



# From Fear and Failure to the Finish Line: Unleash Your Potential and Discover the Champion Within

*Cindy Buckner Starke*

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**From Fear and Failure to the Finish Line: Unleash Your Potential and Discover the Champion Within**  
Cindy Buckner Starke

Are you stuck in a rut? Do you watch from the sidelines while others accomplish great things? Have you faced crushing disappointment? Do failures paralyze you? This inspiring book will help you move past your fears; it is for people who are tired of letting their excuses get in the way. Dr. Cindy Starke overcame deeply ingrained childhood fears and a complete lack of ability to swim or bike and completed a full iron-distance triathlon - 140.6 miles of swimming, biking, and running. Her circuitous path traversed self-doubt, years of grit and determination, and a devastating failure. Dr. Starke's first attempt ended with a DNF - did not finish - which initially crushed her hopes and dreams. But it was her initial failure that fueled her desire to continue chasing her destiny. Let her journey inspire you, too.

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