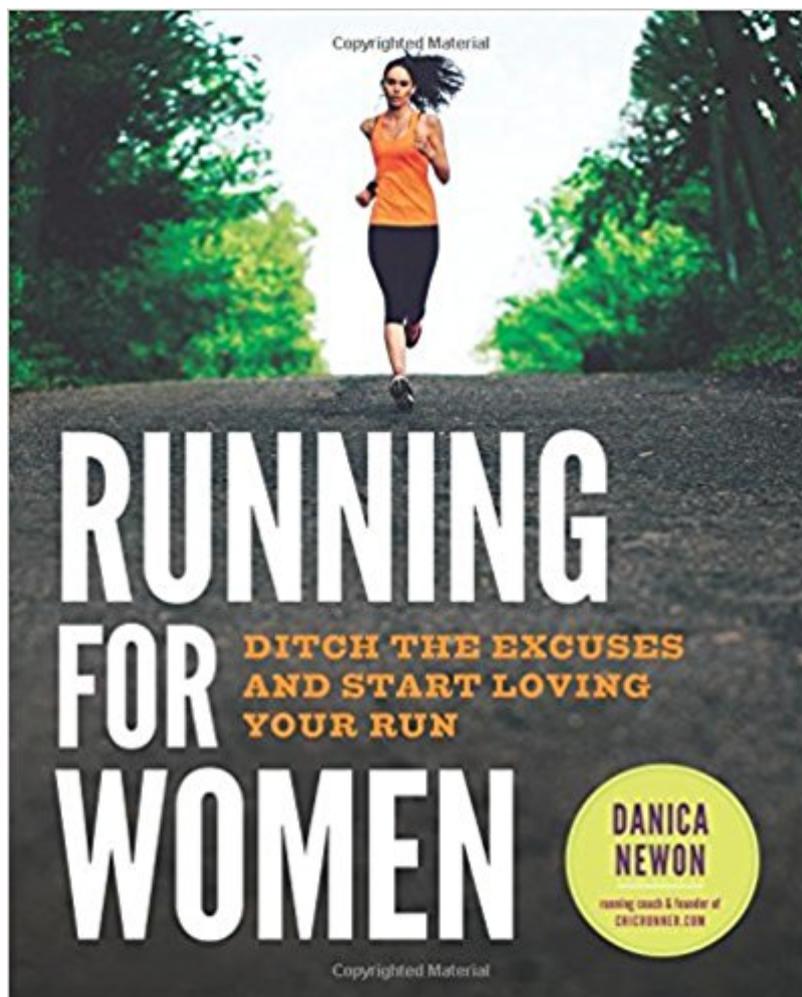


The book was found

Running For Women: Ditch The Excuses And Start Loving Your Run



Synopsis

Down-to-Earth Tips to Embrace Running at Your Own Pace After losing her mother to cancer, Danica Newon reignited her relationship with running and rediscovered how running provided balance in all areas of her life. Now a high school track coach, Newon shows why running is worth every mile in *Running For Women*. Runners lose weight, boost energy, get leaner, develop discipline, and cultivate healthy relationships. Newon knows that running for beginners can be intimidating. *Running For Women* will help you ditch the excuses and commit to a healthy running practice, at any age, any level. This info-packed runner's resource features useful lifestyle tips, targeted running schedules, and valuable injury prevention strategies to get you started. Stay prepped at every step, with: Expert stories and valuable tips from master marathoners Running gear and gadget must-haves for a smooth run Fuel-friendly recipes that cover pre-run to post-run Tips for running while pregnant and running with baby *Running For Women* is the book you need to read before you hit the trails or the treadmill.

Book Information

Paperback: 114 pages

Publisher: Rockridge Press (October 30, 2015)

Language: English

ISBN-10: 1623156394

ISBN-13: 978-1623156398

Product Dimensions: 7.5 x 0.3 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 90 customer reviews

Best Sellers Rank: #290,851 in Books (See Top 100 in Books) #230 in Books > Reference >

Encyclopedias & Subject Guides > Sports #269 in Books > Sports & Outdoors >

Miscellaneous > Reference #489 in Books > Health, Fitness & Dieting > Exercise & Fitness >

Running & Jogging

Customer Reviews

Danica Newon currently resides in Los Angeles with her husband. Visit her blog, Chic Runner, to learn more about her passion for running and writing.

