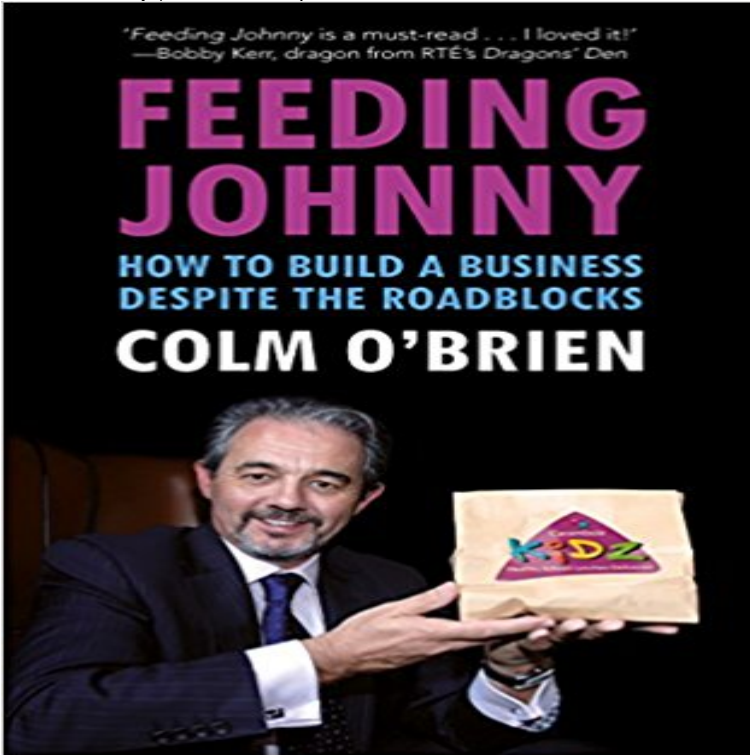


# Feeding Johnny: How to Build a Business Despite the Roadblocks



Colm O'Brien's story could be your story. He started out sorting cutlery at Clerys Rooftop Restaurant in Dublin. Now he owns Carambola Kidz. Founded in 2003, the company had a turnover of €5 million in 2014 and now delivers more than 20,000 healthy lunches daily to schoolchildren across Ireland. In Feeding Johnny, O'Brien tells the story of his journey from polishing forks to running his own company. He offers lessons on how you too can build your own business and achieve your dreams, despite the inevitable roadblocks. This is not the story of one of the charmed few, one of those high-flying billionaires who make success look easy. This is the story of a kid from Dublin's Northside who sweated his way up the career ladder to a job managing Bewleys Cafe on Grafton Street before deciding he didn't want to be an employee for the rest of his life, working weekends and holidays. O'Brien's first attempt at building his own business did not go well. He bought a Bewleys franchise in Limerick, which was eaten by the Celtic Tiger, leaving him with massive debts. But he refused to give up. Instead, he started Carambola Kidz with an order for twenty-seven lunches, and woke each morning before dawn to make the rounds in his old delivery van, feeding Johnny.

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**Liberties Press** Book Launch: Feeding Johnny by Colm OBrien OBrien will launch Feeding Johnny How to Build a Business Despite the Roadblocks. **In Business, Good Brand + Great Systems + Even Better People** Deep, deep conviction. In my book, Feeding Johnny How to Build a Business despite the Roadblocks I deal with the subject when I introduce **Feeding Johnny: How to Build a Business Despite the Roadblocks How to Build a Successful Business - 2: Systems - AGENT Media How to get more out of your week Colm OBrien Motivation** In my book Feeding Johnny How to Build a Business Despite the Roadblocks, I think it through in a chapter mini-section entitled **Time A Sunday Coffee with Colm Sunday Morning Living revisited (or How to Build a Business Despite the Roadblocks** I started reading Feeding Johnny on Sunday morning last the bad weather discouraged me from playing

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