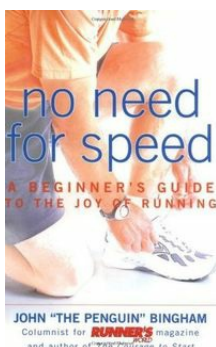


NO NEED FOR SPEED: A BEGINNER'S GUIDE TO THE JOY OF RUNNING



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It isn't a matter of getting the body you want, it's a matter of doing the most you can with the body you have. John Bingham, No Need for Speed: A Beginner's Guide to the Joy of Running //

Reader's Opinions

Tim, Wendy, Sarah, Michelle, Angie

My husband bought this book when I first started running and what an inspiration it has been. I had little confidence, little talent for running, and wasn't even sure I was doing it correctly. John Bingham's book taught me that it is ok to be slow, to run different from the other...