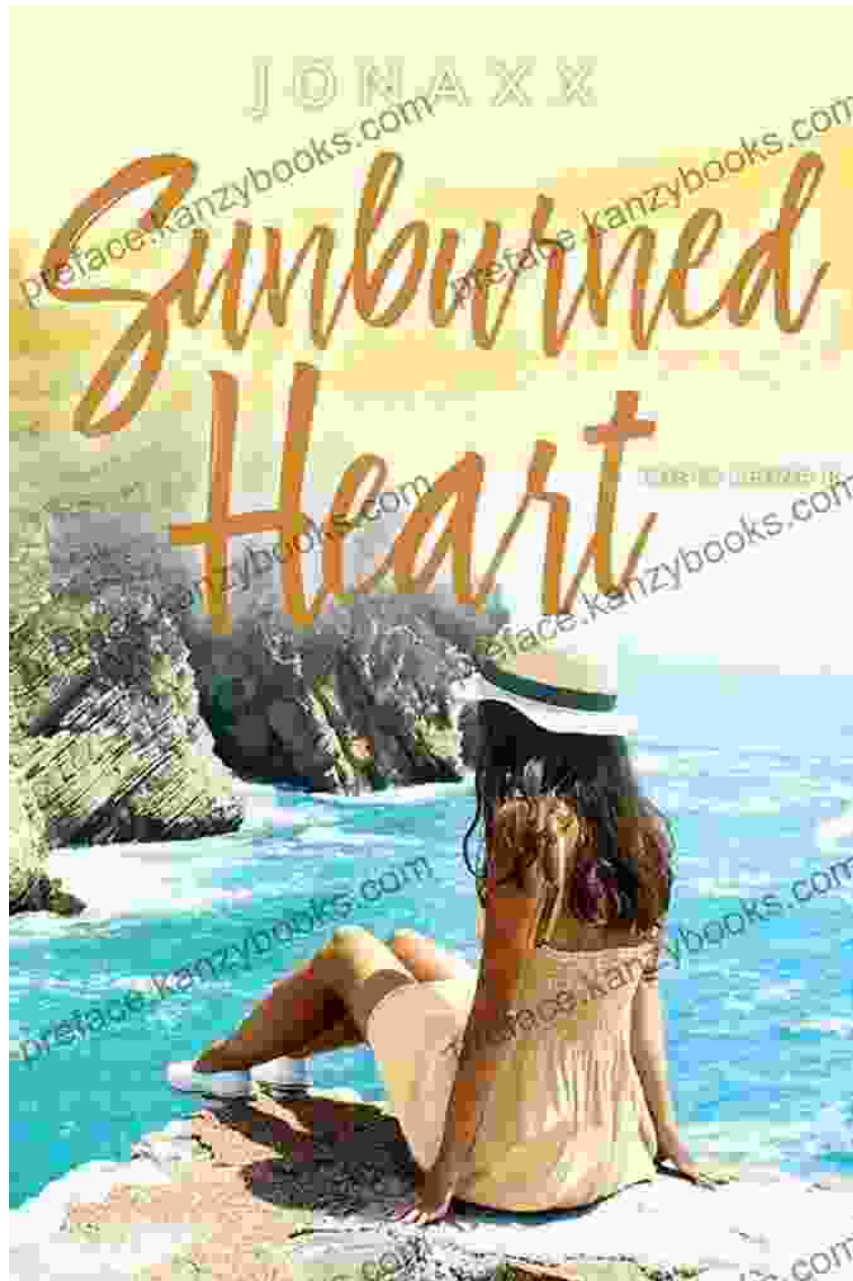


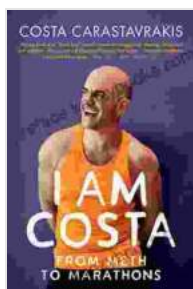
Am Costa: From Meth to Marathons - A Remarkable Journey of Redemption and Resilience



Am Costa's journey from the depths of meth addiction to becoming a marathon runner is a testament to the power of the human spirit. His

story is one of hope, redemption, and resilience, proving that even in the darkest of times, it is possible to turn your life around.

Am's addiction began in his early twenties, when he started using meth to escape personal problems. Quickly, meth took over his life, destroying his relationships, his health, and his dreams. He lost everything, including his job, his home, and his family.



I am Costa: From Meth to Marathons by Michelle H. Cameron

★★★★☆ 4.8 out of 5

Language : English
File size : 6692 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 226 pages
Lending : Enabled



But even at his lowest point, Am never gave up hope. He knew that he had to change, and he was determined to do whatever it took to get his life back on track.

With the help of a support group and a treatment program, Am slowly began to rebuild his life. He started running as a way to cope with his addiction and improve his physical and mental health.

At first, running was a challenge. But Am persevered, and over time, he found that he loved the feeling of accomplishment he got from running.

In 2014, Am ran his first marathon. It was a life-changing experience for him. Crossing the finish line was a symbol of his victory over addiction and a testament to his newfound strength.

Since then, Am has run countless more marathons. He has also become a motivational speaker, sharing his story with others to inspire them to overcome their own challenges.

Am's story is a powerful reminder that addiction is not a life sentence. With determination and support, it is possible to break free from addiction and achieve your dreams.

In his book, *Am Costa: From Meth to Marathons*, Am shares his inspiring story in detail.

He writes about his struggles with addiction, his journey to recovery, and his transformation into a marathon runner.

Am Costa: From Meth to Marathons is a must-read for anyone who is struggling with addiction or knows someone who is. It is a story of hope, redemption, and resilience that will inspire you to never give up on your dreams.

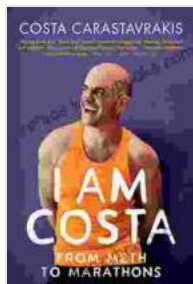
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Available on Our Book Library, Barnes & Noble, and other major booksellers.

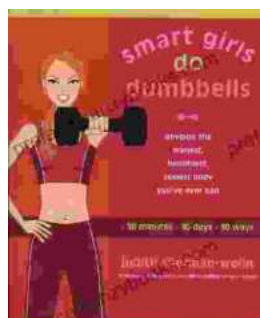
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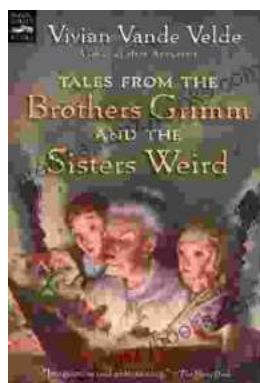


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