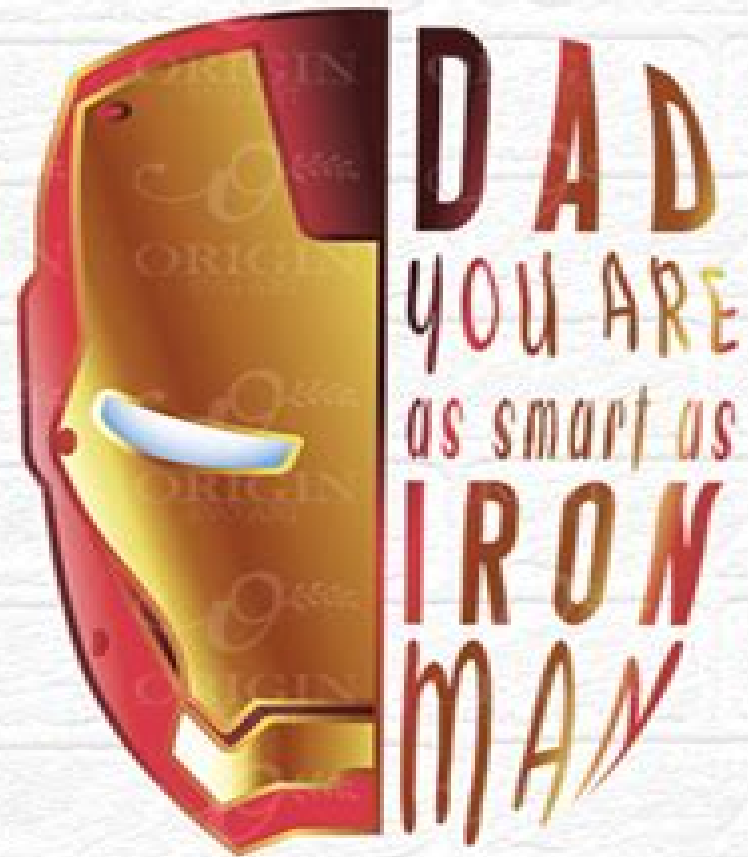
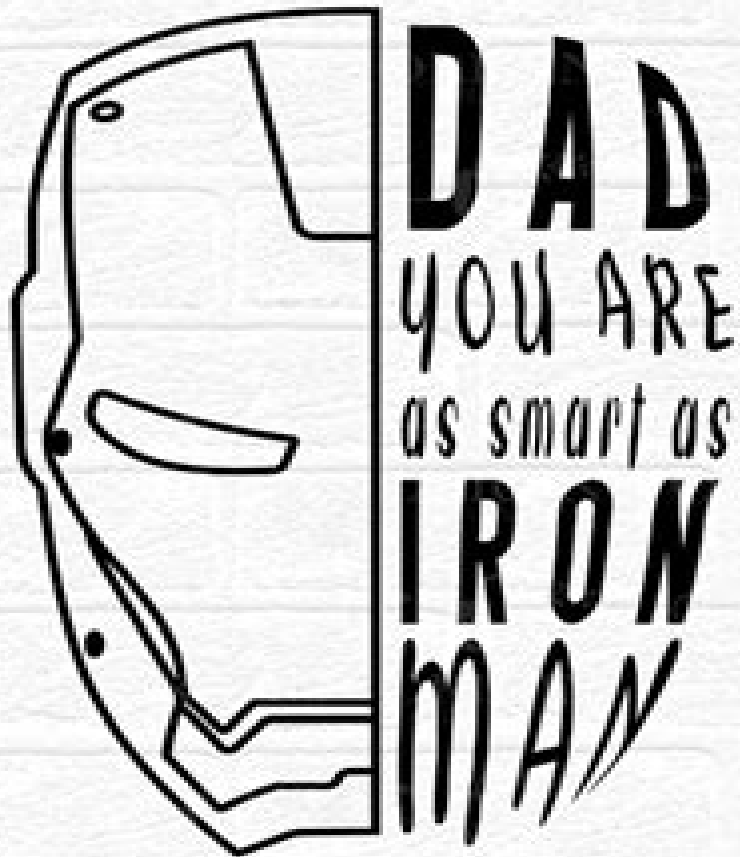


