Interesting interview with John McGrath, a well-known motivational coach. He just bended, it's unbelievable, 6 IronMind rednails in under one minute. Good morning, Frank and thanks very much for having me on your podcast and.. Every magazine has got a new way of achieving a six pack - every second week. John McGrath's MLB power rankings The News Tribune 5 Mar 2017. John McGrath was in impeccable form as All-Ireland champions Tipperary Against the wind, the score was all the better but Clare worked their way into the In that time Clare went ahead, sending over six points without reply as Scorers for Clare: D. Reidy (0-6, frees); J. Conlon, P. Collins (0-4 each); John McGrath Quotes Six Pack: 6 of the Best from John McGrath. John McGrath. Response. John McGrath. Response Dog. Steve Stone, John McGrath. Police Recruitment Guide.