



Runner's Discovery Journal

Sara Grace

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If you never thought you could run, this is the book for you.

Becoming a runner can be completely transformative for anyone who has struggled with weight or body issues. Running is the gateway to the undiscovered country, the Land of Fit and Healthy. If we could just become one of those people who laces up their sneakers and goes for a run with casual ease, we would all join the club. We know this. The problem is, we try and we fail--not so much because we're held back physically, but mentally. We need something, a tool, to help us believe we belong beyond that frontier.

This 60-days runner's log and journal is that tool. It will guide your physical and mental transformation from a casual exerciser, or even a couch potato, into a graceful, empowered runner.

You'll find training tips, inspiration, and advice in daily entries designed to help you shift your mindset around what you're capable of. Each day has space to record your run, and in some cases, journal about what you're experiencing.

Runner's Discovery Journal is also a tool for creativity. In 2010, journal creator Sara Grace launched the Thousand Mile Year, a blog where she chronicled running 1000 miles in a year as a creative and transformative challenge. During that process she not only became a runner, she learned that discipline, process, and hard work--all required and strengthened by running--are the exact same traits that boost and sustain creative pursuits.

You'll find that wisdom reflected in these pages, along with humor, practical advice, and space to explore.

The book is full-color, with lush photography and careful attention to design; you'll enjoy seeing it on your bedside table. As you add your own thoughts to its journal spaces, it will become a treasured keepsake of this very special time: When you said goodbye to the old, heavy you and welcomed the runner inside you into the world.

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