

When Ian Mc Keever returned home from breaking the world record for the 'Seven Summits Challenge' in 2007, he wrote his first book entitled 'Give Me Shelter' which chronicled his amazing personal journey from the bottom to the literal roof of the world.

One of the first things he did when he came home was to train and guide his ten year old Godson Sean to the top of Africa's highest peak Kilimanjaro in May 2008. Sean Mc Sharry's wonderful achievement at the age of just 10, provided Ian with the catalyst for this second book 'Give Me Irish Heroes'.

In this book Ian documents the incredible personal stories of 15 true 'Irish heroes', all of whom have lived their lives by the metaphor, 'The glass is always half full'.

This book encourages all of us to look around us and to remember the wonderful heroes that exist among us; in our communities, and in our lives...

The next time we are looking for some much needed inspiration, perhaps we need look no further than the heroes all around us.



Ian Mc Keever pictured preparing to row the South Atlantic Ocean, January 2009

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Give Me Irish Heroes

Ian Mc Keever

Give Me Irish Heroes

15 reasons to be happy



by Ian Mc Keever

All proceeds to the Irish Red Cross and other charities



Irish Red Cross

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