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Deena Kastor was a star youth runner with tremendous promise, yet her career almost ended after college, when her competitive method - run as hard as possible, for fear of losing - fostered 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 thinking - shaping her mind to be more encouraging, kind, and resilient - could make her faster than she'd ever imagined possible. Building a mind so strong would take years of effort and discipline, but it would propel Kastor to the pinnacle of running - to American records in every distance from the 5K to the marathon - and to the accomplishment of earning America's first Olympic medal in the marathon in 20 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. **DISCLAIMER:** "We cannot guarantee the availability of this ebook on an external site."

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