

ICU to Marathon

Diaries of a Nearly Dead Man

David Johndrow

**A funny book
about
sickness and fitness**



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Foreword

This book is a true story about a good friend of mine who almost died in the spring of 2011 due to a viral infection which attacked his heart. You will not only learn of his recovery, but also of his journey to healing in the short time since then and his new and healthy lifestyle.

The first time I met David I liked him and knew he was an incredible individual with a destiny of greatness. As we got to know one other through some lengthy conversations, I discovered that in many ways, we were alike. It became obvious that our strengths could be combined to result in some positive changes for both of us, so we began to assist each other on our respective journeys.

The shocking news of his heart failure hit me hard but left me with a strange feeling that, nevertheless, everything would be fine. When I arrived to visit him at the hospital, my eyes beheld a very sick man which did not coincide with what I had expected to find. As a minister, I had visited sick people in hospitals for some twenty-five years, but on that day when I saw David, my mind just couldn't justify with my feelings! I was determined, though, not to allow my personal thoughts to win out over my faith. I searched for a word from God and then spoke it out to David. Looking back, I don't even remember exactly what I said to him, but David, being a strong man of God, held on to that word like a lifeline had been thrown to him. Whatever it was I said, it seemed to be the spark that ignited his resolve.

I have followed David's recovery since that day. I have watched him not only be healed of heart disease, but grow as a runner.

This fun and amazing book takes you on the remarkable journey of faith, perseverance and discovery of a man who defied the odds and achieved the success of the dreams which he thought had died with his youth. A man who literally fought his way back from the brink for himself, his family and those who mattered most to him. I hope his story, his wit and his wisdom on these pages will be as much an inspiration to you as it has been to me.

— Daryl Nicolet
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