



# **The Runner's Book of Daily Inspiration : A Year of Motivation, Revelation, and Instruction**

*Kevin Nelson*

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Sometimes it is hard to go that extra mile or run for more minutes than the day before. Even the most dedicated runner needs an extra push. *The Runner's Book of Daily Inspiration* uses positive thinking, humor, and practical training advice coupled with a daily affirmation or resolution to give runners reinforcement and support on those lazy, rainy, or otherwise uninspired days.

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