

LEARN TO ENJOY RUNNING FOR A LIFETIME

Six-Word Lessons on the Sport of Running by Tracey Cohen

SIX-WORD LESSONS ON
THE SPORT
OF RUNNING
100 Lessons to Enjoy
Running for a Lifetime



Tracey Cohen

Discover the many benefits of running, even those hidden beneath the surface. With the proper mindset, training and equipment, you can develop strength and endurance, both physical and mental, and tackle challenging feats you never imagined, taking your running to new heights while building lasting friendships. One hundred brief lessons include training techniques, proper equipment, mindset and more. The short, simple tips in this book will help you push yourself to levels you never dreamed possible.

Use it as a reference to come back to again and again to help you thrive on the many peaks and valleys the sport of running offers . . . for a lifetime.

Chapters Include:

Jogger or Runner: It's Your Decision; Shoes Matter—Your Most Important Equipment; Running Myths—They're Just Not True; Other Beneficial Equipment and Fun Stuff; Accredited Running Organizations and Trusted Resources; Maintenance Techniques for Prolonged Healthy Running; Injury Don't Freak Out, Try This; My Ten Commandments for Safe Running; Pace, Time, Frequency and Running Surfaces; and Oh the Races We can Run!

\$12.95 for paperback on Amazon and Barnes & Noble online
\$8.99 for e-book on kindle, iTunes, Nook and others.

“This book is essential for all who don't believe in themselves and never thought they were athletes.”

Bill Rodgers, 1976 U.S. Olympian

Tracey Cohen is an experienced ultrarunner, freelance reporter, author and autism advocate, and has competed in thousands of races around the world, including two Boston Marathons and two 100-mile competitions. Tracey has been running for over 30 years and seeks to share the simple pleasures of putting one foot in front of the other and beyond. She is also the author of Six-Word Lessons on Female Asperger Syndrome.

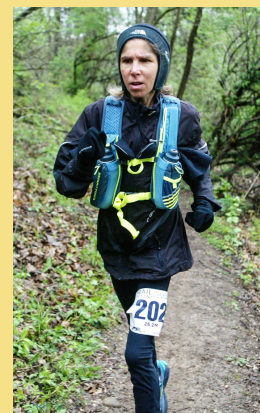


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