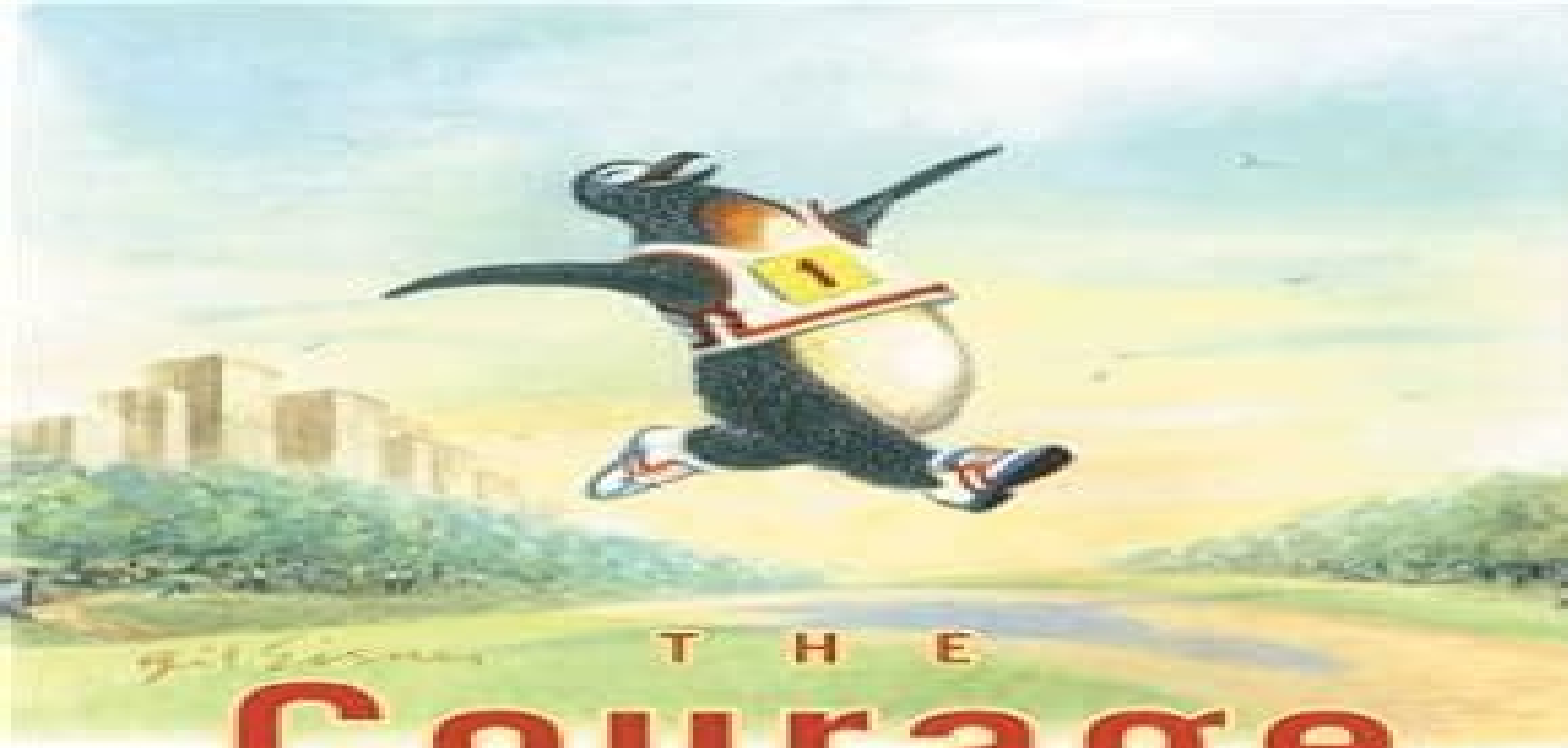




John Bingham T H E
**Courage
to Start**

A Guide to Running for Your Life

John "The Penguin" Bingham

Courage To Start A Guide To Running For Your Life

DUANE GREAT WRITER



Courage To Start A Guide To Running For Your Life:

The Courage To Start John "The Penguin" Bingham, 2013-12-03 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. **Marathoning for Mortals** John Bingham, Jenny Hadfield, 2003-05-02 As Runner's World's columnist and poster child for adult-onset athletes, John the Penguin Bingham offers the ultimate introduction to long-distance running and walking. [The Beginning Runner's Handbook](#) Ian MacNeill, Sport Medicine Council of British Columbia, 2012 Provides a training program for beginning runners, discussing such topics as the psychology of running, cross-training, diet, and nutrition, and injuries. *An Accidental Athlete* John Bingham, 2024-01-11 Known by fans as The Penguin for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern running boom. In his new book, the best-selling author and magazine columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to adult-onset athlete. Overweight, uninspired, and saddled with a pack and a half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two frightening trips to the emergency room and a conversation with a happy piano tuner led him to discover running and changed his life for the better. Inspiring, poignant, hilarious, and heartbreaking, *An Accidental Athlete* is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running, the pride of the finisher's medal, a bureau-busting t-shirt collection, intense back-of-the-pack strategizing. *An Accidental Athlete* is about one man's discovery that middle age was not the finish line after all, but only the beginning. [Stretching](#) Bob Anderson, 2010 The 30th anniversary edition features two color inks to better define the muscle groups helped by each stretching exercise. A new section focuses on office fitness exercises. *Slaying the Debt Dragon* Cherie Lowe, 2014-12-18 Are your finances getting out of control? Have you made mistakes with your money? Are you in more debt than you'd like to admit? Cherie Lowe has been there. She and her family found themselves 127,482.30 in debt. Did your jaw drop? They hadn't bought a yacht, blown

it on designer clothes or purchased a mansion The small everyday expenses of living just added up until suddenly the Lowes were being threatened by one dragon of a debt But through hard work and with God s help Cherie s family vanquished this foe one bill at a time And you can too In Slaying the Debt Dragon Cherie shares how her war on debt made her financially free strengthened her marriage taught her children valuable money management skills and brought her whole family closer to God and one another As you read her battle tales you ll be armed with the weapons you need to fight your own financial foes With God all things are possible and your inspired happily ever after can begin today [Alternative Treatments for](#)

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Melander,2011-09-20 Find the focus energy and drive you need to start and finish your book Everyone has dreamed of writing a book but so many start writing only to stall out due to writer s block mental fatigue and other challenges Write A Thon helps you overcome those stumbling blocks and complete your book once and for all And you don t have to type away for years on end Here s a plan that ll help you write your book in twenty six days Write A Thon gives you the tools advice and inspiration you need to succeed before during and after your writing race Solid instruction positive psychology and inspiration from marathon runners will give you the momentum to take each step from here to the finish line Start out well prepared Learn how to train your attitude your writing and your life and plan your novel or nonfiction book Maintain your

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