



Tri Therapy: Finding moments of clarity in what the races teach us about life

Dan Tyler

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Tri Therapy is a memoir of venturing into long-distance running and triathlon, and discovering truths within the race microcosm that translate into the tenets of a healthy, compassionate life. Its chapters include reports from races like the 2,500th anniversary of the original Marathon in Greece and the 140.6-mile Ironman Triathlon, framed with essays digesting what “sport” stands for. Tri Therapy is not just for hard-core athletes. It’s about setting goals and seeking balance. It’s about people supporting one another. Tri Therapy is for anyone seeking a balanced and happy life.

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