition, it's hard to believe how casually and factually he tells this story. The book reads as if your friend is saying "hey, I was down but decided not to be out. This is what I learned and maybe it can help you too." There are no promises of losing 500 lbs in 2 days, but an earnest story of a man who realized he had a choice between living or dying and chose to live healthily with gusto. If you are looking for a quick humorous and enlightened read as you begin to run, enter a medical condition or just want to be a better person, this is the book. Bravo David!

1 of 1 people found the following review helpful. Well written and absorbing  
By elizabeth plymale  
As a RN, and aspiring runner, I was intrigued by the title of this book. I was not expecting it to be as well written as it is. It is thoroughly enjoyable, written with a witty sense of humor and packed with valuable information. This man went through hell, maintained his sense of humor ( and a obsession with underwear) and brought himself across the finish line of a marathon after he had been flat on his back in ICU. A very inspiring book. Imam waiting for his second one to come out"

1 of 1 people found the following review helpful. Journey through life with lots of humor!  
By Eva Marie Mixco  
I picked up David's book and started reading being unable to put down until the end. His life journey struggles resembles so many of us who are now in our 50's, without being preachy but hilarious and with a lot of drama. It is a health, a weight loss, and an athlete's journey back to living and fitness. His journey took him through some dark moments that he chose to view with a positive attitude and laughter. A great read for anybody who is struggling with weight loss, life changes, or who chooses to make life changes whether required or by choice. Recommending to family and friends as a way to enjoy a runner's journey! At moments I cried from laughter and had to put the book down in order to collect myself and start reading again. Loved it!

As funny as it is dramatic, ICU to Marathon - Diaries of a Nearly Dead Man by David Johndrow will capture your heart and inspire you to try harder, laugh more and maybe even pray. Survivor of a rare and often deadly heart disease called Viral Myocarditis, David, candidly records his journey from the fear and desperation during his sickness, to the emotional victory as he crosses the finish line of the Cape Cod Marathon - a testament of his faith and perseverance. This is a story of survival and one of hope. It's also pretty darned funny, chock full of fastidious fitness and weight loss information, clad with passion, shrouded in mystery, and contains a number of completely authentic fabrications. There is even a whodunit and enough information on sex to make you smile. What can I say about ICU to Marathon: Diaries of a Nearly Dead Man? Words like witty, brilliant and genius come to mind...but since David hasn't sent me another check I'll have to stop there! Seriously, this was one of the most encouraging and inspirational reads I've had the privilege of picking up in a while. Reading about how far David has come and what he has accomplished is nothing short of amazing. And add to this his story telling abilities and wit and you have a winner in this book. This is a must read for anyone who wants to make the "can't" in their life smaller! Rev. Bobby Daniel, LA This book has inspired me to become a better person both physically and mentally. Through humor and non-negotiable facts (can't argue the truth), this book proves that anything is possible when you put your mind to it! Now, time to put my running shoes on and show the world that I too can change my lifestyle! Andrea Ortiz, M.Ed., FL I can totally picture you as a kid, an average American boy eating your parents out of house and home, involved in all kinds of active sports and causing just enough trouble. Your stories are so colorful and energetic. Your candor and honesty are refreshing. I love it so far! Holly Gaspar, CT David's wit and intelligence in regard to his own journey back to good health will strike you right where you are standing. You will be awed by his drive and commitment to implement a healthy lifestyle and turn his life around. By sharing his message with humor, you will laugh your way back to good health too! Carolann Slayton, CT These first few chapters are a successful "tease" for your book - truthful, poignant, hilarious (hairly knees?!) - I can hear your true voice. I am excited to read the entire story. Rock on David... rock on. Mary Regula, IL