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Deena Kastor was a star youth runner with tremendous promise, yet her career almost ended after college, when her competitive methodrun as hard as possible, for fear of losingfostered a frustration and negativity and brought her to the brink of burnout. On the verge of quitting, she took a chance and moved to the high altitudes of Alamosa, Colorado, where legendary coach Joe Vigil had started the first professional distance-running team. There she encountered the idea that would transform her running career: the notion that changing her thinkingshaping her mind to be more encouraging, kind, and resilientcould make her faster than shed ever imagined possible. Building a mind so strong would take years of effort and discipline, but it would propel Kastor to the pinnacle of runningto American records in every distance from the 5K to the marathonand to the accomplishment of earning Americas first Olympic medal in the marathon in twenty years.Let Your Mind Run is a fascinating intimate look inside the mind of an elite athlete, a remarkable story of achievement, and an insightful primer on how the small steps of cultivating positivity can give anyone a competitive edge.

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