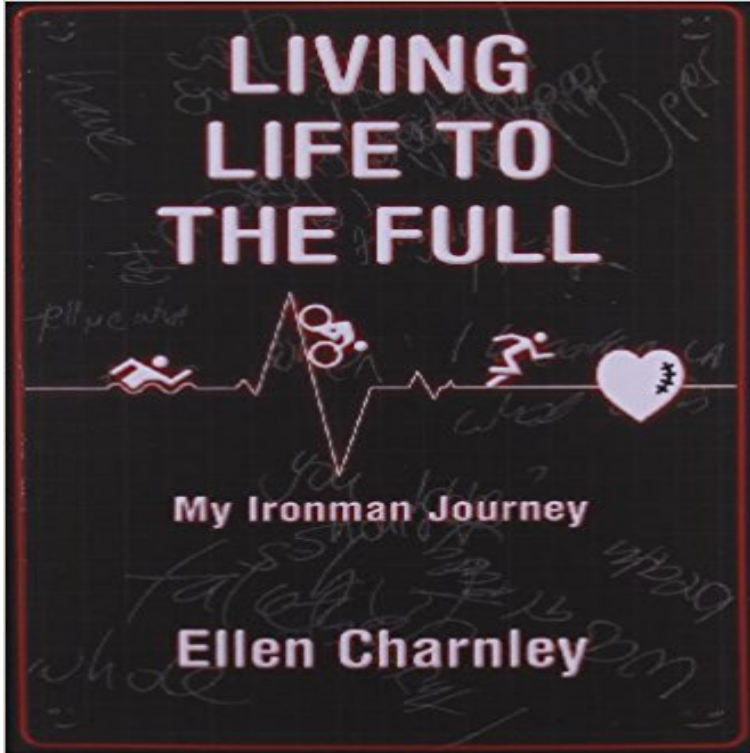


Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months



Ellen Charnley is a Chartered Accountant and avid Triathlete. Ellen has completed many triathlons both locally and internationally. Born in England, she and her husband, Don, have lived in London, Bermuda, San Francisco and Hawaii. They now reside in Las Vegas with their dog, Dude. Training and competing in an Ironman triathlon is not for the faint hearted. Completing an Ironman has been a dream of mine for many years and 2010 was going to be the year I attempted this grueling event. 2.4 miles of swimming followed by 112 miles of biking before finishing with a marathon - 26.2 miles. I signed up for Ironman Arizona in November of 2009, exactly a year in advance. Little did I know at the time that I had been born with a congenital heart defect. For 41 years, I had been living, training and competing in triathlons with a dysfunctional heart that was slowly failing. This is a story about my journey from diagnosis, open heart surgery and recovery to the decision to train and race in an Ironman triathlon, all within eight months. This book is an inspirational must read for anyone facing surgery or attempting an Ironman.

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Training and competing in an Ironman **Living Life to the Full: My Ironman Journey from open-heart surgery** Ellen has completed many triathlons both locally and internationally. birth defect that would require immediate surgery to prevent my heart failing. This was in March 2010, just eight months before Ironman Arizona, a race that I Open-heart surgery is a big deal and as a healthy, fit triathlete, it just wasnt on my bucket list. **Best Ironman Triathlon Books -** Item. Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months 4.8 out of 5 stars (19 customer reviews). : **Ellen Charnley: Books, Biography, Blog, Audiobooks** Congenital heart defects are heart conditions that are present at birth. These conditions can affect the . out more about this book: Living Life to the Full: My Ironman Journey from open-heart surgery to an Ironman triathlon in just eight months **Sports & Athletic Performance - Fitness - Sharecare** Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months by Ellen Charnley 2011-02-04: : **Living Life to the Full: My Ironman Journey from Open-Heart Surgery** and review ratings for Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months at . **Living Life to the Full: My Ironman Journey from Open-Heart Surgery** Ellen Charnley is the author of Living Life to the Full (4.00 avg rating, 10 ratings, 0 reviews, published 2011), Living Life to the Living Life to the Full: My Ironman Journey from open-heart surgery to an Ironman triathlon in just eight months **What are congenital heart defects (CHD)? - Sharecare** This is a story about my journey from diagnosis, open heart surgery and recovery to the from Open-heart Surgery to an Ironman Triathlon in Just Eight Months. **Andrew Charnley - On Two Wheels: Mr Andrew Charnley** She had been training for a triathlon and during her long training bike rides she Eight months after her surgery she completed her first ever IRONMAN having found a were facing the sudden prospect of open heart surgery to save their lives. her first book (Living Life to the Full: My Ironman Journey) in February 2011 **Living Life to the Full: My Ironman Journey from Open-Heart Surgery** Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months. Just me, yep, Andrew could be a sorta real life Joshua Jackson, in some sense, telling us many, many lessons about life and **Living Life to the Full: My Ironman Journey from Open-heart - Google Books Result** My Ironman Journey from Open-heart Surgery to an Ironman Triathlon in Just Eight Months Ellen Charnley. Living Life to the Full: My Ironman Journey From