SUPERHERO DAD



My Dad Is An Ironman

Diana Tracy Cohen



My Dad Is An Ironman:

My Dad Is an Ironman Ray Hoese, 2004-10 Told in the voice of a 9 year old girl who loves to accompany her dad on bike rides and to the pool this dramatic and uplifting story shows how she encourages him to chase his dream and train to compete in an Ironman triathlon Full color [The Alcoholic Ironman](#) John Toth, 2011 For years John Toth lived his life feeling empty lonely and even suicidal He exercised sporadically looked for better jobs every once in a while and drank constantly Even with a loving wife and children something was missing from John's life and he knew he would have to sober up to find it After admitting his problem to his wife John attended an Alcoholics Anonymous meeting and made the familiar confession I'm John and I'm an alcoholic After ninety meetings in ninety days as if getting sober wasn't hard enough John decided to take on another challenge and start competing in triathlons The Alcoholic Ironman follows John from his first 5K run to the Lake Placid Ironman in New York With no experience running swimming or cycling John faces as many struggles on his way to becoming an Ironman as he does on his way to becoming sober After almost drowning during his first two triathlon swims John wonders what he's gotten himself into His triathlon training like his quest for sobriety never goes perfectly But despite countless setbacks John puts one foot in front of the other and keeps going An inspirational read for anyone who battles addiction low self esteem depression or any other challenges The Alcoholic Iron Man will motivate all readers to face life's obstacles head on and find the Ironman in themselves **Women Who Tri** Alicia DiFabio, 2017-04-02

What would you do if half your town caught triathlon mania If you're like Alicia DiFabio a minivan driving harried mother of four small children whose daily look features stained yoga pants a messy ponytail and a big diaper bag you would shrug your shoulders and try to hold on for that after bedtime glass of wine It was to her utter surprise that this middle aged out of shape mother found herself on the starting line of a triathlon In *Women Who Tri* DiFabio explores the triathlon phenomenon that has gripped her town and swept the nation Her memoir is both inspiring and informative as it explores the popularity psychology subculture and transformative power of triathlons among ordinary women Set in a small New Jersey town that now hosts America's largest women only triathlon club *Women Who Tri* weaves together the insights of a psychologist the research of a journalist and the deep insecurities of a daunted newbie DiFabio shares her journey from nervous newcomer to triathlon finisher as she investigates one of the world's most challenging and inspiring sports She profiles women who have overcome challenges to become athletes and tri for themselves and to help others *Women Who Tri* will entertain enlighten and inspire any triathlon enthusiast from tri addicts to the tri curious **The Inner Triathlete ... Forever Ablaze** Brown

Stephen, 2008-02-11 A collection of multisport articles interviews and short stories that speak to the human side of the sport of triathlon and to the spirit of the triathlete These pieces were all previously published by the author in different periodicals over a few years but have been brought together to serve as a dedication to the life memory and mission of Jon Blazeman Blais Jon won the hearts of millions in 2005 when he became the first patient with Lou Gehrig's disease to cross the finish

line of the Ironman Triathlon World Championship In May 2007 Jon lost his battle with ALS but his war carries on through The Blazeman Foundation Author Stephen Brown encapsulates many of his multisport experiences which began back in 1987 and a portion of all book proceeds benefit The Blazeman Foundation and their continuous fight against ALS Foreword written by Bob Mina Visit [www RemissionMan com](http://www.RemissionMan.com) for more on Steve Brown and [www BobMina com](http://www.BobMina.com) for more on Bob Mina *The Lines I Wrote Volume 2* Ayana Sabharwal, This book is in continuation to the first volume released in Feb 21 to pen down my poetic thoughts on various aspects of day to day life and the events around us Feelings are central to all that I have written in this book You will enjoy varied feelings written in words from joy to horror sadness to ecstasy From going to a wedding in bathroom slippers to adventures in a jungle These are experiences of a child over the years and are true reflection of the journey everyone calls childhood So happy reading and the enjoy the journey ahead Ayana Sabharwal a promising 12 year old is a creative wanderer at heart She is a budding digital enthusiast author jr programmer robo designer and a student who wants to build things that would change the world for the better Her writings are a reflection of the magic that words can be weaved into The notion of reading makes the world feel closer to oneself and this book will help you travel with the help of emotions and imagination So read the book in this light enabling you to illuminate the path of your imagination and enjoy

