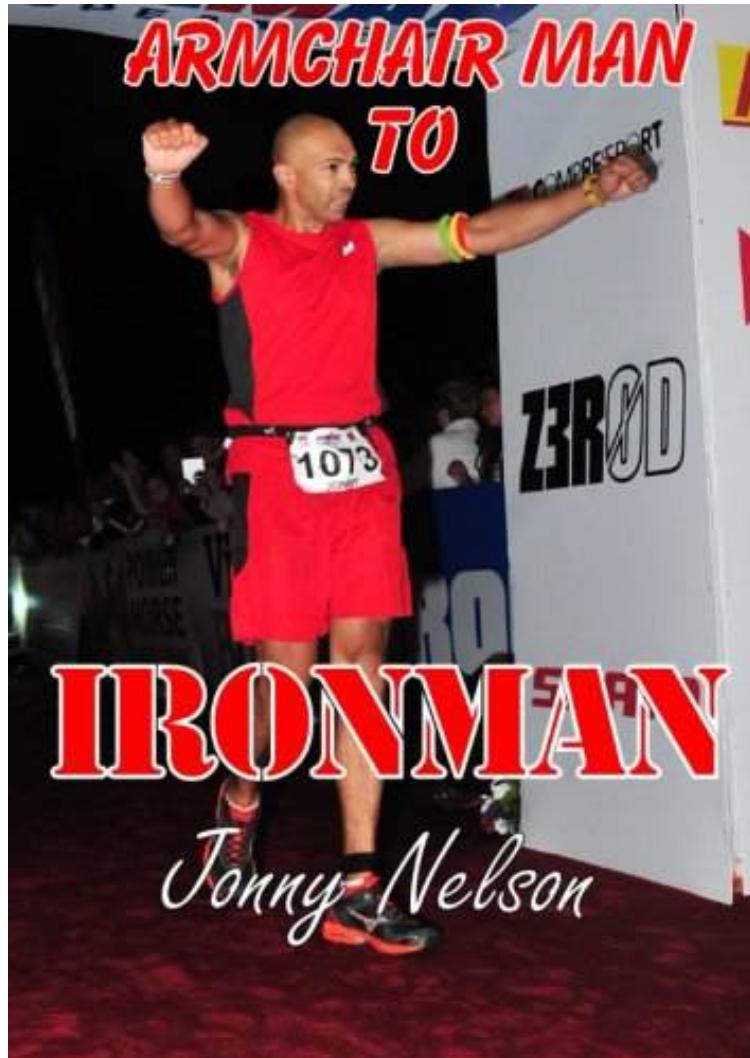


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Armchair Man to Ironman: Full colour version

By Jonny Nelson

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Armchair man to Ironman is a story of Jonny Nelson who aged 38 a father of two with a divorce and a subsequent

failed relationship under his belt was faced with a midlife crisis Being athletic was part of his life from being young in some shape or form but this all changed during his late 30s Heavy drinking and overeating along with personal issues left Jonny in a dark place with a bleak future staring him in the face Tony Benson Jonny's friend and ex drug addict d

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