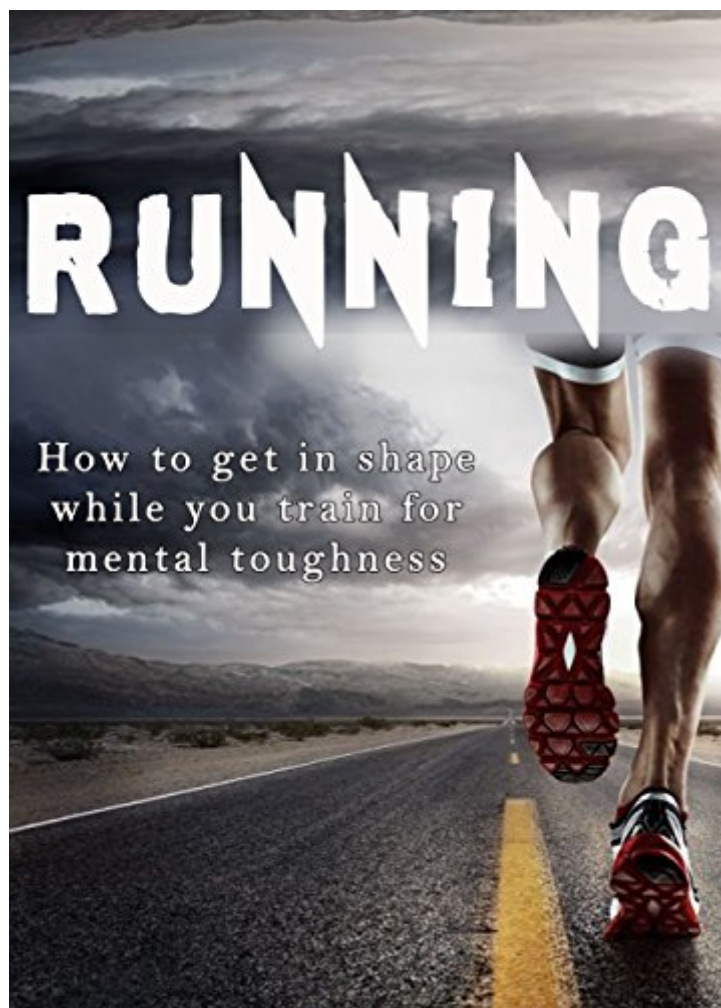


The book was found

# **RUNNING : How To Get In Shape While You Train For Mental Toughness: The Beginner Guide To Total Body Fitness (Build A Better Self Book 1)**



## Synopsis

This is easy guide on how you can increase your mental strength and you can grab it now for a limited amount of time at a promotional price or you can get it for FREE with Kindle Unlimited. Are you lacking the mental discipline to achieve what you want in life? You have a problem with focus, resilience and other issues which prevent you from obtaining what do you want? If you have struggled with this kind of problems in the past, then this is the right book for you. You will learn how to overcome these pesky problems. Through this book I will guide you in the journey you want to take and I can ensure you I will provide the best advice so you will achieve your goals. You might be questioning yourself that how can such a seemingly insignificant outdoor activity bring positivity in your life? This book explains exactly that. You don't have to waste your time in the gym doing those crazy workouts because we suggest that you channel your energy into running and explore its benefits. The bountiful blessings of running will become obvious to you after reading this book and it will take you no time to put on your running shoes, set your favorite track on the iPod and go out for an exciting and energizing run! The aim of this book is to inspire you to change your life and have a better look at it. This book shed light on the following:-how running can help you erase negativity from your life and have a positive outlook-to enjoy the nature around you and appreciate it-to bring your mind to ease by strengthening your body and accepting new running challenges-takes you into the mind of a runner which is trained for success-encourages you to keep striving for the best both in running and in life-helps you make run out a fun time with yourself, and spend an enjoyable time out! We are sure that once you start reading this book, it will help you have a healthy take on life by making the activity of running a habit. So what are you waiting you can get the results you need? Make this book your first step to gain mental toughness and focus with just one click. I really think this book will help and I will assume your results as my personal success. Also, I would like to improve it, so you can write a review with pro and cons and if you find it useful share it with your dear ones. So collect your copy now, start reading and running! Check out what others are saying about it. A perfect book for author runners or running scholars, additionally presumably justified, despite all the trouble for non-running/non-composing readers as there's sufficient straight talk and recommendation about genuine topics: enduring pain, old age, the significance of schedule, mindfulness/sharpness. Perusing this was similar to purchasing another pair running shoes, not just did it got me truly jazzed and eager to run, it really helped me to go on a run. The keys to life are running and reading. When you're running, there's a little person that talks to you and says, "Oh I'm tired. My lung's about to pop. I'm so hurt. There's no way I can possibly continue." You want to quit. If you learn how to defeat that person when you're running. You will how to not quit when

