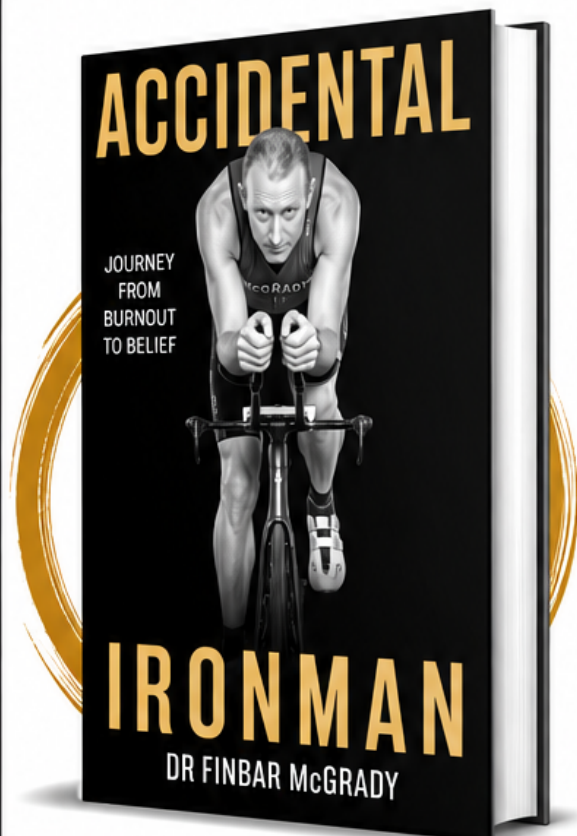




ACCIDENTAL IRONMAN

Journey From Burnout To Belief

Dr Finbar McGrady

FROM BURNOUT TO BELIEF

What happens when success comes at the cost of your wellbeing?

In *Accidental Ironman*, Dr Finbar McGrady shares a powerful and deeply personal journey through burnout, grief, anxiety, identity loss, and ultimately renewal. Through medicine, endurance sport, family, and self-discovery, Finbar demonstrates that our lives are not defined by what happens to us, but by how we choose to respond.

Part memoir, part practical guide, and part inspirational story, this book offers readers a roadmap for moving from survival to purpose.

BOOK DETAILS



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KMD Books



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Language
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AUD \$37.12



Availability
Amazon, Barnes & Noble,
Ingram and major
online retailers

WHY THIS BOOK WILL SELL

- ✓ Burnout is one of the most significant workplace and wellbeing challenges globally
- ✓ Appeals to readers of personal development, memoir, resilience, mental health and sport
- ✓ Written by a respected medical practitioner and educator
- ✓ Authentic story of transformation through endurance sport
- ✓ Practical lessons and actionable insights throughout
- ✓ Strong appeal to corporate wellness, healthcare, leadership and sporting communities

PRAISE FOR ACCIDENTAL IRONMAN

“Life is shaped not by what happens to us, but in the space between what happens and how we choose to respond.”

Professor Nigel Hart
MD MMedSc FRCGP
Professor of General Practice and Primary Care
Queen's University Belfast

“I couldn't put it down. A gripping narrative, not just about physical prowess but about life.”

Professor Cliff Rosendahl
Mayne Academy of General Practice, Medical School,
The University of Queensland,
Australia

“An excellent book charting life's trials and tribulations through burnout to redemption and happiness.”

Barry Monaghan
Former Irish International Cyclist,
Cycling, Triathlon,
Running Coach



ABOUT THE AUTHOR

Dr Finbar McGrady is a General Practitioner with a special interest in dermatology, educator, and endurance athlete originally from Northern Ireland.

His work spans medicine, sport, and personal development, with a focus on helping individuals move from reactive living to intentional action.

Through his experiences as a clinician, athlete, husband and father, Finbar brings a unique perspective on resilience, wellbeing and purposeful living.

PERFECT FOR



Leadership
Development



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Professionals



Endurance Athletes
& Sports Clubs



Corporate
Wellness



Personal
Development



Men's Wellbeing
Initiatives

ORDERING INFORMATION

Available through major distributors and online retailers worldwide.



SCAN TO LEARN MORE

Visit the book page,
watch the trailer or
learn more about Finbar.

