



# **ICU to Marathon**

David Johndrow

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As funny as it is dramatic, "ICU to Marathon - Diaries of a Nearly Dead Man" by David Johndrow will capture your heart and inspire you to try harder, laugh more and maybe even pray.

Survivor of a rare and often deadly heart disease called Viral Myocarditis, David, candidly records his journey from the fear and desperation during his sickness, to the emotional victory as he crosses the finish line of the Cape Cod Marathon - a testament of his faith and perseverance.

This is a story of survival and one of hope. It's also pretty darned funny, chock full of fastidious fitness and weight loss information, clad with passion, shrouded in mystery, and contains a number of completely authentic fabrications. There is even a whodunit and enough information on sex to make you smile.

What can I say about ICU to Marathon: Diaries of a Nearly Dead Man? Words like witty, brilliant and genius come to mind...but since David hasn't sent me another check I'll have to stop there!

Seriously, this was one of the most encouraging and inspirational reads I've had the privilege of picking up in a while. Reading about how far David has come and what he has accomplished is nothing short of amazing. And add to this his story telling abilities and wit and you have a winner in this book. This is a must read for anyone who wants to make the "can't" in their life smaller!

Rev. Bobby Daniel, LA



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