



Praise for Shane Niemeyer's **THE HURT ARTIST**

“*The Hurt Artist* is a riveting memoir by Shane Niemeyer that takes us on a raw, unedited life journey that includes the struggles of an addict trying to find peace and the joy and journey to every triathlete's promised land: Kona, Hawaii!”

—Jason Peter, *New York Times* bestselling author of *Hero of the Underground*

January 29, 2014

It was in the Ada County Jail, under 24-hour supervision, dope-sick and wrapped in a security blanket, Shane Niemeyer first decided he would compete in the Ironman World Championship.

In his debut memoir, **THE HURT ARTIST: My Journey from Suicidal Junkie to Ironman (with Gary Brozek; Thomas Dunne Books; May 20, 2014; Hardcover; \$25.99)**, Shane chronicles his startling transformation in an enlightening and hopeful account filled with DUIs, burglaries, overdoses, stints in jail and an Ironman World Championship in Kona, HI.

The 28-year old drug addict and alcoholic was recovering from a botched suicide attempt when he was given a copy of *Outside* magazine to pass the time. Stumbling upon an article about the Ironman World Championships, Shane, then and there, vowed to one day swim the requisite 2.4 miles, bike the 112 and run the 26.2. Facing significant hurdles right out of the gate – he had no pool, no bike, no roads to run, was in jail, and headed for prison – Shane began his training, his day one workout regime consisting of eight push-ups and fifteen sit-ups. Today, Shane has competed in *four* Ironman World Championships – swimming, biking and running thousands of miles to get there – and just days before the book is set to go on-sale, Shane will travel to Houston, TX, to compete to qualify for his *fifth*.

THE HURT ARTIST is a gritty, candid and vivid telling of Shane's stirring journey, a lesson in the value of second chances, and a clear reminder nobody is beyond the reach of salvation.

SHANE NIEMEYER struggled with psychiatric and substance abuse issues for the large part of his early life. After a failed suicide attempt while in prison, Niemeyer developed and executed a plan to become a world class endurance athlete, speaker, and expert in the field of strength and conditioning. He currently resides in Boulder, Colorado where he coaches, trains, and competes.

GARY BROZEK is the co-author of the controversial *New York Times* bestsellers *Out of Captivity* and *Breaking Free* with legendary pro football star Herschel Walker. Brozek has coauthored and ghostwritten more than a dozen books on a variety of subjects. He lives in Evergreen, CO.

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