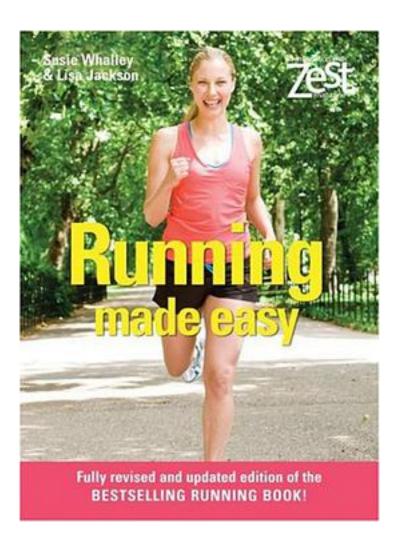# Running Made Easy

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Currently the number-one selling running book on Amazon.co.uk, "Running Made Easy" is quite simply the easiest, friendliest, most inspiring running book ever written.

Fully revised and updated for 2008, this must-have guide is designed to get everyone who thought they could never run on their way to a better body, bags of confidence and soaring energy levels. 'Running Made Easy' takes things right back to basics with the easiest-ever beginner's plan, fill-in charts and diary sections, plus all the jargon-free tips and advice you need to learn to love running. This book is there to support you with amazing stories and tips from runners just like you, and also has chapters on goal setting, self-hypnosis and mind games to get you back on track. Read this book and we guarantee that you'll run away with a healthier mind and body, feeling empowered to succeed at whatever challenge you set yourself - whether that's running a lap of your local park, tackling your first race or marathon, or just changing your life for the better.

作者介绍:

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