



# **Just Three Words: Athlete, Mother, Survivor. How One Brave Women-Against All Odds-Wins the Race of Her Life**

*Karen Newman*

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## **Just Three Words: Athlete, Mother, Survivor. How One Brave Women-Against All Odds-Wins the Race of Her Life** Karen Newman

At age 46, world-class triathlete, dietitian, and mother, Karen Newman, was on her knees, begging for her life to end. But just when her eating disorders had once again warped her life into a shame-filled nightmare of secrets, a diagnosis of advanced breast cancer ignited a fire of courage and deepened her faith.

This gripping story reveals the incredible power words have—to shatter or empower us—and the astonishing potential that love has to heal. Karen inspired thousands as she continued training and competing in triathlons throughout her grueling cancer treatments, and was featured on the NBC *Today* show twice because of her remarkable change of heart and rousing message of hope.

Told with candid truth and humor, Karen's touching memoir weaves the agonies of anorexia, bulimia, and cancer, with the thrill of young love, miraculous wins on the race course, and victory over disease. With the wisdom forged in the valleys of despair and on the peaks of triumph, *Just Three Words* captures the indomitable spirit of one brave woman who—against all odds—survives, triumphs and finds the purpose in it all.

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### **From reader reviews:**

#### **Rebecca Burks:**

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the book untitled Just Three Words: Athlete, Mother, Survivor. How One Brave Women-Against All Odds-Wins the Race of Her Life can be excellent book to read. May be it can be best activity to you.

#### **Mack Washburn:**

This Just Three Words: Athlete, Mother, Survivor. How One Brave Women-Against All Odds-Wins the Race of Her Life is great book for you because the content which is full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it info accurately using great manage word or we can declare no rambling sentences inside. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but difficult core information with splendid delivering sentences. Having Just Three Words: Athlete, Mother, Survivor. How One Brave Women-Against All Odds-Wins the Race of Her Life in your hand like getting the world in your arm, facts in it is not ridiculous a single. We can say that no reserve that offer you world throughout ten or fifteen tiny right but this book already do that. So , it is good reading book. Hello Mr. and Mrs. busy do you still doubt that?

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