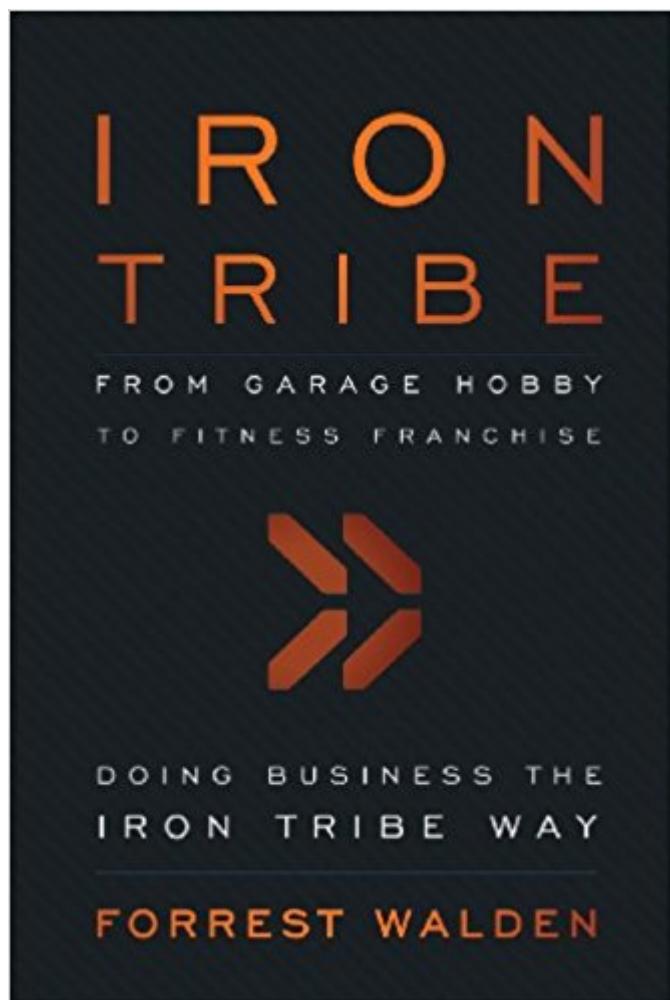


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# Iron Tribe: From Garage Hobby To Fitness Franchise



## **Synopsis**

Iron Tribe is the fascinating story of how a garage hobby and a passion for changing people's lives through fitness exploded into the fastest growing fitness franchise in the country. From early success as the top franchisee in the country in another fitness franchise, to ministering to people who lived in a dump in Honduras and realizing that he didn't have it all figured out, join Forrest for this exciting and often surprising journey. The story involves birthing a franchise business, creating a non-profit that has impacted more than 200,000 people with the gift of clean water, and, most importantly, a vibrant and loving family. The lessons he learned along the way are applicable to any entrepreneur, executive, or leader who wants to maximize their time, talents, and resources while living a life of significance.

## **Book Information**

Paperback: 156 pages

Publisher: Advantage Media Group (November 1, 2013)

Language: English

ISBN-10: 1599323907

ISBN-13: 978-1599323909

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #772,757 in Books (See Top 100 in Books) #48 in Books > Business & Money > Small Business & Entrepreneurship > Franchises #876 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #1102 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## **Customer Reviews**

I wasn't sure exactly what this book would be about. It appears on the surface to be an autobiography about Forrest's life. But the more you get in to it, you realize you are getting (and it almost appears unintentional) tips on how to be successful in just about anything. In the book he discusses his love for reading and what seems to be an insatiable thirst for learning. He's read tons of books about success, spiritual growth, and personal victories. He seems to be dropping all of his secrets to success here. If you know anything about Iron Tribe fitness, then you want to know how he got where he is. You learn that Iron Tribe Fitness is a business that he grew from his garage to a nation wide franchise. If there's not one in your state, I get the feeling, there will be soon. Anyway,

he credits his success to his thirst for knowledge and improvement, giving back (in a BIG way), wisdom from his wife and friends, hard work, and most importantly, he explains how it's all anchored by his strong Christian beliefs. You may think you've heard all of that before, but you haven't heard it told this way. If you are looking for ways to improve your life, business, or just like interesting reads, here's your book. The best ideas from some of the best books and brightest minds out there, plus what he's learned through his journey, and the startling revelation that changed his life. And it's all condensed in to one informative, yet easy to read book. Loved it. Inspiring. Makes me want to go accomplish something.

There are SO many different reasons to read the Iron Tribe story. What strikes me most is that Forrest takes us with him on his journey from friendly competitive workout with friends in his garage to meteoric national health franchise success story. He has a down to Earth style of sharing his story that allows the reader to feel as if WE are the ones living his journey. From a business standpoint, I can gauge how much of an impact a book has on me by how many pages I ended up dog-earring and scribbling notes in margins. Answer for this book? A LOT. Recurring theme throughout this book is that it's about his passion for spreading better health and fitness. When he veers off of that course he suffers, and the reader feels that. When he regains focus on his passion, we all feel better! Even beyond the business success and his passion for health and fitness is his higher mission. If you've not yet read the book take a moment now to enjoy one young business superstar's inspiring journey.

I received a copy of Forrest Walden's book Iron Tribe on a Friday and I devoured it within a day. Forrest did a great job keeping my attention with the story of Iron Tribe and the business lessons he learned along the journey. I even found myself motivated to eat better and exercise more! This book is packed with renegade business lessons that can be applied immediately. I highly recommend this book to anyone considering building a business they want to last the test of time!

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