



# **The Do-Over: My Journey from the Depths of Addiction to World Champion Swimmer**

*Karlyn Pipes*

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From the time she first stepped onto the starting blocks, Karlyn Pipes seemed destined for Olympic medals, Wheaties boxes, and greatness. Brimming with talent and coached by two-time Olympic gold medalist Mike Troy, she had the potential to be the best. But unable to keep up with the expectations, she turned her back on the sport and replaced the liquid of the pool with that of the bottle.

Karlyn eventually found herself in a destructive free fall that not only derailed her swimming career but very nearly took her life. At thirty-one, in the darkest hours of her disease, Karlyn found the courage, strength, and resilience to turn her life around. She returned to the source of her pain and her pleasure--the water. She returned to heal. Today Karlyn is one of the most accomplished competitive swimmers in the world.

*The Do-Over* is an inspiring story about recovery, hope, and second chances. Candid, compelling, and insightful, this is a beneath-the-surface look at a remarkable, odds-defying comeback--not just in the pool, but in life.

"At times heartbreaking but ultimately heartwarming, Karlyn's story will inspire you to rise above your own challenges and realize your greatest potential." ~Mali Apple and Joe Dunn, authors of *The Soulmate Experience*

"Without glamorizing either alcoholism or eating disorders, Karlyn Pipes writes about these and other difficult topics with honesty, courage, authenticity, and conviction . . . Karlyn gives us all the permission and encouragement to have our own 'do-over,' no matter our age or station in life." ~Ellen Hart Peña, Three-Time Ironman World Champion and Subject of *Dying to Be Perfect*

"A powerful memoir that both swimmers and non-swimmers alike will not be able to put down." ~W. Hodding Carter, Author of *Off the Deep End*

"An exceptional tale about an exceptional woman . . . whose achievements are all the more impressive because of what it took to get there." ~Lee Greenfield, *New York Times* Bestselling Author

"A wonderful story of addiction and recovery with the sport of swimming as the backdrop." ~Nancy Hogshead-Makar, JD, Olympic Gold Medalist

"A beautiful and inspirational journey of struggle, hope, grit, passion and faith. Diving into the depths of alcoholism, ascending the heights to recovery . . . Karlyn's story will hit you in the heart." ~Kelly Armatage, Therapist and Inventor of *A.S.K. A Serenity Kit*

"I heartily recommend it to anyone who wants to live an honest and regret-free life." ~Caroline Adams Miller, Author of *My Name Is Caroline* and *Creating Your Best Life*

"An inspiring story of rediscovering authentic self, confidence and spirituality." Gary Quinn, Bestselling Author and TV Producer

"If you know anyone who deserves a 'do-over,' buy them this book." ~John Naber, Olympic Champion

"Karlyn's raw and honest experience with lost hope, second chances, and recovery will change your life."  
~Dr. Tony O'Donnell, Naturopath and Radio Host

"Every coach dreams of getting that super-gifted, talented athlete. Karlyn was my gift . . . Unaware of her personal demons, I can now truly appreciate what she has accomplished today." ~Mike Troy, Two-Time Olympic Gold Medalist

"Her story inspires us to believe that anything is possible . . . and that it's never too late to turn your life around." ~Suzy Degazon, 15-Time Ultraman Hawaii Competitor

"Gut-level honest and inspiring for anyone facing life's challenges." ~Carol LeBeau, Former ABC10 News Anchor

"An inspiration to everyone who wants to live a more purposeful life." ~Mike Wien, Four-Time Ironman World Champion Competitor and Author of *The Specific Edge*

"A testament . . . to the resiliency of the human spirit and the power of swimming to heal, transform and provide endless joy." ~Lisa Congdon, Author of *The Joy of Swimming*

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#### **Alma Driver:**

Why? Because this The Do-Over: My Journey from the Depths of Addiction to World Champion Swimmer is an unordinary book that the inside of the publication waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have got such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

#### **Nancy Smith:**

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