

Jim Kaveney

Leading Life Sciences Learning & Performance Executive
Transforming Pain into Purpose



“My upcoming memoir Unlimited Heart: How To Transform Your Pain Into Purpose is a heartfelt chronicle of my life as a cardiac patient and pharmaceutical entrepreneur, offering insights and inspiration to those navigating similar paths. The book reflects my journey from childhood to adulthood, showcasing how I have constantly transformed my pain into purpose. Through my story, I hope to empower others to find strength and resilience in the face of health challenges while continuing to innovate and advocate for better patient care solutions.”

- Jim Kaveney

ABOUT THE AUTHOR

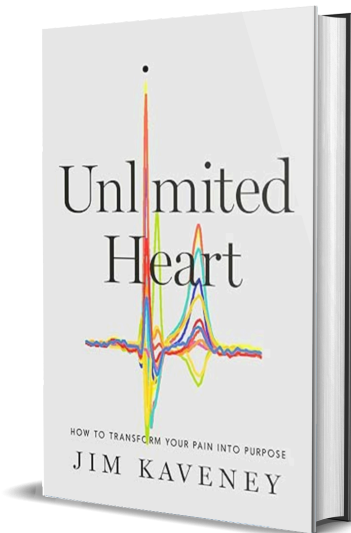
JIM KAVENEY is all heart. In 2012 Jim founded Alkemy Partners (a Life Sciences Learning and Performance company that was ranked by Inc5000 in 2019 and 2020 before achieving acquisition in 2020 by EVERSANA™) and he is currently the founder of Unlimited Heart Health & Wellness—a collaborative organization of health care professionals accelerating cardiac innovation. After years of balancing entrepreneurial ambitions with his own growing cardiac issues, Jim Kaveney, M.S. has turned his pain into a purpose to become an expert in navigating the burgeoning worlds of digital therapeutics, global startup initiatives, and the mindset training required to tackle the pillars of a holistic work-health-faith-family-life balance.

Growing up as the youngest of nine in Erie, Pennsylvania, he sought understanding and solace in forces greater than himself, a quest that has influenced his personal and professional journey. Through his story, he hopes to empower others to find strength and resilience in the face of health challenges, while continuing to innovate and advocate for better patient care solutions.

ABOUT THE BOOK

Unlimited Heart: How To Transform Your Pain Into Purpose

Ideapress, September 17, 2024



On a cold and cozy December night in 2018, Jim Kaveney thinks he is dying. He is a husband, a father, a business owner, an athlete, and innovator. He is also an AFib patient facing massive cardiac trauma.

In this breakout memoir, Jim Kaveney recounts his dance with death and the events of his life leading up to this fateful, health-defining moment and the shifts in business perspective and priorities that followed.

Unlimited Heart takes readers on a three-part, forty-year journey. It traverses the tight budgets of an eleven-member household to the financial burdens strapped to a dream to the sale of a multi-million-dollar startup. It is a raw portrayal of a boy who grapples with his own demons in the midst of his dreams and a man who turns those dreams into a clear, entrepreneurial vision—a vision that is threatened by medicine, technology, and surgeries.

Kaveney's entrepreneurial and cardiac journey cannot be separated. Where his heart was weak, his mind became strong. When his mind was weak, his heart was strong. His battle between his metaphorical and physical heart and

mind is what inspired him to write *Unlimited Heart* and to launch a business with the namesake. Turning his pain in life to a greater purpose, *Unlimited Heart* helps people with cardiac issues be different and better patients.

In *Unlimited Heart*, you will learn:

- The true connection between the heart and the mind
- Mindset training to tackle life's challenges
- The pillars of a holistic work-health-faith-family-life balance
- To navigate the hurdles of entrepreneurship with success
- What it takes to grow a business from startup to CEO
- To transform your pain into a greater purpose

Unlimited Heart: How To Transform Your Pain Into Purpose

Releasing September 17, 2024

Available for preorder on [Amazon](#), [Barnes & Noble](#), and [Bookshop.org](#).

