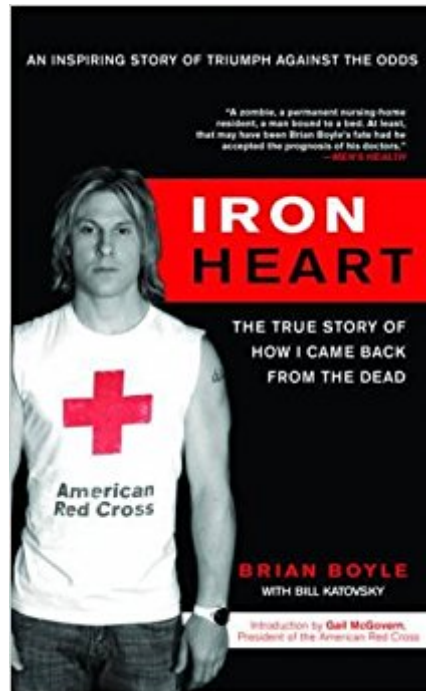




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# Iron Heart: The True Story Of How I Came Back From The Dead



## Synopsis

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.

## Book Information

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## Customer Reviews

"It's not what people accumulate in material things that makes a nation great. Greatness comes from the good that free people do for others. On the long road back, Boyle vowed that he would give back." (USA Today) "A zombie, a permanent nursing-home resident, a

man bound to a bed. At least, that may have been Brian Boyle's fate had he accepted the prognosis of his doctors. (Men's Health) "At times, Brian's tale of survival sounds more improbable than possible. (ESPN The Magazine) "Riveting.... There is no better story than Brian Boyle (USA Triathlon Life Magazine)

Brian Boyle suffered a near fatal car accident when he was eighteen. A former swimmer and bodybuilder, he had become a human skeleton but became determined to compete in the Hawaii Ironman. In October of 2007, he realized his goal and crossed the finish line in Kona. NBC television covered him during the triathlon. In 2008, Men's Health magazine named Boyle one of its twenty heroes. He's currently a student at St. Mary's College in Maryland. Bill Katovsky, founder of Tri-Athlete Magazine, has completed the Hawaii Ironman twice and is coauthor of *Embedded: The Media at War in Iraq*, which won Harvard's Goldsmith Book Prize; and editor of *1,001 Pearls of Runners' Wisdom: Advice and Inspiration for the Open Road*, as well as co-founder of the Natural Running Center.

If you are looking for a great Christmas present for important friends and family in your life I recommend "Iron Heart"! This inspiring story on Brian Boyle will certainly motivate them and encourage them to get a move on in their lives and accomplish anything they set out to do - 'anything is possible' - will become something they can believe after reading this moving account. 'Anything is possible' is also the motto of the Ironman Kona Triathlon and that is what he accomplished. What is extraordinary is that Brian should not have survived a horrific car crash. He simply shouldn't have made it, but he did. He had amazing support from his family and physicians and therapists. And he had an amazing inner drive. He recovered and set out on a challenge to accomplish the ultimate endeavor in sport and he became an Ironman! I first read "Iron Heart" in January of 2011. I had done one triathlon in September 2010 and was pondering my New Year's Resolutions. I was questioning whether there was another, a second, triathlon in my future. So shopping on I was looking for inspiring sports stories, motivators and topics on Triathlon. This book kept coming up as a suggested title after I would do searches, so I ordered it and waited for its arrival in the mail. Throughout his book I found myself crying and smiling at the same time. As a mother I cried at the awfulness of the accident and what had happened to his body. There was no way that he should have recovered. I smiled because he did. But he did more. His journey was not easy, but he never stopped. His story never ceased to amaze me. I had to share this wonderful book. I lent my copy to my girlfriend (who now does triathlons with me) and she too found herself

inspired. When she returned my copy, I read it again. His story reminds me that I can do whatever I set out to do, that 'anything is possible', and I met and exceeded my own goals I set last January. This wonderful book should be required reading for collegiate physical education majors, nursing majors and personal coaches. I personally am going to re-read it for the third time this month as we move into the New Year. His story will help me set my mind for my goals for 2012. His story is a spark that bursts through to successful triumph. His story will show you by example that indeed 'ANYTHING IS POSSIBLE'.

Iron heart was a little like Ghost Boy, he had all of the challenges but he had a strong desire and loved to compete in sports before he got sick. His dream was to train and build his body in spite of all of the obstacles that he faced at every venture. He had a big ego and sometimes I felt like he bragged on himself a little too much in the book but, all in all it was good reading.

I was fortunate to meet the author at the Wisconsin EMS Association Conference Jan '17. He's a fine young man. The book was a little repetitive in telling his accident story over and over but it does give you hope. It's a disaster to triumph story that gives you a boost. Very much worth the read.

I enjoyed reading Iron Heart by Brian Boyle. Boyle does an excellent job of describing his miraculous come back from death to compete in Ironmen competitions. I would highly recommend this book to readers who like: non-fiction, sports and coming back from the brink of death.

I read this book, because it was on my daughter's summer reading list. I expected it to be good, because of its description. It blew me away. It should be on everyone's reading list. Signs of Divine Providence are present throughout the book. The resilience of the human spirit is also evident. We are not defined by our limitations. We are children of God. I gave this book five stars, because it deserves more than five stars. It is well written and gives the reader so much hope. It is divided into three main parts: Heart, Body, and Soul. The first part is real intense for those who have or are experiencing a medical emergency personally or within the family. If you can get through it, you will be greatly rewarded. I recommend this book for everyone, especially those who are told they can never do something. Challenges can be met. Obstacles can be overcome. Goals can be achieved. Dreams can come true. God is in charge.

Amazing story about the power of the human will. This kid should have been dead, but it was his will

to live that kept him alive. Considering how close he was to death, it's a remarkable story of his amazing recovery, not just to healthy life, but to doing things way beyond what normal people can do (like the Ironman Triathlon). It caused me to rethink the issue of "pulling the plug" when someone is on life support. It also made me reconsider how much of our ability to accomplish physical things with our bodies is limited simply by our minds and our will to push more. It was an easy read, and I found the beginning to be the most interesting. I've never read anyone who was in that situation, writing from the perspective of being stuck in the hospital bed, drifting in and out of consciousness while at the same time having their full mental capacity. Worth the time... a very encouraging story.

This is an amazing story of human triumph and what the spirit can accomplish. It is split into three parts: The accident and being in a coma, the recovery process (in rehabilitation) and becoming a triathlete. The story is a well written "quick read" with a good flow. I finished in two days (which is short for me!) As a nurse, I was intrigued by the details of Brian when he was in his coma. It was a rare, unique glimpse into the world of my patients who are on life support. A must-read for anyone in the medical field. Any person would benefit from this story of courage and perseverance!

I picked this up in error, misread Brian's last name, and am glad I did. I'd class this as a "when you think you've got troubles all you need to do is look around".

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