A Boob's Life Leslie Lehr, 2021-03-02 *A Boob's Life* explores the surprising truth about women's most popular body part with vulnerable witty frankness and true nuggets of American culture that will resonate with everyone who has breasts or loves them Author Leslie Lehr wants to talk about boobs She's gone from size AA to DDD and everything between from puberty to motherhood enhancement to cancer and beyond And she's not alone these are classic life stages for women today At turns funny and heartbreaking *A Boob's Life* explores both the joys and hazards inherent to living in a woman's body Lehr deftly blends her personal narrative with national history starting in the 1960s with the women's liberation movement and moving to the current feminist dialogue and what it means to be a woman Her insightful and clever writing analyzes how America's obsession with the female form has affected her own life's journey and the psyche of all women today From her prize winning fiction to her viral New York Times Modern Love essay exploring the challenges facing contemporary women has been Lehr's life long passion *A Boob's Life* her first project since breast cancer treatment continues this mission taking readers on a wildly informative deeply personal and utterly relatable journey No matter your gender you'll never view this sexy and sacred body part the same way again

Iron Dads Diana Tracy Cohen, 2016-05-04 Among the most difficult athletic events a person can attempt the iron distance triathlon a 140.6 mile competition requires an intense prerace training program This preparation can be as much as twenty hours per week for a full year leading up to a race In *Iron Dads* Diana Tracy Cohen focuses on the pressures this extensive preparation can place on families exploring the ways in which men with full time jobs one or more children and other responsibilities fit this level of training into their lives An accomplished triathlete as well as a trained social scientist Cohen offers much insight into the effects of endurance sport training on family

parenting and the sense of self She conducted in depth interviews with forty seven iron distance competitors and three prominent men in the race industry and analyzed triathlon blog postings made by Iron Dads What sacrifices Cohen asks are required both at home and at work to cross the iron distance finish line What happens when work family and sport collide Is it possible for fathers to meet their own parenting expectations while pursuing such a time consuming regimen With the tensions of family economics how do you justify spending 5 000 on a racing bike At what point does sport become work Cohen discovered that by fostering family involvement in this all consuming effort Iron Dads are able to maintain a sense of themselves not only as strong masculine competitors but also as engaged fathers Engagingly written and well researched Iron Dads provides a penetrating firsthand look at extreme endurance sports including practical advice for aspiring racers and suggestions for making triathlons more family friendly

Unthinkable Scott Rigsby, 2009-11-05 After losing both of his legs in a car accident at age 18 Scott Rigsby battled his way back from depression and addiction to achieve the unthinkable become the first double leg amputee ever to cross the finish line in the sporting world s most grueling and prestigious competition the Ironman Triathlon Scott has since become an inspiration to hundreds of thousands of physically challenged and able bodied athletes the world over Unthinkable documents Scott s remarkable journey From the scene of the devastating crash that claimed both of his legs and his subsequent battle with depression and alcohol addiction through his dawning realization that God has a greater plan for his life readers will be inspired From his decision to participate in the Ironman competition to the moment he crossed the finish line readers will engage with Scott s unthinkable courage determination and faith Unthinkable releases simultaneously in both hardcover and softcover A portion of the proceeds will go to the Scott Rigsby Foundation a Georgia based non profit organization dedicated to inspire inform and enable physically challenged individuals with loss of limb or mobility to live an active lifestyle

Every Gift Matters Carrie Morgridge, 2015-05-05 Charitable giving is on the rise in America Despite the lingering effects of the economic downturn Americans continue to give generously of their time talent and money more than 335 billion in 2013 a 4 4% increase from 2011 What s more the bulk of that charitable giving 72% came not from large foundations or corporations but from individuals making small gifts For those with passion for a cause and a generous spirit it s vitally important that they leverage their gift in the right way in order to have the greatest impact possible In her first book EVERY GIFT MATTERS Greenleaf May 2015 Carrie Morgridge shares inspiring stories of powerful gifts in action showing readers how to turn the act of giving into a vehicle for positive change Drawing on 15 years of experience supporting causes that align with her passions through gifts Morgridge demonstrates how a smart strategy high expectations a deep network and hands on personal involvement will ensure that one s gift is compounded over time to have the biggest impact possible Each person and every gift can make a difference writes Morgridge Whoever you are no matter how much or how little you have your gift matters The smallest seemingly unimportant donation can transform a life And the best news is that giving transforms two lives the

