



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

#### **Julie Bell:**

People live in this new day time of lifestyle always make an effort to and must have the free time or they will get lot of stress from both lifestyle and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, the actual book you have read is usually The Courage To Start: A Guide To Running for Your Life.

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