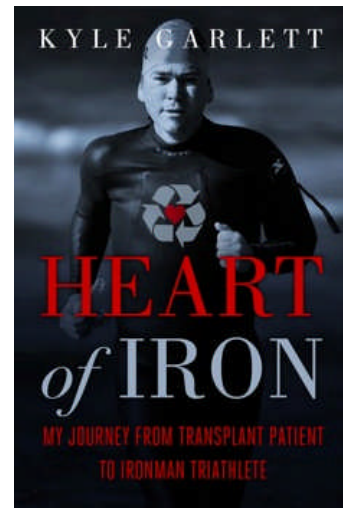


A Review of  
*Heart of Iron: My Journey from Transplant Patient to Ironman Triathlete (2011)*

Author: Kyle Garlett

From the author's own description:

At age eighteen, when his classmates were enjoying a carefree summer before senior year, Kyle Garlett was diagnosed with Hodgkin's disease. By the time he was thirty-five Kyle had soldiered through three more cancer diagnoses, a bone marrow transplant, a hip replacement, and a heart transplant. These incredible health challenges would have stopped a less determined man, but Kyle's devotion to survival and his ability to make the most of his chances kept him going.



In *Heart of Iron*, he tells his amazing life story with clear-headed optimism and a winning sense of humor, from his first diagnosis of lymphoma as a teenager and through the years of chemotherapy that destroyed his joints and weakened his heart. After five and a half on the organ-transplant waiting list, Kyle received a new heart and embarked on a challenge of his own making: training for an Ironman Triathlon. When asked why he competed in not one, but two Ironmans, Kyle said simply, "Because I can."

Focusing on not only Kyle's health crises but also his career as a sportswriter and the amazing friends and family who supported him, *Heart of Iron* is an invaluable companion for those affected by cancer and a breathtaking memoir about one man's unstoppable spirit and quest for success against all odds.

(Review pending)

Note: **Heart of Iron** will be available Nov, 2011 from [Amazon.com](http://Amazon.com) (← click here to link to this book)

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**Reviewer bio:** Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with NKF, UNOS and the Gift of Life Donor Program in Philadelphia, as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered in thanks to his donor family and can be obtained on a CD without cost by contacting him at GleasonJim@aol.com