

KYLE GARLETT



HEART *of* IRON

MY JOURNEY FROM TRANSPLANT PATIENT
TO IRONMAN TRIATHLETE

Heart Of Iron My Journey From Transplant Patient To Ironman Triathlete

Kristy Sidlar, Elizabeth Ann Atkins



Heart Of Iron My Journey From Transplant Patient To Ironman Triathlete:

Heart of Iron Kyle Garlett, 2011-11-01 Throughout his life Kyle Garlett hated nothing more than losing and he knew early on that four diagnoses of cancer could not match his spirit of competition His appetite for victory and his love of life pushed him over his health hurdles including a bone marrow transplant hip replacement and heart transplant and into the greatest challenge of his life the Ironman World Championship Kyle tells his amazing life story with clear headed optimism and a winning sense of humor beginning with his first diagnosis of lymphoma as a teenager and continuing through years of chemotherapy that destroyed his joints and weakened his heart Not just about his health crisis but also about forging a remarkable life around cancer and his career as a sportswriter the amazing friends and family who supported him and finding love After five and half years on the organ transplant waiting list then being gifted with a new heart Kyle embarks on a challenge of his own making to compete in the Ironman Triathlon in which he competed not once but twice His miraculous recovery and athleticism are recounted along with the story of how he became an Olympic torch bearer a devoted Lymphoma Leukemia Society spokesperson a motivational speaker and an author Heart of Iron is an invaluable companion for those affected by cancer and a breathtaking memoir about one man s unstoppable spirit and success against all odds **The**

Ultimate Donor Jack Anderson, 2023-12-11 Using heart transplantation as a metaphor The Ultimate Donor illustrates what God has done for humanity through the death of Jesus The paths of becoming a follower of Christ and a heart transplant recipient are similar As with heart transplant recipients followers of Christ experience times of diagnosis knowledge of their sick heart transplantation replacing their sick heart with the heart of Christ and living the post transplant life the disciplined life with their new heart Every heart transplant demands the death of a donor Fortunately there is an Ultimate Donor

Pulse of My Heart Brian O'Mara-Croft, Patricia O'Mara-Croft, 2012-10-02 Patty O Mara Croft s widowmaker heart attack was a cruel assault on her body threatening the happiest years of her life Originally misdiagnosed as a panic attack common among women who suffer heart attacks Patty s heart suffers permanent damage and her precarious condition threatens to raze all joy and hope between Patty and her husband Brian In a recounting both informative and inspirational heartbreaking and funny Patty and Brian share their stories from their own unique perspectives the first person account of painful revelations and medical struggles and a loved one s experience of despair hope and renewal Families in medical crisis are getting sucker punched every day and need help from those who overcame it and emerge stronger than before The dual voice of both authors represents a love that flourishes even as Patty s health weakens and is no longer a viable candidate for a heart transplant Pulse of My Heart is part medical mystery part comedy of errors part family drama and an enduring love story The field notes at the back of the book focus on The sometimes strained relationship between doctors and patient Preparing for anticipatory grief The potential for addiction when narcotics are part of the drug protocol Dealing with familial strife during a time of need Struggling with others prayers when one s own faith is strained Trying to maintain some level of

dignity in an utterly undignified environment Finding ways to be an effective parent in a blended family when illness demands so much attention Living Life to the Full Ellen Charnley,2011-02 **My Journey As a Heart Transplant**

