



# Racing for Recovery: From Addict to Ironman

*Todd Crandell, John Hanc*

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## **Racing for Recovery: From Addict to Ironman** Todd Crandell, John Hanc

Todd Crandell's drug use and drinking destroyed his life. In his 20s, he had gone from being a promising student to a homeless, starving, and drug-addicted ghost of himself. After several brutal and harrowing encounters with rock-bottom, he decided to quit cold-turkey; then he took up triathlons, and found that athletic effort helped him overcome his addictions. He now competes regularly in full Ironman triathlons, works as a professional speaker and drug counselor, and runs a foundation (Racing for Recovery) helping others to use sports and positive endeavor to escape addiction. A mesmerizing, inspirational story of self-destruction and resurrection.

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