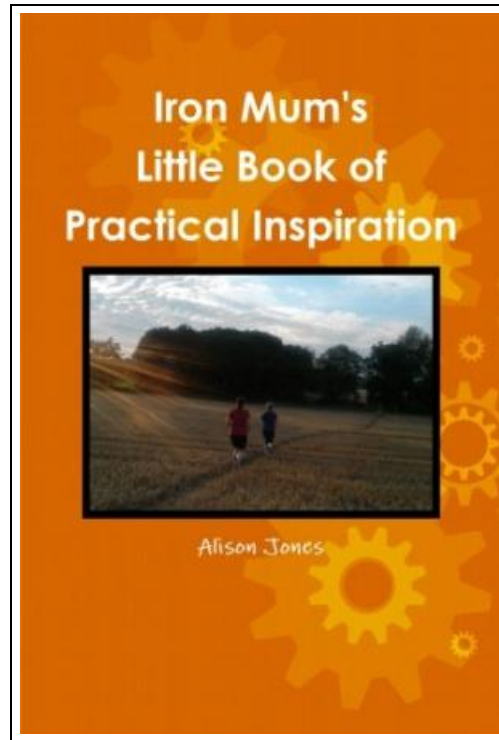


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Practical Inspiration Publishing, United Kingdom, 2013. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book ***** Print on Demand *****. Life-changing stuff from the Bramley Iron Mums: inspirational stories from ordinary women, insights into why women run (and why they don t), tips and training plans, tools for reflection and planning. For any woman who wants to run her life but doesn t know where to start. From the introduction: We want this book to change things. We want to change the way you feel about yourself, and about life. Ideally, we want you to get only a few pages into this book before casting it aside, pulling on your trainers, and heading out the door for a run. Many books aiming to inspire are big on grandiose, beautifully constructed and uplifting statements. We haven t got many of those. What we DO have, in spades, are real stories from real women who have discovered that running makes them happy in a variety of ways, many of them completely unexpected. And if as we hope their enthusiasm inspires you to try it for yourself, we also have some very practical advice to help you start. Reviews from Amazon: If you ve thought about taking up running but aren t sure where to start, this is the perfect book. It s based on tried-and-tested beginners plans used by the Iron Mum running group and is full of inspirational comments from women who ve been through the programme. There s also lots of excellent advice on practicalities, written by people who know what they re talking about. Although it s primarily aimed at women with children, most of what s in it is applicable to anyone starting to run. You can t help but be inspired to get out there...



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