

I Am Costa

From Meth to Marathons

Costa Carastavrakis

THE PITCH

- Deals with drug addiction and the road to recovery through **self-discovery** and the **healing benefits of running and exercise**
- **Relevant to everyone**, especially young people in strict cultural and family structures where they feel they don't belong
- Author is an **established motivational speaker** and is regularly interviewed in **magazines** and **TV appearances**

THE BOOK

"I'm at the start of an Olympic Distance Triathlon! A Greek, about to get all Olympic, following in the footsteps of my ancestors who created the games to celebrate human endeavour its ability to be pushed to the limits. Who would have thought that six years earlier I was in a deserted house in rural Mexico with a junkie smoking crack cocaine for the first time? The start of a downward spiral that would bring me to my knees and close to death. Although, maybe the seeds of my descent had been planted long before that..."

Constantinos Carastavrakis, known to his friends as Costa, tells his story with great honesty and courage. He charts his course through a childhood of identity confusion – growing up Greek and gay in Johannesburg. He built a glamorous life of parties, business triumphs and money but crashed into the devastation of a crystal meth addiction.

The 'gift of desperation' arrived to propel him towards a life without drugs and alcohol. He slowly dragged himself out of toxicity onto a path of recovery. With it came a new quest: to create the best version of himself. He has devoted his energy and drive to fitness; from small beginnings, he has worked his way up to becoming a marathon runner and triathlon athlete.

He brings light and humour to the darkness of addiction and shows that true body, mind and spirit recovery is possible for anyone who cares enough to heal themselves.

THE AUTHOR

Costa Carastavrakis has successfully launched a multimedia career with talks and TV appearances. Costa's passion is igniting others to create and own their transformation to a healthy life. His purpose is to carry a message of hope to the still-suffering addict as well as one of caution with growing issues of addiction affecting many in society today from drugs, to work, social media, food and others.

#thisiscosta #runningforrehab #gayandgreek

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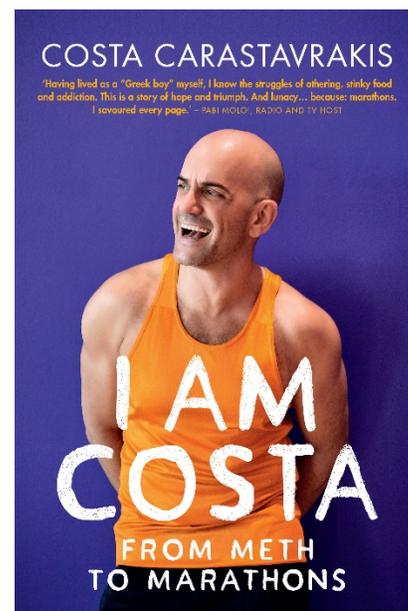
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*"An honest, refreshingly
unsentimental account in which
Costa is brave enough to keep the
locus of responsibility and choice
internal, and not to blame external
factors." – Angela Voges*