

## **MORE BOOK ENDORSEMENTS:**

Karen's story holds out the gift of true friendship to any of us who have struggled with the hiddenness of God in our pain or the agony of watching a loved one suffer. It is also an inspiring testimony to the love and healing of the One who promises never to leave us or forsake us ~ *Reverend Drew Williams ~ Senior Pastor Trinity Church*

*Just Three Words* takes readers on a shocking, courageous and personal journey with riveting details, buckets of tears and a champion's willpower. Karen Newman eloquently describes how she overcame insurmountable challenges to become a sought-after inspirational speaker and one of the world's top-ranked triathletes. Readers will come away inspired to fight their own battles with God's grace and an indomitable spirit. A treasure to read cover to cover. ~ *Tom Renner: Senior Writer, Daily Voice*

Karen's is a journey of triumph in the fullest sense of the word. She has a unique story and sense of purpose, and has already been an inspiration to many. *Just Three Words* will take it to the masses who need to be encouraged by this extraordinary tale of hope. ~ *Yonni Wattenmaker: Executive Director, Breast Cancer Alliance*

Karen Newman is a champion in every sense of the word. With sheer will and determination, she has overcome. More than overcome, she has thrived. We could all take a page out of her book and be better off for it. ~ *Kyle M. Case: Huntsman World Senior Games, CEO*

*Just Three Words* demonstrates Karen Newman's spirit and resiliency through stories that will make readers laugh and cry. Karen's testimony provides hope to those who are looking for a true beacon of light to get through the dark times. Her strong faith, personal reflections, and a commitment to persevere over despair, give others an insightful roadmap for taking control of their lives. ~ *Tim Yount: Chief Operating Officer, USA Triathlon*

Just three words: Can't. Stop. Reading.

*Just Three Words* tells a compelling tale of strength and survival from both youthful and adult perspectives, weaving a relatable account of self-forgiveness and self-compassion, which are much needed today. We all struggle with inner demons—both past and present—but with grace and humor, Karen Newman helps us see them in a new light; a light of hope and healing. Poignant and precious, *Just Three Words*, contains a message of inspiration that spans generations—so buy one for yourself and one for your teenager. ~ *Paula Prentis, LMSW: Author, Speaker, Co-founder of [YourSelfSeries.com](http://YourSelfSeries.com)*

As a breast cancer survivor, I am moved and inspired by *Just Three Words*. Karen Newman's remarkable journey, courageously facing multiple challenges all at once, speaks volumes to all who are overwhelmed and exhausted in their own lives. On every page, Karen's growing faith, positive attitude, and resilience is present in overcoming the unspeakable. *Just Three Words* gives the reader a personal glimpse into the life of a deeply genuine mentor, doer, and believer. ~ *Ann Loudon: Ten year chair, TCU Frogs for the Cure in partnership with Susan G. Komen*

Karen's personal story is intimate and riveting. Over the last decade, I competed with Karen at triathlons as her story was unfolding. I witnessed her grace as she exalted in "just finishing," in races where she had excelled in the past. She has exhibited a joyful demeanor and patience through the years which has led to her victorious outcome. *Just Three Words* is her amazing story to share with the world. ~ *Donna Smyers: Physical Therapist and six-time Iron Man Triathlon Age-Group World Champion*

Karen's profound story will inspire you to live boldly, love fiercely, and walk humbly with God through all of life's valleys and mountaintops. Contagious hope is woven throughout each page. ~ *Jeannie Cunnion: Author of [Parenting the Wholehearted Child](#).*

Having personally witnessed the power of Karen's unvarnished faith in the face of her very worst fears and struggles, I can assure you that what you read in these pages is authentic, genuine and saccharine-free. Her unflinching honesty about her trials and weaknesses only serves to magnify her remarkable courage, confidence and sheer determination to rise to the highest levels in athletics and in life. *Just Three Words* is a shining example of how God's power has worked through one humble woman to accomplish the nearly-impossible. Many have looked to Karen for encouragement in their own struggles—as well they should—and this book will serve to uplift thousands or millions more. ~ **The Rev'd Hillary R. Bercovici, Ph.D: Episcopal Priest & Senior Fellow, Trinity Institute for Spiritual Formation, Greenwich, CT**

*Just Three Words* is a book you will not be able to put down until you, too, cross the finish line with the author. ~ **John Stetson, MD: Orthopedic Surgeon (My Dad)**

Karen's infectious enthusiasm, energy and resolve have not only driven her to compete and produce results, but have provided her with something much more durable and influential—a voice. Her unique blend of compassion and veracity are both refreshing and gripping. This dynamic story is sure to inspire. ~ **Adam Avery: pastor, Church of the Well; Burlington, VT**

*Just Three Words* is a magnificent story of how God ultimately uses everything for good. (Romans 8:28). With unfiltered transparency, Karen Newman courageously pours out her life's triumphs and travails, then takes us on a sweeping journey of upliftment. You will find hope and healing as God feeds your soul in *Just Three Words*. ~ **Susan Stuart: Westport CBS Teaching Director**