one who receives and the one who gives Through her role as Vice President of The Morgridge Family Foundation Morgridge has learned what works and what doesn't when it comes to giving She argues that in order to ensure meaningful and lasting change a gift must be more than simply a grant of money The giver must assess whether the program is the right fit work hand in hand with the key leaders on strategy develop a plan for making the endeavor sustainable and ensure that their gift can be leveraged to have a bigger impact on the community By sharing real life stories of how this hands on approach to giving has transformed lives including her own Morgridge inspires others to believe that they can also make a difference in their community no matter the size of their gift

Fathers & Daughters & Sports ESPN,2010-05-04 An inspiring anthology of sports short stories for any father daughter or parent Thank heavens for Title IX That dusty piece of 1970s legislation not only made an entire generation of American women fitter and stronger and more self confident but it also gave fathers throughout the country a greater opportunity to bond with their daughters The evidence fills the covers of this collection of essays by a stellar roster of sports journalists champion athletes and celebrated writers In the Introduction basketball star Rebecca Lobo recalls how her dad's advice continued to ring in her ears long after she last played hoops with him on the gravel driveway of their Massachusetts home Sportswriting legend Dan Shaughnessy celebrates his daughters eye opening softball exploits Chris Evert recounts how her tennis coach father Jimmy taught her coolness under fire Bill Simmons proudly bequeaths his love of the NBA to his preschool aged daughter Doris Kearns Goodwin explains how the not so simple act of filling in a scorecard for a father can be an act of love Mike Veeck minor league team owner and son of baseball's great impresario Bill Veeck writes about the terrifying disease that blinded his daughter Rebecca and how they learned from his own father's example in dealing with disability A companion volume to the acclaimed ESPN Books anthology *Fathers Sons Sports Fathers Daughters Sports* will appeal to everyone who has been either a father or a daughter or can see himself or herself in these engaging and emotional vignettes Whether the stories take place on a court rink diamond in the dressage arena or in the press box they are universal in appeal and will touch the hearts of anyone who has ever shot hoops kicked the ball around or played catch with a parent or child and has seen the positive effect these games have on us *The Suffering Body in Sport* Kevin Young,2019-07-24 This volume approaches the study of pain risk and injury in sport from a variety of social scientific perspectives Contributions focus on the manifestations of pain risk and injury within sport cultures and the degree to which the research is rapidly expanding to include new ways of thinking about risky and painful suffering in sport

A Life Without Limits Chrissie Wellington,2012-10-08 In 2007 Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii As a newcomer to the sport and a complete unknown to the press Chrissie's win shook up the sport A LIFE WITHOUT LIMITS is the story of her rise to the top a journey that has taken her around the world from a childhood in England to the mountains of Nepal to the oceans of New Zealand and the trails of Argentina and first across the finish line Wellington's first hand inspiring story includes all the incredible challenges she has

faced from anorexia to near drowning to training with a controversial coach But to Wellington the drama of the sports also presents an opportunity to use sports to improve people s lives A LIFE WITHOUT LIMITS reveals the heart behind Wellington s success along with the diet training and motivational techniques that keep her going through one of the world s most grueling events

Unstoppable Attitude PeterMax Miller,2008-04 Unstoppable Attitude is a book that will be appreciated by people from all walks of life This book is able to put our feelings and fears about cancer into words and helps us to understand and overcome them You will find yourself absorbed by this book whether you are an elite athlete a person facing or having beaten cancer or a loved one of that cancer patient You will find this book inspirational if you are someone who is looking for the motivation to allow you to attain the next level of whatever you are trying to accomplish His analogy of going through treatment for cancer and training for a race is a unique and inspirational way to view one s journey through cancer therapy PeterMax s philosophy about how better to prepare oneself for and how to imagine oneself completing that difficult race or that difficult time in your own life or that of a loved one is nothing less than awe inspiring

The Long Run Matt Long,2011-08-16 A New York City firefighter s emotional and inspiring memoir of learning to run again after a debilitating accident The Long Run is an emotional and incredibly honest story about Long s determination to fight through fear despair loneliness and intense physical and psychological pain to regain the life he once had

