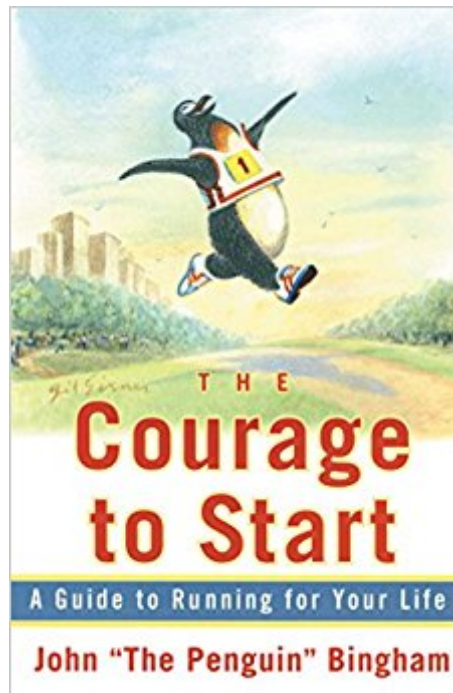




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The Courage To Start: A Guide To Running For Your Life



Synopsis

“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 started because you knew that you would be breathless at the end of your driveway? Well, put aside those fears because you can do it. John Bingham, author of the popular Runner’s World column “The Penguin Chronicles,” transformed himself from an overweight couch potato who smoked into a runner who has completed eleven marathons and hundreds of road races. Forget about the image of a perfect body in skintight clothes, and don’t worry about how fast or how far you go. Bingham shows how anyone can embrace running as a life-enhancing activity rather than as a competition you will never win. In an entertaining blend of his own success story and practical advice, Bingham provides reasonable guidelines for establishing a program of achievable goals; offers tips on clothing, running shoes, and other equipment; and explains how anyone can prepare for and run distances ranging from a few miles to marathons. After all, in running and in life, the difference between success and failure sometimes comes down to a single step. Waddle on, friends.

Book Information

Paperback: 208 pages

Publisher: Touchstone; Original ed. edition (April 7, 1999)

Language: English

ISBN-10: 0684854554

ISBN-13: 978-0684854557

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 122 customer reviews

Best Sellers Rank: #301,140 in Books (See Top 100 in Books) #103 in Books > Sports & Outdoors > Other Team Sports > Track & Field #494 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #2439 in Books > Sports & Outdoors > Individual Sports

Customer Reviews

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John Bingham writes "The Penguin Chronicles," a monthly column in Runner's World, maintains a popular Web site, and trains other "slow and steady" runners nationwide. He lives in Tennessee.

This book, and Bingham's other classic "No need for speed," got me off the couch and running. This book won't teach you to be a great runner, but hearing his story and overcoming self-doubt with Bingham's conversational writing style was enough to do it for me. Six months after reading this I ran my first 10k, and 6 months after that my first half marathon. I was (am?) slow, but this book reminds you that you're still a runner. I have a new hobby for life, and Bingham helped me get there.

Great book for people who are curious about running and have had the thought 'I could never run, it's not for me'. I am happy my c25k running app program and reading this book started out together to make the perfect learning guide to help me build my running practice. I now do not think running is not for me! Cover basic to inspirational thoughts around running. Waddle on...

I ran a half marathon last year and I loved running. But then, the polar vortex happened and I stopped. And gained 20 pounds. When I picked running back up I was totally frustrated with myself. I felt so out of shape and fat and slow. It was hard to keep getting out there knowing that I couldn't do anywhere near the distances or speeds I did before. But that's where this book comes in. I didn't need the advice on getting started so much as I needed the encouragement to keep going. This book is a quick read and something I will continue to reference during my quest to get back in

shape.

I read the book from start to finish during my workouts and I have to say, he motivated me. John Bingham just made me want to run outside and not be embarrassed that im a chubby girl running. I couldnt stop laughing when he said he'd be running and if someone familiar passed he'd pretend he was looking for something. That's been me for years. I've always been shut in about my abilities but he inspired me to race and to go outdoors instead of my lame treadmill.I highly encourage this book to anyone looking for motivation in whatever program you're pursuing. It doesnt matter what you're age is or your shortcomings, the point is you're doing it.He goes over all of the things you may need but I think if you want more in depth information and training plans read, "Running for Mortals."

What a great book! I could relate to the author in so many ways! This is definitely a motivating book! His stories were funny, courageous, heart warming, and relatable. I highly recommend this great book! I still refer to it when I want to quit or have had a bad day:)

I will not be able to fully express the level of encouragement I gained from reading "Courage to Start..."But I think this should be a must-read on anyone's book list if your are a new runner or even just flirtingwith the idea of running. In fact this book has so many wonderful analogies that you could apply them toeveryday living if you are a couch potato and want to stay that way! I would even stretch to suggest that thisbe on the reading list High Schoolers! Just really enjoyed the authors realness and his beginning as an overweightmiddle-aged man who had never done any running before he hit age 40yrs, His story is my story only I am a womanbut it gave me enough courage to take on the challenge of running in my very first half-marathon! A Must read!!!

This book allowed me to see that I could continue running when I felt like stopping. It's been a tough journey' but his advice is sound and you can hang your hat on it when you're feeling defeated in your journey to run faster and farther.

I loved this book. Great book for beginner runners, but also a metaphor for anything you wish to do in life. Like, don't give up. Baby steps, and you'll get there. I read this while preparing for my first 5k. It gave me the confidence to "go for it", and I did.

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