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Kaylie Jones, author of Lies My Mother Never Told Me: Niemeyer, Ironman triathlete and author of The Hurt Artist: My Journey from Suicidal Junkie to Ironman:.

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was running to catch up when he became an Iron Man competitor. The Hurt Artist: My Journey from Suicidal Junkie to Iron Man, turned when

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After a failed suicide attempt, Brozek put himself on a rigid training regimen while serving out a year's term in prison. Six months after his release, this former

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