things get hard in your life. For reading: there have been gazillions of people that have lived before all of us. There's no new problem you could have--with your parents, with school, with a bully. There's no new problem that someone hasn't already had and written about it in a book. • “ Will Smith

And as a bonus, we offer the book in multiples languages.

## **Book Information**

File Size: 1394 KB

Print Length: 389 pages

Simultaneous Device Usage: Unlimited

Publisher: PI Publisher; 1 edition (March 20, 2016)

Publication Date: March 20, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01D90V3MG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #194,378 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #51

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #130 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## **Customer Reviews**

Very informing book! You can keep fit in many different ways. A free way of doing so is by running. As the book outlines, running works the entire body and is good for your heart. Running also helps you to lose weight and stay healthy overall. There is a right and wrong way to run, so the book tells you how to do it best. The advantages of running over using a treadmill are also stated. This is really worth purchasing book!

This book touches the core essence of meditation, its benefits and its connection with running. I wanted to read about how to meditate while running; how to focus my mind and keep it off thoughts of fatigue during endurance events. Instead, I would describe the book as somewhat of a compare

and contrast between running and meditation. This book sure provided many awesome tips on making a workout fun instead of just a chore. And then there is about how to manage your mind, like having positive thoughts and all, while running. A comprehensive and well-written book. By following this guide, youâ™ll get week to week guidance on exactly how much running to add so you stay healthy. Running and meditation is an old art that monks and yogis use, so your book is well appreciated in this time.

I didn't ever think I'd get any guidance about running, I always thought it was just one foot in front of the other. But its a really good thing I bought this book. This is not just a guide for running..i.e. as a physical exercise but this book speaks of enjoying the workout. This book sure provided many awesome tips on making a workout fun instead of just a chore. And then there is about how to manage your mind, like having positive thoughts and all, while running. This explains how to get maximum benefits for mind and body by running.

Well-comprehend book! I like how the author write it convincingly for me to do running. I am not into exercise so I am thinking that I will suffer aging in my senior years. I now considered running even just a short minute a day. It has lots of benefits to us and at the same time getting us into shape. That is one of what I like specially when it comes to shaping my body.

Normally when it comes to running, you would say 'anyone can run'. True, but there's such a thing as running for a purpose and running the right way to achieve desired results. I never thought I would be reading a book that would enlighten me on how to run properly without overworking myself. The author encourages resting so as to avoid injuries.I like this book

Running can be fun. This book reminds us of the pleasure of enjoying nature while running. And it goes beyond just the health benefits of exercise, talking about the mental and psychological gains that are there for the taking. The author relates running to building ambition, confidence, a positive attitude, relieving mental stress, and building mental toughness. An interesting book.

This is a solid book for beginners. If you are planning on Running a Marathon or being the next Usain Bolt this book isn't for you, but if you are looking to start out on the right foot (pun intended), then this book is worth the 2.99. The book features simple ideas to motivate to ENJOY running, an oft overlooked part of the act. I think so many people just run for the sake of being healthy, they

don't realize that it is actually quite fun. This book reminds us of that.

I have been training a little more for the last 2 weeks and then bought this book. I like the fact that it goes beyond the physical benefits and explains well what others are coming from running the right way. It's a good book that helps you be successful in running. Good book!

[Download to continue reading...](#)

RUNNING : How to get in shape while you train for mental toughness: The beginner guide to total body fitness (Build a Better Self Book 1) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Navy Seal: Self-Discipline: Greatest Lessons of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves Football: What You Need to Know to Have Skill, Smarts, Focus & Confidence (Fantasy Football, Strength Training, Rugby, Mindset, Mental Toughness, Self-Discipline, Grit) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Puppy Training : How to Housebreak Your

Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health

[Dmca](#)