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

[Read This Before You Join a Band!](#) Michael McManus,2014-06-04 Every person who dreams of making it doesn t take into account the cold harsh reality of the music business Neither do parents spouses friends and other influences who are undoubtedly instrumental in helping them achieve their goals During his career Michael has had many triumphs but not without hard lessons learned His successes with international bands tours and recordings also came with failed record deals false promises and empty hopes and pockets These are just a few of the struggles with which anyone in

the music industry is all too familiar Read *This Before You Join a Band* is a very real look at the everyday life of a working musician It is a personal tale of Michael's career the highs and the lows as he tells you what to capitalize on as well as what to avoid Whether you're entering the music industry or if you've been in it for awhile this book is a valuable resource in helping you prepare for and succeed in your career

In Search of Center Stephen Brown, 2011-01-14 The author is a lifelong endurance sports enthusiast triathlon coach husband father and leukemia survivor What lies ahead are a few of his thoughts on life on health on sport and on some of the amazing people who have reached and touched him along the way The title *In Search of Center* stems from an email from a friend begging the question How can I find my center if I don't visit my edges Those words have stuck with Brown and they remind him that perhaps writing also gives him an opportunity to both visit the edges and find his own center Foreword written by Ethan Zohn

The Irish Dad's Survival Guide to Pregnancy [& Beyond] David Caren, 2021-03-01 New updated edition Congratulations you're having a baby Yes that's right you're expecting too David Caren delivers a long overdue practical straight talking pregnancy guide for Irish expectant dads all from a dad's perspective Combining real life experiences from a fraternity of Irish fathers tried and tested tips and expert views with highlights including Testing Testing Scans and Checks What's Up Doc Monitoring Mum Prams Trams Automobiles Choosing the Right Wheels Lights Camera Maybe ACTION The Delivery Gone with the Sleep Surviving Sleep Deprivation Accessible entertaining reassuring everything an expectant and new dad needs to know Fully reviewed and updated

I'm Here To Win Chris McCormack, 2011-05-23 In *I M HERE TO WIN* Chris Macca McCormack opens his playbook and reveals everything it takes mind body and spirit to become a champion Now he shares the story of his triumphs and the never say die dedication that has made him the world's most successful triathlete In 2010 at the age of 37 Macca beat the odds and won the Ford Ironman World Championship in Kona Hawaii for a second time in what many called the most dramatic finish in the race's history Macca's journey to athletic greatness is more than just one of physical perseverance After coming in fourth in Hawaii in 2009 Macca returned to the island on a mission He was there to win A game plan containing a new strategic approach to winning brought him first across the finish line Chris McCormack has dedicated his life to training for and winning the Ironman Hawaii one of the most grueling tests of mental and physical endurance in the world The race challenges athletes to swim 2.4 miles bike 112 miles and run a full marathon 26.2 miles using all their strength and willpower to overcome the incredibly harsh conditions In *I M HERE TO WIN* Macca provides concrete training advice for everyone from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push and provides insight into the mind of a great champion with excitement and inspiration on every page *I M HERE TO WIN* is also available as an enhanced e book with embedded video and audio

I'm Here To Win (Enhanced Edition) Chris McCormack, 2011-05-23 This edition of *I M HERE TO WIN* is an enhanced e book with exclusive embedded video from the author In *I M HERE TO WIN* Chris Macca McCormack opens his playbook and reveals everything it takes mind body and

spirit to become a champion Now he shares the story of his triumphs and the never say die dedication that has made him the world s most successful triathlete In 2010 at the age of 37 Macca beat the odds and won the Ford Ironman World Championship in Kona Hawaii for a second time in what many called the most dramatic finish in the race s history Macca s journey to athletic greatness is more than just one of physical perseverance After coming in fourth in Hawaii in 2009 Macca returned to the island on a mission He was there to win A game plan containing a new strategic approach to winning brought him first across the finish line Chris McCormack has dedicated his life to training for and winning the Ironman Hawaii one of the most grueling tests of mental and physical endurance in the world The race challenges athletes to swim 2.4 miles bike 112 miles and run a full marathon 26.2 miles using all their strength and willpower to overcome the incredibly harsh conditions In I M HERE TO WIN Macca provides concrete training advice for everyone from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push and provides insight into the mind of a great champion with excitement and inspiration on every page

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