



RUN! Running for Dummies!: Ultimate Running Guide with Motivation Tips

Chase Kennedy

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Today only, get this Kindle book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This is a quick-read book that offers you some vital tips and pointers to start running to help lose some excess weight you want to be rid of. With the nice weather and you wanting to get out and enjoy it what better way to do it, and lose some weight at the same time!

Why You Should Download this Book? If you are someone who is truly looking for a way that you can lose weight and enhance your health then you should download this book. You can follow the advice in this book to help you to prepare to run yourself towards a healthier lifestyle. This is all about making some serious changes in your life that are going to bring peace and contentment to you. You deserve to have a life that you are happy with. This is the first step in making your way down the road to a better life for yourself.

Here Is A Preview Of What You'll Learn...

- set up daily exercises for yourself
- build up your stamina
- follow a training schedule and how it will help you stick to your goals
- eat healthy which in turn will help you to run better
- run so that you are getting the most benefit from your run

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