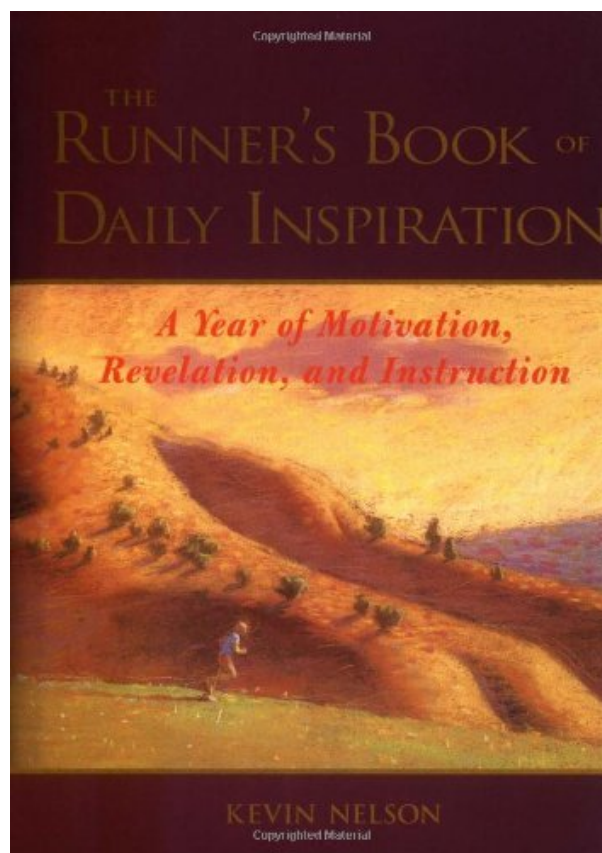
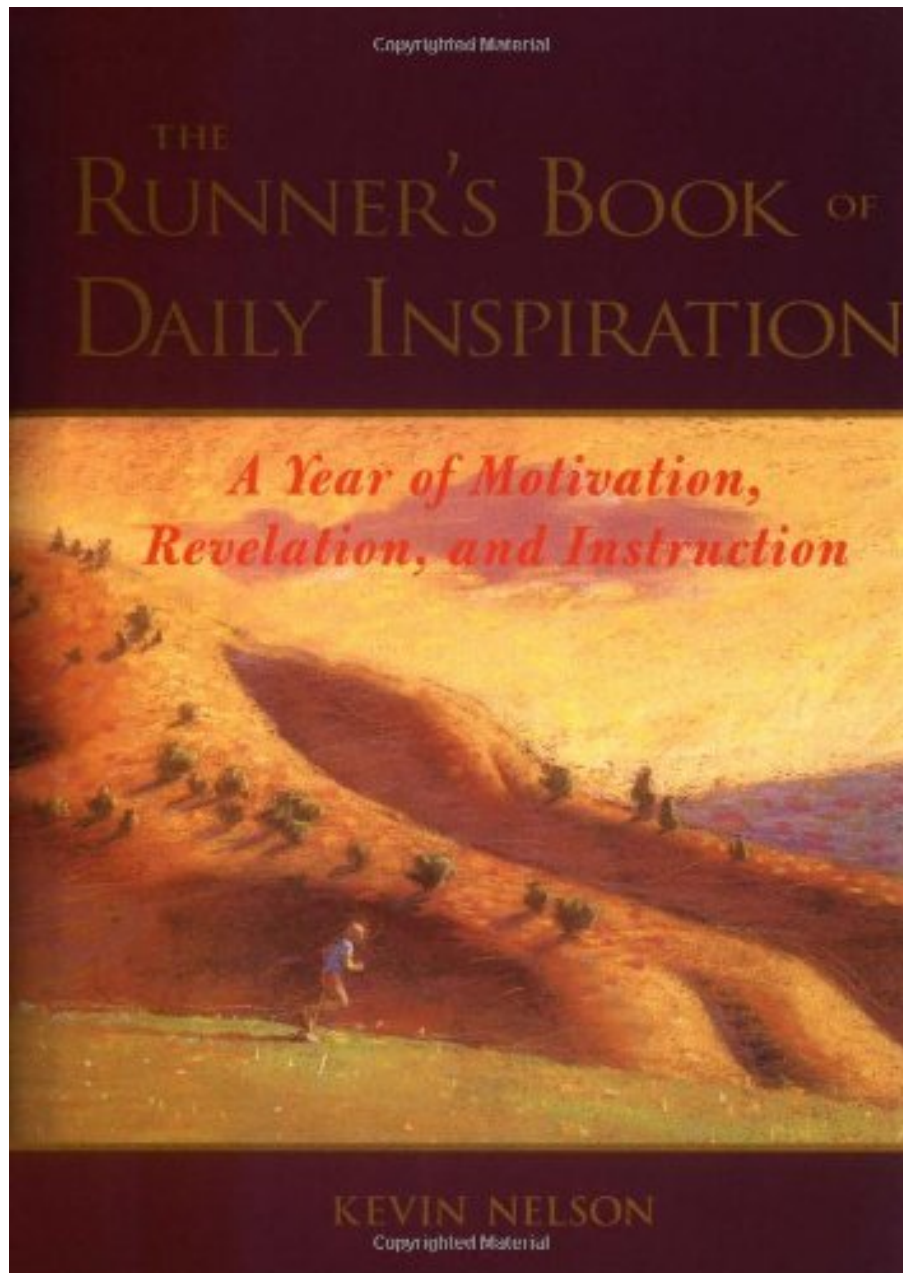


