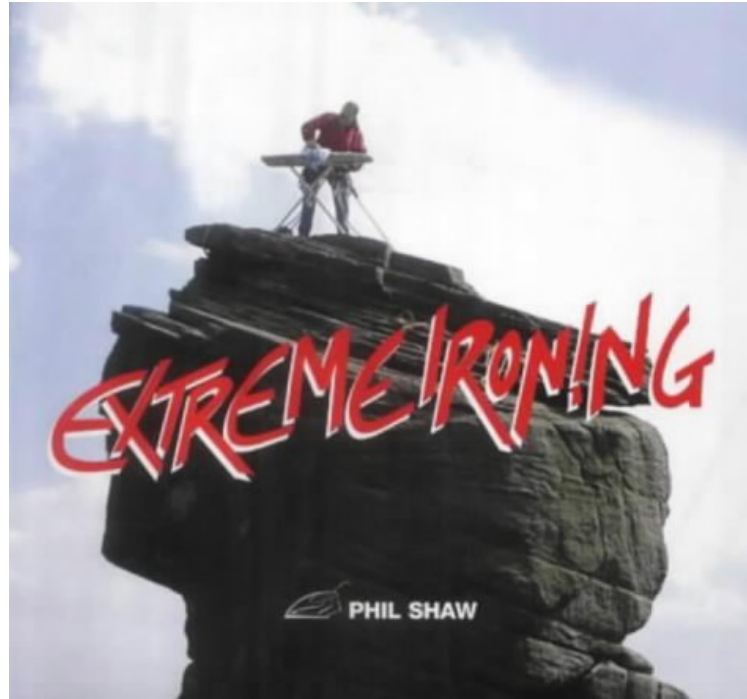


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## Extreme Ironing

*Phil Shaw*

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**Phil Shaw : Extreme Ironing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Extreme Ironing:

11 of 11 people found the following review helpful. assuming it would be a funny title but not much else  
By Kenneth Clariday  
Truly a gem! I ordered this book with the intention of using it in a Christmas gag gift exchange. When it arrived, I flipped through the pages, assuming it would be a funny title but not much else. But I was surprised. The book is really clever and absolutely hilarious! The concept, the photos and the descriptions of the events are great. I've enjoyed it so much that I don't want to part with it. So I will likely order a second copy to keep for myself.  
2 of 2 people found the following review helpful. frigg'n awesome  
By Laura C  
Excellent gift for my brother! Right up his alley. He was laughing so hard before he even opened the book when he just looked at the cover and it registered what genius book he held in his hands.. Pictures are excellent. Book is gold...no, it's better than gold. Awestruck by this actual sport.  
0 of 0 people found the following review helpful. A very imPRESSive book! (Puns!)  
By Tim  
Before I read this book, I was just your average guy who wanted to spend more time mountain climbing but couldn't because I had so much ironing I needed to do. Then a friend recommended "Extreme Ironing". This book captures the perfect marriage between extreme sports and ironing. Now I can get my thrills while sporting a nicely pressed shirt, like our Founding Fathers intended.

In 2003, extreme ironing is the world's newest adrenalin sport, combining the thrill of extreme outdoor activity - rock climbing, mountaineering, canoeing, scuba diving or surfing - with the satisfaction of well-pressed clothing. Participants of the sport are known as ironists and pride themselves on returning to work on Monday morning in a shirt

which was ironed at the weekend whilst dangling from a rock face or riding the rapids. From its humble beginnings in the English East Midlands city of Leicester in 1997, the sport has gone global, with the first Extreme Ironing World Championships being held in Munich 2002. Since then even more people have taken ironing outside, under the sky, where it belongs. Written by the sport's founding father, this book, illustrated throughout with photographs, is a guide to equipment and clothing; a description of the different styles of extreme ironing; and an overview of worldwide developments.