



Heart and Sole: How 26 Ran A Marathon (And You Can, Too)

Melinda Hinson Neely

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Think you don't have what it takes to run a marathon? Well, think again! Whether you are fast or slow, young or old, thin or pleasantly plump, you can run 26.2 miles. All you need is a little heart and "sole." This book shares the inspirational stories of 26 men and women who successfully completed their first marathon. Tricia, Bobbi, Anne, Lindsay, Stephan, and others turned their dreams into a reality by losing weight, managing illnesses, juggling crazy schedules, and even scratching items off a "Shit That Scares Me" list. Heart and Sole also includes a wealth of helpful how-tos from author Melinda Hinson Neely, a veteran marathoner and Boston Qualifier. Heart and Sole takes you from start to finish along your marathon journey, so you'll be pumped up to pound out those 26.2 miles. Dare to go the distance! The experience will change your life.

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