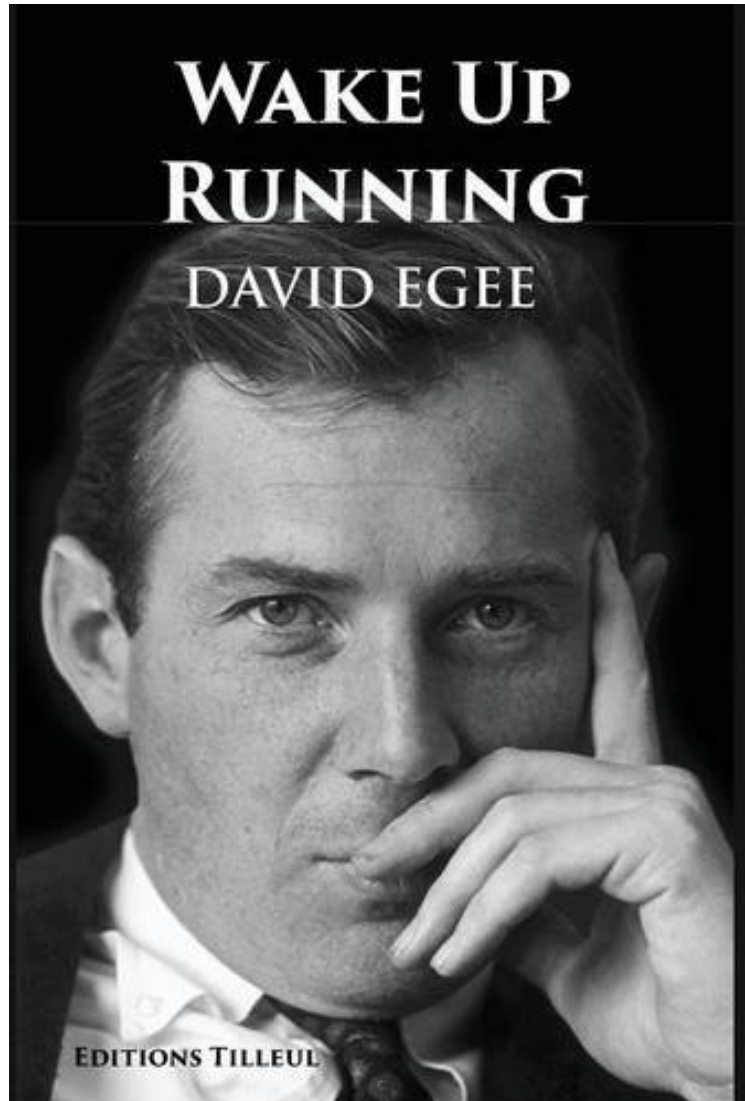


[PDF] Wake Up Running

## Wake Up Running

*David Egee*

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#5792559 in Books David Egee 2015-01-28Original language:EnglishPDF # 1 8.50 x .63 x 5.511, .88 #File Name: 0989654001206 pagesWake Up Running | File size: 25.Mb

**David Egee : Wake Up Running** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wake Up Running:

0 of 0 people found the following review helpful. David seemed like a regular guy whoBy Ben FairlessI stumbled upon Wake Up Running by accident. The sales narrative somehow captured my curiosity. When the book arrived, I got right into it. David seemed like a regular guy who, while not blessed with great academic talents, was never-the-less determined to make something of his life. His greatest asset was an unshakable sense of self and a commitment to success as an independent thinker.From his childhood as a preppy, to his college years adventures, to an early career

with the Red Cross, to his professional and family life in Lebanon and the Near East, there was much for me to identify with even as our lives were different. For any older person who had to work hard for everything he/she got; and who ended up with a fair amount by thinking outside of the box, there will be a lot with which to identify. David projects resolve. Even as his old age approaches he is determined that it will not control him. This book is a fine account of how to live one's life!