Patient Larry McClellan,2013-08-04 My story about going through the Heart Transplant process and follow up *Iron Heart* Brian Boyle,Bill Katovsky,2011-11-15 On the way home from swim practice eighteen year old athlete Brian Boyle s future changed in an instant when a dump truck plowed into his Camaro He was airlifted to a shock trauma hospital He had lost sixty percent of his blood his heart had moved across his chest and his organs and pelvis were pulverized He was placed in a medically induced coma When Brian finally emerged from the coma two months later he had no memory of the accident He could see and hear but not move or talk Unable to communicate to his doctors nurses or frantic parents he heard words like vegetable and nursing home If he lived doctors predicted he might not be able to walk again and certainly not swim Then miraculously Brian clawed his way back to the living First blinking his eyelids then squeezing a hand then smiling he gradually emerged from his locked in state The former swimmer and bodybuilder had lost one hundred pounds Iron Heart is the first person account of his ordeal and his miraculous comeback With enormous fortitude he learned to walk then run and eventually to swim With his dream of competing in the Ironman Triathlon spurring him on Brian defied all odds and three and a half years after his accident crossed the finish line in Kona Hawaii Brian s inspiring journey from coma to Kona is brought to life in his acclaimed memoir *Iron Heart* Brian Boyle,2009-10-01 It was a horrific car crash On the way home from swim practice eighteen year old Brian Boyle s future changed in an instant when a dump truck plowed into his Camaro He was airlifted to a shock trauma hospital He had lost sixty percent of his blood his heart had moved across his chest and his organs and pelvis were pulverized He was placed in a medically induced coma When Brian finally emerged from the coma two months later he had no memory of the accident He could see and hear but not move or talk Unable to communicate to his doctors nurses or frantic parents he heard words like vegetable and nursing home If he lived doctors predicted he might not be able to walk again and certainly not swim Then miraculously Brian clawed his way back to the living First blinking his eyelids then squeezing a hand then smiling he gradually emerged from his locked in state The former swimmer and bodybuilder had lost one hundred pounds Iron Heart is the first person account of his ordeal and his miraculous comeback With enormous fortitude he learned to walk then run and eventually to swim With his dream of competing in the Ironman Triathlon spurring him on Brian defied all odds and three and a half years after his accident crossed the finish line in Kona Hawaii Brian s inspiring journey from coma to Kona is brought to life in this memoir **Transplant Triathlete** Diccon Driver,2016-09-01 An ironman triathlon is seen as the hardest one day endurance event in the world Consisting of a 3 8km swim a 180km bike ride followed by a full marathon it is a huge undertaking for anyone never mind a rookie with chronic kidney disease Transplant Triathlete is Diccon Driver s story an amateur triathlete who refused to let kidney failure stop him from racing Even after doctors told him his dream of finishing an ironman was impossible he didn t give up With just 20 per

cent kidney function he proved them wrong to complete his first ironman Eight weeks later the disease causes his kidneys to fail completely and he starts dialysis to stay alive Now in need of a transplant his brother steps forward as a live donor to give Diccon his life back But will the operation be a success And most importantly to Diccon will he ever be fit enough to race again *Long Distance Triathlon Memoir - How I Became a Man of Iron with 11 Months Training* Jason Pegler,2014-03-13

When I was nine years old I loved sport and was captivated by watching the Ironman World Championships in Hawaii I swore to myself that one day I would do that race and win it That was in 1984 For the next twenty eight years I continued to love participating in and watching sport although I do not recall thinking about the phrase Ironman ever again apart from about the superhero played by Robert Downey Jnr in the film In July 2012 I was to rekindle my passion for Ironman racing This book describes my journey from complete novice to Ironman finisher in 11 months My promise to you the inspiring reader is to give you my all be honest and not take myself too seriously Training for and completing my first Ironman made me a better person a better partner a better father a better business owner and improved my health This is because it made me think bigger and raised my self esteem You may be a multiple Ironman a professional Ironman athlete in my dreams hey a coach or a triathlete you may have a swimming cycling or running background and be considering taking up the sport or just have an insane desire to complete the ultimate one day endurance sporting event that was designed to test the human potential to its limit Believe me it s not easy but when you cross that finish line there is no feeling quite like it **I Think I Need a New**