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INSPIRATION: A YEAR OF MOTIVATION,
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Review

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From the Author

When I wrote this book, I had no idea it would turn out to be the success that it has. I have heard from runners all around the country who have read it and refer to it and in turn, pass on copies to their friends. So let me just say "Thank you" to all the runners out there who have enjoyed The Runner's Book of Daily Inspiration.

From the Inside Flap

"If you're standing still, you're going backwards."--MaximAlways in search of their personal best, their ultimate high, runners are the most pondering of athletes. Whether it's the casual runner who logs miles on the local track or the more adventurous trail runner or marathoner, those who make running their daily activity are true believers in its benefits--physical, spiritual and psychological. That's where Kevin Nelson's The Runner's Book of Daily Inspiration comes in. Filled with the wit and wisdom of marathoners and philosophers, sprinters and writers, it is the ultimate coach, motivator and therapist all in one. Everyone needs a little nudge to get going some mornings, and here are a year's worth of inspirations and revelations for runners of all ages and capabilities.

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Sometimes it is hard to go that extra mile or run for more minutes than the day before. Even the most dedicated runner needs an extra push. The Runner's Book of Daily Inspiration uses positive thinking, humor, and practical training advice coupled with a daily affirmation or resolution to give runners reinforcement and support on those lazy, rainy, or otherwise uninspired days.

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34 of 37 people found the following review helpful.

A Book to Push you Through it All

By A Customer

The Runner's Book of Daily Inspiration: A Year of Motivation, Revelation, and Instruction is most likely the

best investment I have ever made. Last year, I made a resolution to myself to get in shape, eat healthy, and basically be a fit person inside and out. This is not a very easy resolution to fulfill, as I soon found out. It was my plan to run at least 3 times a week, and supplement it with another form of aerobic exercise. Very quickly, I lost my motivation, and was not living up to my expectations. I came upon this book soon afterwards, and tried to regain my motivation. After restarting my exercise program along with reading this book, I am now running every day of the week, rain or shine, hot or cold, I run through it all, all due to this very book. If you buy one book in your life, buy *Catcher in the Rye*. But if you buy two, buy this one too!

10 of 10 people found the following review helpful.

Great for runners

By M. Goldsmith

A daily dose of inspiration for the runner so that when there is sideways rain at 4:30 in the morning and you don't want to get your butt out of bed you can read your daily page that makes you get out and run. Damn you book! My bed was so comfortable.

Of course I felt awesome after I finished my run:)

11 of 13 people found the following review helpful.

The Runner's Book of Daily Inspiration

By Jill Hart

This book was given to me as a gift. Being a "novice runner" of two years, I found this book to be very motivational. It is very intuitive on the thoughts of runners and some of the obstacles runners may encounter and how to get beyond those barriers. I have thought it such an excellent book that I am surprised it is not readily stocked and available for 24 hour shipping, especially during the holiday season. You know us last minute shoppers. Great gift idea for the novice or avid runner in your life if you can find a copy of it in time.

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