0 of 0 people found the following review helpful. Wake Up Running By Fennemore Wake Up Running Wake Up Running, what a catchy title, apparently from an Arab proverb, this is the theme of a first book, an auto-biography by David Egee published by Editions Tilleul in the USA. The e-book, soft cover and hardback come with an impressive cover photo of the author in his prime and cover the first half of Egee's life with some frank discussion about two pills 'Towards the End'. Egee has dedicated half his book to growing up in America. While this allowed the Author to recount a number of whimsical 'Waltonesque' tales it also set the scene for his battle with dyslexia. With the best of East Coast private schools and most summers spent in remedial classes he battled with this impediment right through a helpful friend's Carr Plan to graduation and beyond. To write a book would have been an impossible task for the student David and the fact that he has ever faced this challenge, howbeit with more time in retirement says much of the man who wakes up running. After some useful though non-referred-to black and white photographs, the second half of the book covers Egee's experience in running hospitals and later, retirement homes. He managed a prestigious hospital in Beirut and stories abound from espionage to how blood donations were organised by the 'mild' Yasser Arafat. All the incidents ring true and even offer some lessons in career management and negotiation. For example with the hardened American who carefully sets up an opening negotiation scene to cause worry and a closing scene with a: 'I don't want to spoil the deal, why don't we just flip a coin for this remaining 20,000'. People lucky enough to still have their wits about them as they approach eighty will invariably say that the first half of their life was their best. This was apparently true for David and Dale Egee who moved to The Lebanon in 1968. The good life came to a spectacular end with the Moslem takeover of power and the subsequent moving of the family like the lost tribes, to Rome, Libya, Dubai and finally London. The reader is not convinced that the man who wakes up running ran out of interesting life by the time that he was forty. But the Author obviously chose to close down his memoirs around that time for the purposes of this book. Keeping conversation about ailments away from the dinner table is an imperative as one grows old. Egee's book follows life by kicking off and concluding with ailments. The Prologue features Dr Egee turning to his son as they leave a patient saying 'he will be dead by the time he gets to hospital'. The book has an early account of boyhood osteomyelitis. A later account of a near life-taking cancerous prostate bypass. And the book concludes with an exploration of his wife's Alzheimer's and the way he will end his own life. However never is the prose morbid, just informative. One never gets the feel of being sucked down into negativity - it is just not Egee to be other than open and positive. And that in turn produces warmth in the characters that are introduced to us throughout the main body of the read. In exploring life's memories, all of us drill down to uncover facts we had long forgotten. The book is often tantalising in the way it describes a character from the past, a person important to Egee at the time. However the writing can sometimes leave us unsatisfied in the way that as in life, time moves on and so does the relationship. Probably recording follow-up research on these characters would have been unproductive for the book. However whatever happened to unrequited Preppy East Coast love? To Miss Iceland in Reykjavik? To his parents London friends' daughter Sofia? What happened to Sandra of Boston and surely wife number one warranted more than a page? We do get a beautiful thumbnail picture of the 'unintentionally suggestive and sensual Olea'. However whatever happened to that so friendly couple down Mexico way where in answer to Egee's question about why use the stairs rather than your bed, we get the answer: 'because someone had got there first'. The Author's treatment of sex is certainly frank and some might say sensationalist. It is welcoming to hear that school boy exposure to sexual harassment is not confined to British private schools. That pubic crabs, according to Dr Egee, arise by sleeping in cheap hotels or with cheap women. And that sex is possible after prostate bypass surgery - with workarounds. My initial fears of reading about old and dead times only of interest to old and dead people who had been there were unfounded. The book does cover parochial subjects (New England, Middle East, Hospital Management) but its prose is easy to read and a light anecdotal style keeps the general reader's attention. It might even manage to be informative to a younger generation. Egee has rejected the temptation of auto biographers to sing their own praise (for example he modestly states he is better as an employee than an entrepreneur). In this he appeals especially to cultures that prefer self-effacing to bragging. Without doubt the Author has proved he is a great listener and has made many more friends than most people ever do. He must have given much of his life to helping others but in his writing he prefers to recount how others have influenced him. Egee should continue Waking up Running. Rod Fennemore London, February 2015

The writer is author to a number of published scientific papers and management reports. He wrote and self-published Tales from the Menagerie for his grandchildren.