Heart: The Journey from Heart Failure to Transplant Manu Kalia,2017-04-24 A frank and honest account of one patient s journey from end stage congestive heart failure to artificial heart assist pump implantation and eventually to heart transplantation recovery and health This memoir shares a first hand perspective of the fears challenges and joys of facing a life threatening illness and being given the gift of a second chance at life For all those who face organ failure and transplantation for their loved ones for those who work in the transplant healthcare arena and for organ donors and their families *Dead Man to Iron Man* Paul Smith,2020-02-10 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 If you think completing an ironman triathlon is an impossible dream read this truly inspirational story and think again **Iron Triathlon Memoir** Jason Pegler,2014-03-27 When I was nine years old I loved sport and was captivated by watching the Ironman World Championships in Hawaii I swore to myself that one day I would do that race and win it That was in 1984 For the next twenty eight years I continued to love participating in and watching sport although I do not recall thinking about the phrase Ironman ever again apart from about the superhero played by Robert Downey Jnr in the film In July 2012 I was to rekindle my passion for Ironman racing This book describes my journey from complete novice to Ironman finisher in 11 months My promise to you the inspiring reader is to give you my all be honest and not take myself too seriously Training for and completing my first Ironman made me a better person a better partner a better

father a better business owner and improved my health This is because it made me think bigger and raised my self esteem You may be a multiple Ironman a professional Ironman athlete in my dreams hey a coach or a triathlete you may have a swimming cycling or running background and be considering taking up the sport or just have an insane desire to complete the ultimate one day endurance sporting event that was designed to test the human potential to its limit Believe me it s not easy but when you cross that finish line there is no feeling quite like it Living Life to the Full Ellen Charnley,2011

Dying to Live Gaea Shaw,2005 It is the inspiring story of Gaea Shaw s journey from heart transplant recipient to gold medal winner at the Olympic style Transplant Games Her gift to her readers is the she encourages each of us to see that we all face our own challenges and that each of us can experience an abundant life filled with gratitude no matter the odds

The Hurt Artist Shane Niemeyer,Gary Brozek,2024-05-01 A gritty memoir chronicling one man s transformation from a homeless suicidal junkie inmate to a triathlete competing at the Ironman World Championship This harrowing journey from suicidal to successful offers everyone hope that change is possible and victory only comes when you refuse to give up or give in Tony La Russa With troubles beginning as early as childhood the trajectory of Shane Niemeyer s life seemed to have only one direction down His struggles with heroin addiction led him to jail and he eventually hit rock bottom Soon his two pack a day cigarette habit was the healthiest thing he did One dark night in jail his suicide attempt failed What happened next transcends the term recovery The Hurt Artist is the searing yet luminous travelogue of Shane s powerful journey from suicidal addict to Ironman He vividly depicts the landscape of pain in which he s lived his life emotional and physical pain inflicted upon him and that he inflicts upon himself pain that pulls him down and in detailing his training the pain he harnesses to lift himself up Ultimately Shane s story is one of redemption and triumph a lesson in the value of second chances and a clear reminder that nobody regardless of how seemingly desperate their circumstances is beyond the reach of salvation From inmate 71768 to Ironman Triathlon World Championship competitor 1419 Shane paints a stirring self portrait in this hilarious horrifying and hopeful account that is sure to hook readers of edgy sports biographies A riveting memoir that takes us on a raw unedited life journey that includes the struggles of an addict trying to find peace and the joy and journey to every triathletes promised land Kona Hawaii Jason Peter New York Times bestselling author of Hero of the Underground

The Unlikely Candidate Kelvin V. Smith,2012 As the Crow Flies Craig Alexander,2012 This us a fascinating behind the scenes look at what it takes to be the best Australian Craig Alexander is the Ironman World Champion and world record holder with striking black and white photography

Change of Heart Kristy Sidlar,Elizabeth Ann Atkins,2022-03-11 She was loving her life as a healthy young professional and fitness instructor But one day while teaching an aerobics class she collapsed and spiraled into a life threatening health crisis Kristy Sidlar needed a new heart Now in her gripping memoir Change of Heart My Journey of Transplantation Revelation Transformation she provides fascinating and inspiring insight into her extraordinary survival story that chronicles her frightening heart failure and her triumph over what could have ended her

