



The Courage To Start: A Guide To Running for Your Life

John "The Penguin" Bingham

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"The miracle isn't that I finished. The miracle is that I had the courage to start."

Take your first step toward fitness and a happier, healthier life.

Has the idea of running crossed your mind, but you haven't acted on it because you don't think you have the body of a runner? Have you thought about running but quit before you started because you knew that you would be breathless at the end of your driveway? Well, put aside those fears because you *can* do it. John Bingham, author of the popular *Runner's World* column "The Penguin Chronicles," transformed himself from an overweight couch potato who smoked into a runner who has completed eleven marathons and hundreds of road races.

Forget about the image of a perfect body in skintight clothes, and don't worry about how fast or how far you go. Bingham shows how anyone can embrace running as a life-enhancing activity -- rather than as a competition you will never win. In an entertaining blend of his own success story and practical advice, Bingham provides reasonable guidelines for establishing a program of achievable goals; offers tips on clothing, running shoes, and other equipment; and explains how *anyone* can prepare for and run distances ranging from a few miles to marathons.

After all, in running and in life, the difference between success and failure sometimes comes down to a single step. Waddle on, friends.



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Helen Johnson:

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Sherrill Height:

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled The Courage To Start: A Guide To Running for Your Life can be good book to read. May be it may be best activity to you.

Latoya Palos:

A lot of people always spent their free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent all day every day to reading a e-book. The book The Courage To Start: A Guide To Running for Your Life it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book has high quality.

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