1 of 1 people found the following review helpful. Egee-ESQUE By Divna Gakovic

Autobiographies and memoirs have been written, fair enough, but THIS one is written with an extremely unique style that only David Egee so perfectly produces. Egee takes you there with him on his journey - you are sitting right next to him whilst he does his milk route with Al Boyson at 8 years old, to being a 1940's school kid, to getting his first car (a babe magnet as he would refer to it) to his first love and to even running down the street naked to catch a thief. It is truthful, straight to the point and devilishly charming. Why would

you read the life story of someone you don't know? Because when you reach a certain age and look back at your life, you might decide to write a book about it.

ADHD as a child, David Egee suffered through many years of reading and writing impairment. "I was ADHD before the expression became a household word." Egee overcame his learning handicap to become the Director of the American Hospital in Beirut at the age of 35, dealing with such Middle Eastern luminaries as Yasser Arafat and Muammar Gaddafi. Later, he established hospitals throughout the Middle East, just before the region exploded. In the 1980s, he worked for Hospital Corp. of America (HCA) in England, setting up nursing homes. When HCA bowed out of Britain, he founded his own nursing home company. From there, he went on to create and own a string of nursing homes in England, finally selling out at age of 68 and retiring with enough money to take care of his family and live comfortably for the rest of his life. "I was raised in Newtown, CT, a small, idyllic New England rural farming community 60 miles from New York City. In the 1950s, Newtown was evolving into a residential and light industry area for middle and upper-middle class people starting new families. There were just enough rich upper class New Yorkers creating "second homes" to give the town an air of exclusivity. It was a Saturday Evening Post magazine-cover community with all the Norman Rockwell characters you can imagine, a far cry from the infamous Sandy Hook Elementary School shooting event that took place there in 2012, 76 years after I was born. "By my 3rd year in school, I began to realize that I was not the smartest student in the class. John Verdery, the headmaster of the Wooster School described my deficiency in his book, *Partial Recall: The Afterthoughts of a Schoolmaster*, 'David was the dumbest student we ever had at the school.' This refrain was echoed throughout my educational career. Fortunately, Verdery believed in me as a person and acted as one of my mentors. "Later on, I consoled myself in the belief that you don't need to be too intelligent to be educated, and you don't have to be educated to be successful. You just have to work harder and 'wake up running.' I believe I was genetically attuned to challenges. Education was a challenge - a difficult task, but I got through it. "I wrote *Wake up Running* because it was a challenge and because it was there to write. Once, after I finished telling my daughter about negotiations with Yasser Arafat, my experiences in Libya, and the day that Muammar Gadhafi distributed his 'Green Book' to every single individual living in Libya, and announced that Libya was now a Jamahiriya, she asked me, 'Pappy, why don't you write these stories down?'" *Everybody Has a Story to Tell* "People spend their entire lives talking with their friends, relatives and family about themselves. Everyone has a first memory. The simple fact of where we are from, what our work is, do we have brothers and sisters? School and educational experiences; all these make for an interesting story. "Studs Turkle wrote a non-fiction book in 1974 titled: *Working: People Talk About What They Do All Day and How They Feel About What They Do*, an entire 640 page book of ordinary people being interviewed about their employment experiences. The book became extremely popular. I imagine that his interviewees enjoyed talking to Turkle and they enjoyed talking about themselves. I am one of those people who, after looking back on my life, decided that I wanted to talk out loud about my life because I believe it will interest other people. "Having finished writing my story, I now realize that writing about oneself leaves one exposed to criticism - and ridicule - perhaps even to shame. The author, Stephen King, wrote in his book, *Stephen King | On Writing: A Memoir of the Craft* that if you wanted to write your autobiography you had to '...get right down into the cellar of your life.' I haven't pulled any punches or left anything out. From cellar to attic, I stand by my achievements."

About the Author Born in Newtown, CT in the late 1940s, David Egee overcame dyslexia and other academic handicaps to become the director of the American Hospital in Beirut (Lebanon) in the 1960s and 70s, where he interacted with many of the key players in mid-20th century Middle East history: Yasser Arafat, ministers in the Muammar Gaddafi government, Lebanese government officials. Forced to leave Lebanon because of the civil war, he worked for Hospital Corporation of America, establishing hospitals throughout the Middle East. Later, settling in London with his family, he became one of the pioneers in the hospital and nursing home industry in Great Britain under the Thatcher Government. Now retired, he spends his time between London and Languedoc in the south of France working on writing and photography.