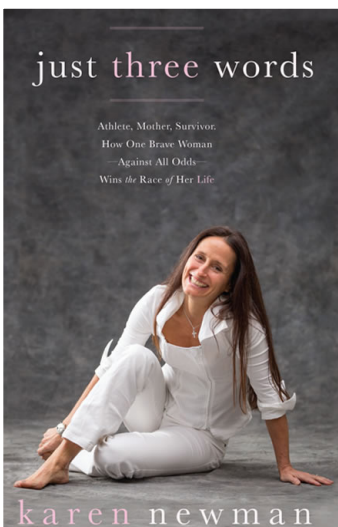


Let World-Class Triathlete, Cancer and Eating Disorder Survivor, Author, and Dietitian Karen Newman Inspire Your Audience

INCREDIBLE STORY AND INDOMITABLE SPIRIT!

Featured on NBC's TODAY show twice, NY Post, on ABC's local New York City station, in numerous other shows and publications, and has won several prominent awards for her courage in the face of adversity. Her book was inspired by her CaringBridge.com blog, which drew 25,000+ visitors.



"The most powerful Olympic stories are those of athletes who have faced genuine adversity in their lives and not only persevered but somehow thrived. Karen Newman's journey is as inspiring and compelling as any Olympic athlete I've ever seen. She is grace and grit personified and whether you're a world-class athlete, a weekend warrior or just want to be moved, you'll want to read her story."

~Jim Bell: Executive Producer, NBC Olympics

Just Three Words: Athlete, Mother, Survivor. How One Brave Woman—Against All Odds—Wins the Race Of Her Life chronicles the challenging experiences that brought Karen to her knees—then to her life's purpose—and the miracles that kept her alive and winning athletic events around the world. Karen's vulnerability and love for others shines through as she passionately shares her failures, successes, and lessons learned. Her real-life stories inspire others to dream big, find love, humor, and opportunity amidst life's challenges, and to have victory in their own lives.

STORY IDEAS

- 1 Laughing Through Cancer (or Any Life Challenge)
- 2 Loved Ones & Eating Disorders: What NOT to Say
- 3 Hit the Pavement... But Not With Your Head: Important Steps for Keeping Your Kids Safe This Summer
- 4 Living a Lie? How One Bulimic Dietitian Came Clean, and You Can Too
- 5 Conquer Your Fitness Fears: 3 Tools to Get You Moving and Feeling Great
- 6 Chemo, Cancer and Triathlon: Racing Against the Odds
- 7 5 Lessons to Live By from a One-breasted, World-Record Holding Miracle!

For more media and Media Kit: www.thekarennewman/media/



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