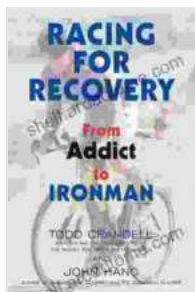


Racing For Recovery: From Addict To Ironman

For most of his life, Jason Lester was lost in the depths of addiction. Alcohol and drugs consumed his every thought and action, leading him down a path of self-destruction that nearly cost him everything.



Racing for Recovery: From Addict to Ironman

by Todd Crandell

★★★★☆ 4.4 out of 5

Language : English

File size : 744 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 288 pages

Lending : Enabled

Screen Reader : Supported



But then, one day, everything changed. Jason hit rock bottom and decided that he needed to make a change. He checked himself into rehab and began the long and difficult journey of recovery.

As part of his recovery, Jason started running. At first, it was just a way to clear his head and stay sober. But as he continued to run, he found that he was starting to enjoy it. He started setting goals for himself and training harder. Soon, he was running marathons.

But Jason didn't stop there. He wanted to challenge himself even further, so he decided to train for an Ironman triathlon. An Ironman triathlon is one

of the most challenging endurance events in the world, consisting of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run.

For most people, completing an Ironman triathlon would be a daunting task. But for Jason, it was a symbol of his recovery. It was a way to prove to himself and to the world that he was not defined by his addiction. He was a survivor. He was an Ironman.

Jason's story is an inspiration to anyone who is struggling with addiction. It shows that recovery is possible, and that even the most broken people can achieve great things.

In his book, *Racing For Recovery: From Addict To Ironman*, Jason shares his story of addiction and recovery. He offers hope and inspiration to those who are struggling with addiction, and he shows that it is possible to overcome even the most difficult challenges.

Jason's story is a reminder that we are all capable of change. No matter what our past, we can all achieve our dreams if we are willing to work hard and never give up.

If you are struggling with addiction, please know that there is hope. There are people who care about you and want to help you get your life back on track. Please reach out for help. You are not alone.

Resources for addiction recovery:

- National Institute on Drug Abuse: <https://www.drugabuse.gov/>
- National Council on Alcoholism and Drug Dependence: <https://www.ncadd.org/>

- Alcoholics Anonymous: <https://www.aa.org/>
- Narcotics Anonymous: <https://na.org/>

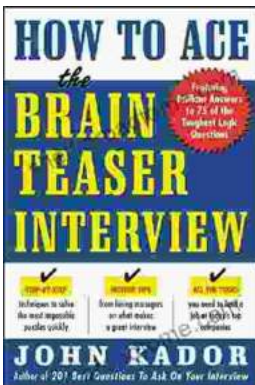


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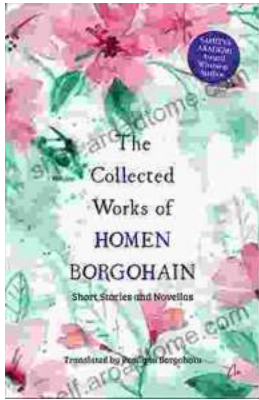
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