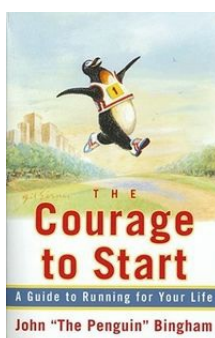


THE COURAGE TO START: A GUIDE TO RUNNING FOR YOUR LIFE

"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...



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Peek Inside the Book

At age 43, when I decided to run again, I realized that the images used to describe runners didn't fit me. I wasn't a rabbit. I wasn't a gazelle or a cheetah or any of the other animals that run fast and free. But I wasn't a turtle or a snail either. I wasn't content anymore to move slowly through my life and hide in my shell when I was scared. I was a round little man with a heavy heart but a...

Reader's Opinions

I wanted to like this book, but found it rather dull and not nearly as humorous or light-hearted as I'd expected. I enjoy the author's writing in smaller doses (i.e. magazine articles), but...