vibrant life far too early In engaging vignettes Kristy takes you on an intimate journey as her failing health prompts doctors to put her on the heart transplant list Then miraculously a donor heart becomes available Page by page Kristy takes you through her death defying experience as she courageously and optimistically endures surgery and recovery Then she embarks on a new life that s so healthy and energetic she s training for a triathlon While Kristy shares her story in a way that sparkles with her humorous upbeat personality she also introduces you to her Wellness Widget a tool that she created for anyone wanting to cultivate wellness across multiple dimensions of their lives This book makes you laugh cry and ponder deep questions about living and dying while inspiring you to cherish your life and loved ones as never before Thanks to an organ donor family that was grieving the loss of their loved one Kristy explores the power of gratitude and the inexpressible joy that the greatest gift of life can bring Kristy is on a mission to use her remarkable survival story as a heart transplant recipient to encourage men and women everywhere to make overall wellness a priority She advocates for heart health especially for women as a long time volunteer and board member for the American Heart Association And she s a board member for Project Beautiful Inside and Out Her career in the staffing and recruiting industry has enabled her to live and work in Singapore and travel the world A Michigan native Kristy has a Bachelor of Arts from Hope College She and her husband Dave enjoy spending time in Northern California Kristy s hobbies include photography fitness card making and driving and admiring exotic and classic cars After completing three 5K races since her surgery she s currently training for a triathlon

Triathlon - It HURTS Gary Smith & Justin Roberts, 2016-03-28 Winner of the 2015 Running Awards voted Best Book 2015 In October 2012 over 1000 people applied to take part in a university research study to assess how normal recreationally active people cope with the demands of training for their first IRON distance triathlon a 3.8km swim followed by 180km of cycling and finishing with the mere matter of a 42.2km marathon run This book is a collection of the tales from the people within the team affectionately known as the HURTS team an acronym for Hertfordshire University Research Triathlon Study Their individual goal was to inspire others to dream big and to live out those dreams whether it be a triathlon or not However as a cohort they wished to raise awareness and funds to help find a cure for Duchenne Muscular Dystrophy a debilitating and fatal disorder Their collective goal was to support Harrison s Fund set up in 2012 to support breakthrough research leading to positive interventions and ultimately a cure for muscular dystrophy worldwide Triathlon It HURTS is an inspiring story of what normal people can achieve when challenged This book will appeal to those looking to learn more about the successes and harsh realities of training for a triathlon as well as those who want an uplifting story of human achievement A wonderful book of inspiration from those who participate in the triathlon I found this book giving me hope

Jamie Chases Butterflies blog *Secrets of the Ironmen* Iron Rookie, 2017-07-28 This isn t just another inspirational story it s a complete manual We have all heard of couch to 5k Well this is couch to IRONMAN Secrets of the Ironmen is the amazing story of Iron Rookie At the start of his journey he was very overweight and very very unfit He was unable to swim a single

length front crawl hadn't ridden a bike for over 15 years and was unable to run any more than ten yards without wanting to stop. At the end of his journey he became an Ironman. How? By learning the secrets of the Ironmen themselves. It all started when his wife challenged him to run round a lake trail near his house that was just 2.5km in length. He then fell into his first triathlon having seen an advert for it at his local sports centre. The pivotal moment came when he moved back to Bolton and realised that he lived on the Ironman bike route. Iron Rookie began to cycle parts of it regularly and whenever another cyclist had the audacity to overtake him he tried to interview them. The secrets that they shared with him changed his life. Iron Rookie then went on to complete Super Sprint, Sprint, Olympic 70.3 and full Ironman Triathlons together with 2.5km, 5km, 10km half mara and full marathon run races in between. This book isn't just another inspirational story; it's a complete training manual showing how he did it. Inside these pages you will find the exact training plans that he created and followed for all of the races detailed above, the secrets, 40 in total, race reports, the Ironman Diaries, a 28 part week by week commentary on his training for IMUK as he did it and a further 7 interviews from some truly inspirational Ironmen that have completed the iron distance nearly 200 times combined. This isn't a book about speed or achieving a certain time in order to be happy. This is a book about how you take something that you believe to be impossible and turn it into the possible. It's about the wonderful journey that you will go on in order to get to the Ironman start line. But more than that, it's about what happens when you get there. Lining up with some of the finest athletes in the world whilst being roared on by thousands of fantastic supporters who line every inch of the Ironman race circuit will be one of the most magical experiences of your life. To your amazing journey.

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