DISCUSSION TOPICS

- Harnessing the power of the human heart and mind: Overcoming economic, entrepreneurship, partnership, and health challenges
- Transforming life's challenges into catalysts for growth: Grit, resilience, and strength
- September is Atrial Fibrillation Awareness Month: Understanding and living with this condition
- Cardiac issues are on the rise: Education and resources to improve your wellbeing
- 3 questions to ask your cardiology team today
- Leading with conviction and never losing sight of your purpose

- Managing the entrepreneurial process from grassroots to acquisition: Firsthand account of selling your business to private equity
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Sample Questions

- How does the heart-mind-balance influence leadership style and the way to approach business challenges?
 - In what ways can resilience contribute to long-term success, and how can individuals cultivate it in their daily lives?
 - What are some practical methods to balance the demands of growing a business while managing a chronic health condition?
 - What role does empathy play in leadership, mentorship, and decision-making?
 - What are some strategies to maintain your personal drive when faced with a significant hurdle?
 - What are key signs to be aware of at any age for cardiovascular distress?
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PRAISE FOR *UNLIMITED HEART*

“As someone who is now free of atrial fibrillation and has taken on a mission to help people with AFib regain their lives and freedom, I found Jim’s memoir authentic and inspiring. It chronicles how he built and sold a substantial training business while simultaneously in the throes of AFib, which is frightening and insidious. His entrepreneurial journey while surviving AFib provides optimism and hope for others living with this life-altering condition.”

- **MELLANIE TRUE HILLS, Survivor, Heart Health Expert, Motivational Speaker, Patient Advocate, and Founder of StopAfib.org**

“Jim Kaveney’s accomplishments as a businessman and entrepreneur—as detailed in *Unlimited Heart*—are impressive. I am inspired by his journey and am certain that Jim’s next chapter in helping people with AF navigate the physical, mental, and emotional complexities of this disease will fill a major gap in the AF patient community and change lives. I look forward to watching Jim build his next business, *Unlimited Heart Health & Wellness*, as he offers lessons from his own experiences.”

- **GREG ROBITAILLE, Water Street Healthcare Partners**

“A brave and honest personal journey of a modern miracle, Jim Kaveney’s *Unlimited Heart* is heartfelt and gritty. Born into the great generation of hard- working families, Jim faces extraordinary challenges as he seeks true north. While navigating the evil disease of AFib, we gain insight into the power of love, humor, medicine, and support of family, colleagues, and friends. A fast-paced, compelling story that is a must-read for those with or without a master plan for life.”

- **LYNNE MURPHY, Pharmaceutical and biotech executive**

“Both a universal and unique tale all at once, *Unlimited Heart* offers the reader the true gift of a deeply personal and vulnerable journey exemplifying the American Dream but wrapped in a package of triumph over unexpected and life-threatening health troubles. Kaveney’s recounting of his childhood is so vivid, the reader can’t help but see the entire backdrop where he learned his indomitable ‘Kaveney Work Ethic’—a trait that would eventually both build his company and save his life. This brave telling allows the readers to feel exactly what Kaveney feels in his heart, both physically and metaphorically,

and to ride the ups and downs with him, feeling every low and celebrating every win. Ultimately, it's Kaveney's heart, opened wide, leading the reader through this memoir, business tome, and love story."

- **AMY LABELLE, Founder and winemaker at LaBelle Winery, attorney, WSJ bestselling author, entrepreneur, professional speaker, and coach**

"In this gripping memoir, Jim bares his soul as he recounts the harrowing yet ultimately triumphant saga of his battle with a rare heart condition. As a devoted father, every heartbeat carries the weight of his family's love and his own unyielding determination combined with the 'Kaveney Work Ethic.' Jim invites you into the inner sanctum of his heart—both metaphorically and physically—revealing the raw emotions, the agonizing setbacks, and the miraculous moments from his formative years as a young man through his life-changing experience as a collegiate rower that defined his extraordinary journey. A testament to the power of the human spirit and the resilience of the human heart, Unlimited Heart is a stirring reminder that even in our darkest hours, the bonds of love and determination can light the way."

- **ADRIAN SPRACKLEN, Director of Rowing, Duke University, Olympic rowing coach, 3x NCAA Champion, national team rower, and USA medical staff**

"Unlimited Heart educated me on Jim's story, his dreams, his fears, and his loves. His bow tie tells his colleagues he has a unique style. His story tells readers how full a life he leads. And his heart tells everyone how impactful he is and continues to be. To say this book mesmerized me fails to describe the scale of emotions while reading. From the heights of humor to the depths of sadness in a matter of sentences, Unlimited Heart proves nothing short of a rapt reading experience."

- **MICHAEL HILLAN, Business owner, pharmaceutical executive, author, and coach**

"Unlimited heart is a work of courage and vulnerability that is heartwarming, inspiring and a call to action. Jim's vivid description of a Norman Rockwell painting vs distorted reality of life caused by disease is frightening and compelling at the same time. It underscores the importance of family, friends, faith and the vital role of caregivers in helping patients to never feel ALONE. Lastly, it gives us all hope that with rapidly emerging digital technology, diseases such as AFiB can truly be diagnosed and managed more effectively. A must read for patients, caregivers and life science workers."

- **ROSHAN GIRGLANI, Pharmaceutical Leader & Commercial Executive**



CONNECT

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