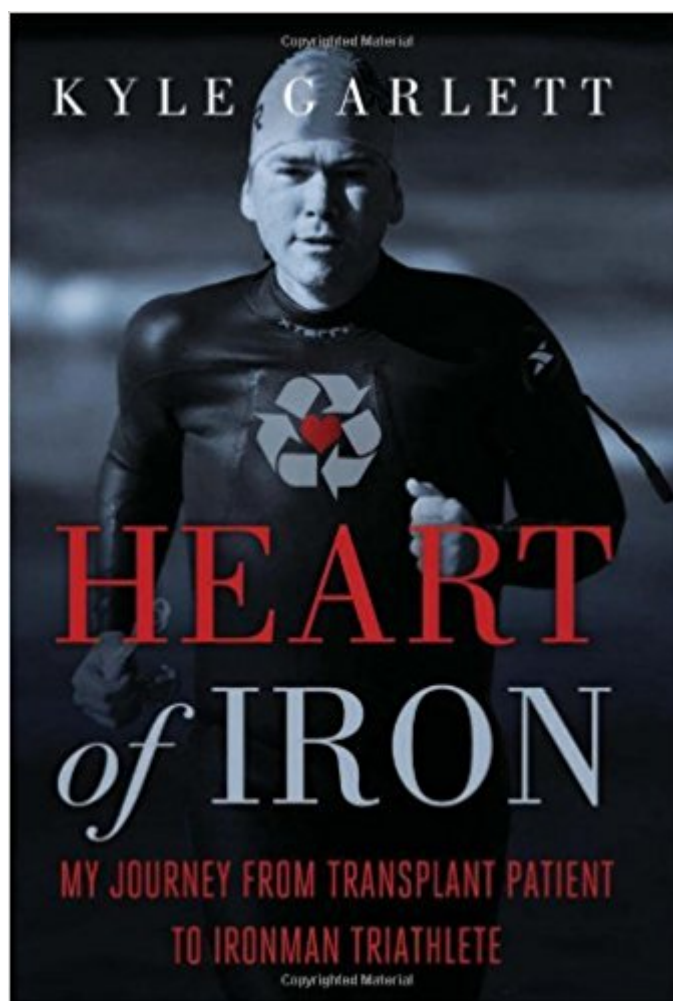




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# Heart Of Iron: My Journey From Transplant Patient To Ironman Triathlete



## Synopsis

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.

## Book Information

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## Customer Reviews

"Kyle Garlett's journey of overcoming incredible physical, emotional, and psychological battles is a

testament to his internal willpower and tenacity. His inspirational story is an absolute must read!"#151;Dave Scott, six-time Ironman world champion#147;Kyle Garlett is truly the face of courage in the mind-blowing story of survival against all odds. Delivered with humor reminiscent of author Bill Bryson, Kyle takes us on a journey that makes you gasp out loud at what he had to endure physically and mentally year after year, yet also laugh out loud at his approach to it all. This book is hard to put down.Ã¢âÂ•#151;Phil Keoghan, founder of No Opportunity Wasted and Emmy Award-winning host of The Amazing Race#147;If youÃ¢âÂ•,e heard Kyle speak, you know that he tells the story of his incredibly difficult journey through life with a humoristÃ¢âÂ•,s touch.ÃÂ His book, Heart of Iron, is no different.ÃÂ It is heartbreaking at times, even tragic. But it is also funny, very inspiring, and ultimately triumphant. ÃÂ You will feel differently about the joys of life and the strength of the human spirit after reading this story.Ã¢âÂ•#151;Chris Klug, five-time World Cup snowboarding champion, three-time Olympian, and liver transplant recipient#147;KyleÃ¢âÂ•,s commitment throughout to the Leukemia & Lymphoma Society and our Team In Training program, both ways to celebrate his own victory over cancer while raising funds and awareness to help others beat cancer, is truly inspiring.Ã¢âÂ•#151;John Walter, president and CEO of the Leukemia & Lymphoma Society"A compassionate celebration of the human spirit that doesn't gloss over tough realities."Ã¢âÂ•Kirkus Reviews"A truly inspiring story"#151;Booklist

