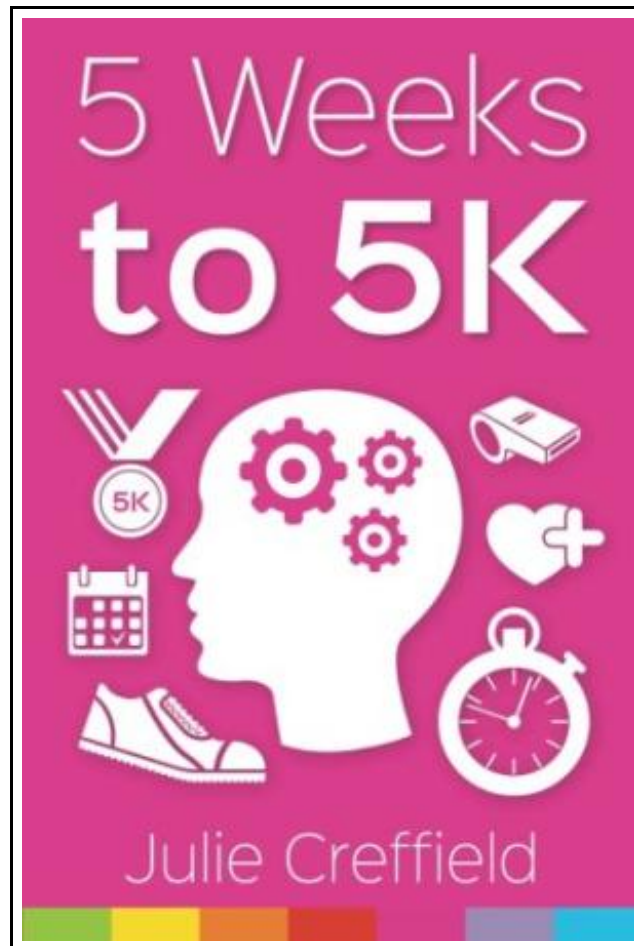


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A no fuss practical guide for women who want to take up running. With a focus on tackling the negative voices we hear in our head telling us we can't do it this book will get you to that all important 5K point in just five weeks, ensuring you don't have a nervous breakdown or give up completely in the process. Focussing on the things that many running plans forget to mention like how to motivate yourself to simply get out the door more than once a week and how to switch the "gee this is hard" voices off in your head this book is an idiot's guide to becoming a runner and without all that talk about the need for a good sports bra anywhere. The author Julie Creffield from the Fat Girls Guide to Runner has 10 years experience of running and helping other women find the joy of running, and via her website she campaigns to broaden the sport out and to encourage overweight and inactive women to give her techniques a go. Although the techniques she promotes are universal to women no matter their size. So come on ladies if you have always wanted to take up running but never quite managed it or perhaps you have given it a go with something like couch to 5K but given up. This book is for you and not because there's no way you can fail but because it redefines success for runners and helps you see that as long as you are giving it a go then there's no such thing as failure. That 5K will be yours, and in just...



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