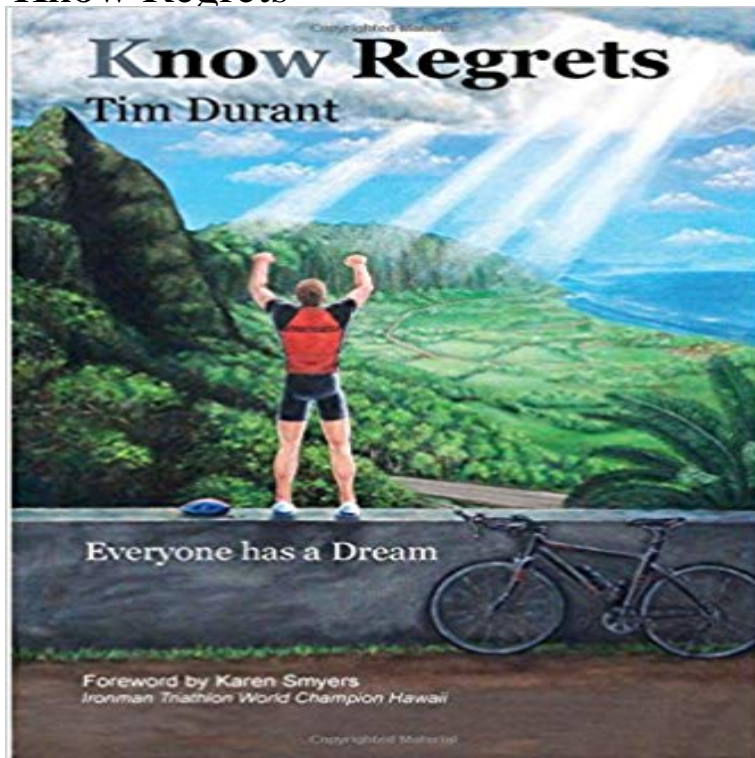


Know Regrets



A fun, adventurous and inspiring novel about reawakening a life long dream of competing in the Ironman Triathlon World Championship in Hawaii, finding the courage to act on it, through to its realization. A Journey full of challenges, temptation and uncertainty, both on and off the race course, spanning from the comfortable suburbs of Boston, to the wild night life of Waikiki, over to the forbidding lava fields of the Big Island, in pursuit of a deeply seeded dream. Know Regrets shows that the decision to pursue a dream and the journey along the way are just as important as fulfilling the dream itself. Foreword by Karen Smyers, Ironman Triathlon World Champion.

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