I am an avid reader, and so I don't use these words lightly. This is a Very Good book. This is not just a feel good (although it does), triumph over hardship (although he does) reflection causing (although I did) story. I'm not a professional book reviewer or writer and so there is a great disconnect between how I felt and what I think about the book and how I can pen that here. Kyle took his journey and gave me snapshot moments of world events that really put his timeline for his multi year battle, with both his cancer and heart transplant, into perspective. I was surprised at how many times I really laughed, (who knew nose hairs were so important?) and even more so by how many times I cried (upon seeing the faces of his parents after his transplant). Not because the story is sad, because it is anything but sad, but because Kyle details his hope and courage and desire to

win in such a way that for just a few pages, I was in that journey too. I'll be buying more copies for friends who are Ironman athletes, cancer survivors or patients and friends who just really appreciate a well written and told story. OH, and I'll be watching for Kyle to finish in Kona!

Kyle Garlett has been fighting cancer for over half his life. His story is a compelling study of man faced with overwhelming odds in the battle against cancer in 4 separate times over 20 years, surviving a heart transplant, and then completing triathlons. Don't tell Kyle Garlett the word "no." His body, battle scared from countless rounds of chemotherapy, and radiation, is sustained by a titanium hip, an artificial shoulder implant, a pacemaker, another man's donated heart, and a dream to go on living a normal life. Yet he has the courage to tackle on of the most formidable challenges in the athletic arena, the infamous Ironman Triathlon (2.4 mile swim, 112 mile bike, and a full 26.2 mile marathon, all in the same day). Kyle's contributions in philanthropy, cancer causes, and organ transplant advocacy are just as breathtaking as the distance he goes. He truly has the will of iron and a heart of gold. He has an extraordinary story to tell. And this is certainly worth the read.

Kyle writes with honesty and grace about his epic journey through cancer and beyond. Unlike many epics, the characters, struggles, and triumphs are real. Dragons and evil wizards? Try chemo and anesthesia. Incredible journey homeward? Try an iron distance triathlon with a transplanted heart. I found this book while looking for running stories to inspire my training, and it opened more than inspiration for me. Instead of running for solely my health, I've become involved in Team in Training. I run not only for my own fitness, but to eradicate blood cancers entirely. How many books have that kind of impact on readers? Kyle's words will inspire you, make you laugh, invite you to cry, and break the wall of awkwardness we feel when we learn of a cancer diagnosis. Not only does he have a powerful story, he also writes with a deft voice that brings the reader into the period of his life during which he fought cancer and its aftermath. No matter your motivation for choosing this book, you will not be disappointed.

This young man's story of his fight against cancer, which started in his senior year of high school and continued for nearly 20 years, is an inspiration for people of all ages. It is extremely well written, even a 12-yr old could appreciate the story. If you know someone who has dealt with a devastating illness, as I personally have, this true story gives hope with understanding and humor. Mr. Garlett's description of the car ride to the hospital in response to the "your heart is ready" phone call is REALITY AT IT'S BEST!! He and his wife, both on cell phones, driving on California highways

calling all the people on the list who need to know what is happening, i.e. PARENTS, makes you smile. More than once I shed tears for him and his parents. I also laughed with him as he told his story. Kyle, you have my admiration. Thank you for sharing your story. This is a book that every home should have in their personal library.

Heart of Iron: My Journey from Transplant Patient to Ironman Triathlete

I read Kyle's book in a total of four hours. His story is absolutely amazing. While continuing to battle for some type of normalcy in his life, he still managed to keep his sense of humor. For anyone who has or is waging their own battles, this book would help them understand that the light at the end of their tunnel isn't always a train!!! When I finished reading it, I shared it with a close friend who doesn't usually have the time or the desire to read books and she finished it in a very short time because she too was so inspired and mesmerized by Kyle's story. It's amazing what this young man has gone through. He will be an inspiration to many people, probably not fully realizing that the little pebble of his life cast into this great pond has such far reaching effects.

I love to read biographies because they give me perspective on life from outside my own experience. In Heart of Iron, Kyle Garlett has provided me deep insight into the world of cancer survival. His straightforward account of his harrowing fight for his life is sometimes humorous, frequently gripping, never piteous, and always hopeful. His subsequent quest to reach Iron Man status is profoundly inspiring. The lessons learned from his story include those of courage, commitment, perseverance, friendship, and hope. All of the fruits of the spirit are there: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. I can't think of anyone who wouldn't benefit from spending time in Kyle's world. Heart of Iron would be a phenomenal choice for a retreat or a book club. If you're on my Christmas list, be ready to get a copy.

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