



The diary of an average runner aged 41 and a half: Never, ever, give up

Mark cameron

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The first of my two books covering the hi's and lows of running - if you enjoy this book then please also check out the sequel "If you want to go far, go together".

"Such an entertaining read, Mark digs deep within himself and shows the true spirit of an ultra-runner. An inspiration to everyone showing it's all about mind over matter"

Oh no I hear you sigh, another book promoting from fat to thin, from couch potato to elite athlete, from don't do this to you must do that, that running is awesome !

It's not meant to be any of that – it's simply meant to be an inspirational book, detailing a year in my life which happened to involve running. It covers why I took it up, what goals I set myself, what did I experience along the way, and what did I achieve at the end of it.

It's not a complex read, it's meant to be short, motivational, inspiring, fun, easy going - just how I like to be seen myself.

The end goal of the book isn't to encourage others to run; it's to share my experiences and to show that by setting goals, following the Churchill phrase "never, ever, give up", we can push limits and achieve things we might previously have thought impossible.

I want this book to give thanks to all those who have helped me along the way, and to in turn motivate and inspire other people.

If you enjoy it please look also try second book "If you want to run far, run together". If you didn't enjoy it please give me a second chance, like my running I keep improving.

http://www.amazon.co.uk/want-together-diary-average-runner-ebook/dp/B017RC8TA6/ref=sr_1_4?s=digital-text&ie=UTF8&qid=1448113658&sr=1-4

All the best

Mark

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