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Run Your Race: A Guide to Making Your Impossibles Possible

Dr. Mayra Llado

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Run Your Race: A Guide to Making Your Impossibles Possible Dr. Mayra Llado
Run Your Race-- A Guide to Making Your Impossibles Possible; walks you through the process of discovering what it is you truly want and encourages you to really dream big. To choose something that you may have felt is impossible for you to accomplish and turn it into a possible through the implementation of the action steps described. This is accomplished through the story of Dr. Mayra deciding to run her first marathon, something she thought she would never be able to do, and what she did to make that possible. The first part of the book, walks you through Choosing your Path and Practicing (taking action). Second Part of the Book takes you through "Race Day!" Through the analogy of the Marathon--At the starting line, halfway there, the wall, finishing and celebrating! Interspersed throughout the book are a number of inspiring stories of other people's experience deciding, preparing and running their first marathon, how it changed them and what they have done as a result!

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