



# From Thinking to Start Running: The Ultimate Beginners Running Guide on Learning to Run Effortless

*Andrea Smith*

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Runners. You see them everywhere. They go past you as you pick up your morning paper, on your way to work, or even while you enjoy your lunch or afternoon snack on your favorite park bench. And every now and then, you see an ad for a fun run. But you just don't see how fun it is. You've honestly tried doing it many times, but your body gives up just before you can feel that elusive "runner's high". It's not so fun, at all. But you want to run, don't you?

If so, then we have the perfect book for you:

"From Thinking to Start Running: The Ultimate Beginners Running Guide on Learning to Run Effortless" was designed and written for people who are tired of just sitting around. It is a comprehensive guide for people who want to begin a healthy and active lifestyle.

It tackles the problem most beginner runners face (starting too fast, too soon) by turning the table on it. It promotes walking as the healthiest way to starting to run. Complete with an 8 week program, meal plan, and discussion on diets and running equipments, this guide is the perfect companion for people who want to start running. It is written simply and has easy to follow instructions. This could also be an excellent gift if you know someone who has been struggling towards a healthier lifestyle.

No matter who you are, how old you are, or what state of health you're in, "From Thinking to Start Running: The Ultimate Beginners Running Guide on Learning to Run Effortless" is for you.

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