

Racing for Recovery: From Addiction to Ironman Champion



In this gripping and inspiring memoir, former addict and Ironman champion Jason Lester shares his remarkable journey of transformation. From the depths of addiction to the pinnacle of athletic achievement, Lester's story is a testament to the power of hope, perseverance, and the human spirit.

Lester's addiction began in his early 20s, when he was prescribed opioids following a surgery. What started as a way to manage pain quickly spiraled out of control, leading to a life of addiction that consumed his every thought and action.



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



After several failed attempts at recovery, Lester reached a breaking point. He knew he could no longer live the way he was, and he desperately needed help. In 2010, he entered a treatment program, where he began the long and difficult process of healing.

As part of his recovery, Lester discovered the power of endurance sports. He started running, and eventually worked his way up to competing in triathlons. At first, it was just a way to stay active and healthy, but Lester soon realized that these races were more than just physical challenges. They were a metaphor for his own journey of recovery.

Each race was a reminder of how far he had come, and a symbol of the strength and resilience he had gained. As he crossed the finish line of each triathlon, Lester felt a sense of accomplishment and purpose that he had never experienced before.

In 2016, Lester achieved his ultimate goal of becoming an Ironman champion. The Ironman triathlon is one of the most challenging endurance races in the world, and Lester's victory was a testament to his unwavering determination and the power of the human spirit.

Lester's story is not just a story of addiction and recovery. It is a story of hope, inspiration, and the power of the human spirit. It is a story that will resonate with anyone who has ever struggled with addiction, or anyone who has ever dared to dream big.

If you are struggling with addiction, or if you are simply looking for motivation to live a healthier and more fulfilling life, then I encourage you to read *Racing for Recovery*. Lester's story will inspire you to believe that anything is possible, and it will give you the hope that you can overcome your own challenges.

To learn more about Lester's story, visit his website at www.jasonlester.com.



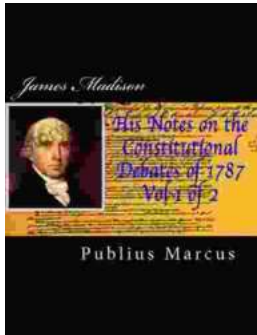
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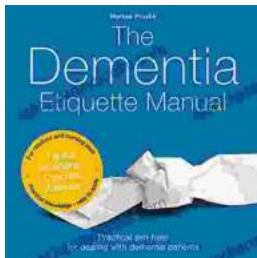
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