

# yUYdQ [GET] The Ultimate Beginners Running Guide: The Key To Running Inspired



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Several years ago Ryan Robert noticed his niece was having body image issues. She obsessed about her weight and let it take control of her life. Eventually she even lost the confidence she once effortlessly displayed. As an avid runner, Ryan knew if he was able to get his niece to start running she would gain self-confidence, better mental and physical acuity. It would also allow her a better focus on health rather than weight. Ryan started writing notes to his niece about different aspects of running. These notes became the impetus for his book Running Inspired. Running Inspired provides a wealth of information for the non-runner and beginning runner. The book covers everything from proper form, to shoes, to running schedules, and food. There is also information on how to stay motivated including visualization exercises. These are the tools Ryan used to teach his niece to run inspired and they will help you too. Ryan's writing style is friendly, easy to read, and non-judgmental. If you have ever thought about running, even if you've never tried it, Running Inspired is the perfect place to start.

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