I have been following Danica on social media for a year now. Her running blog is my favorite and her Instagram which is full of running and exciting life changes inspires me. I feel connected to her

in some way because, like her, i have also experienced a loss of a parent and it did a number on my love for running. I found my love for running when i started working through my grief. Anyways, I find Danica to be a very humble and positive person and so when i saw that she wrote a book on running; i had to buy it. The book is full of information for new runners. Most information i knew of already, however, i also picked up some good tips along the way as well. She goes into details and explains things well so that a new person doesn't feel overwhelmed. There are also tips from other experienced runners in there as well, which are fun to read. This book breaks down running and all that comes with it: gear, nutrition, injuries...etc. If you are someone who wants to start and LOVE running...buy this book!

I am a 68 year old woman who has never been successful with a structured exercise regime. I've joined a gym several times, started running with a boyfriend some years ago (but quit as soon as the relationship was over), and have just never had any real incentive to exercise. Now that I am retired, I have noticed that I no longer have any energy or enthusiasm, not to mention no strength or stamina. It occurred to me that running seems to be the perfect activity. First, because I can't afford a gym membership anymore and, second, I wouldn't look so good in those skimpy work-out clothes the women are wearing these days. After reading this book, running has become much more appealing because I'm learning that I don't have to be a marathon runner, or even aspire to be one. I can begin slowly with whatever my body will endure, and slowly work up, if I so choose. The author (whom everyone else seems to know and recognize, but whom is a stranger to me) has written the perfect book for a beginner. She explains exactly how to perform each and every step, and exactly how to slowly progress. There is a ton of information about how to avoid injury, the proper shoes to protect and support your feet, even how to run while pregnant, plus so much more including recipes to "fuel your body" for running, as well as to replenish after running. This book is an all-around great book for people like me, who have never run before and need good and complete information, and step-by-step instruction to do it properly and safely. I highly recommend this book for new runners. I received my book free in exchange for an honest review.

Danica Newon did a good job on this book, i really connected to it as i read it was as if parts of it was written based upon my life and my experiences. I started running to work through my grief, stress and anger which is where i found my love for running, running has helped me so much

especially though my loss which really made me connect to this book. Danica is a very positive writer, reading the book drew me in more and more with each page i read. the book is very informative i really recommend this book for all runners especially new runners as it is loaded with information and helps new runners not feel overwhelmed and can just enjoy the run. I received this product at a discount in exchange for an honest unbiased review. these opinions are my own and not persuaded in any way by receiving a discount on this product for review

Running for Women: Ditch the Excuses and Start Loving Your Run
What I like about this book is the author knows that not everyone has tons of time for a workout. As a mother herself, she understands that it can be hard to schedule in a run. The books highlights the benefits of running, form, gear, safety, and other work-outs for runners. My favorite parts of the book are for sure the healthy recipes and tips for marathon training. Good book for both beginning and experienced runners. *I received this product for my honest and unbiased review. I truly did enjoy this book!

Danica Newton is a woman to be admired. She was able to turn her grief into something positive through exercising. I haven't never really been much of a runner in the past. However, I am addicted to exercise and do a lot of cardio throughout my week . After reading this book , I have rekindled an interest in beginning to add running to my weekly routine. Danica has motivated me personally through her writing. She has given me simple steps to take to add running to my routine. I would recommend this book to anyone who loves to run or may like it and want to start running. I received this book as a copy for free in exchange of an honest and unbiased review.

Received for free for my honest review. I was very skeptical about this book but I really loved it. It has everything about running and starting out to run. To always stretch first and make sure you keep track of your heart rate. It tells you how to monitor your heart rate if your not familiar. How and which stretches to do and how long. If your on your period to still run it will boost your energy and help with bloating and pain. It helps you with what shoes to purchase and clothing to wear. To always, hydrate take a water bottle with you. Prepare a song list music to listen to so you can run too. Of course it also takes you from beginner to someone who already runs. It was a book of many things I knew and many I didn't. It shows you how to be safe while doing what you love, running. This book has so much more than I can say that's for sure, great book.

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

Running for Women: Ditch the Excuses and Start Loving Your Run Start and Run Your Own Record

Label, Third Edition: Winning Marketing Strategies for Today's Music Industry (Start & Run Your Own Record Label) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log Rich20Something: Ditch Your Average Job, Start an Epic Business, and Score the Life You Want Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Running with Curves: Why You're Not Too Fat to Run, and the Skinny on How to Start Today Run: A Complete Beginners Guide (Learn How To Start Running) The Total ME-Tox: How to Ditch Your Diet, Move Your Body & Love Your Life Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series) Runner's World Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther, and Faster--With Fewer Injuries Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations The Jesus Creed for Students: Loving God, Loving Others The Jesus Creed: Loving God, Loving Others Jesus Creed: Loving God, Loving Others

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)