

Giant Journeys: Becoming an Ironman

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✓ Verified Book of Giant Journeys: Becoming an Ironman

Summary:

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Ironman finisher Douglas Thomson shares his incredible journey of preparing for and completing an Ironman race in honor of his brother-in-law, Stu Mills. Stu was diagnosed with cancer while in his twenties and fought his own "giant journey" to overcome this life-threatening illness. Stu's odyssey inspired Thomson to attempt something far beyond his own physical limits. Giant Journeys: Becoming an Ironman is a compilation of Thomson's competition, Mills' battle and universal life lessons.

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