

ONWARD!



The absolute, raw, ridiculous,
soul-stirring TRUTH about training
for your FIRST MARATHON
BROOK KREDER

Onward! The Absolute, No B.S., Raw, Ridiculous Soul-Stirring Truth About Training For Your First Marathon

By Brook Kreder

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Onward! The Absolute, No B.S., Raw, Ridiculous Soul-Stirring Truth About Training For Your First Marathon By Brook Kreder

Sitting in a dingy hotel room, with a bag of Cheetos in one hand and a vodka tonic in the other, Brook Kreder decided it was time to rethink her life. Her business was on the skids, her marriage was stalling out, and her future looked anything but bright. In a flash of insight, she made a spontaneous decision that ultimately changed everything. Armed with little more than a iron-willed determination, a pair of old running shoes, and a blog, Brook began training for her first marathon. Onward! is her story of false starts, redemption, and triumph as she pushed herself to ultimately cross the finish line. Told with grit, raw honesty and in-your-face hilarity, Onward! celebrates Brook's 5-month trek to 26.2 miles, and how running her race, her way, transformed her body, spirit and life.

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Editorial Review

About the Author

Brook Kreder is a blogger, marathoner and business owner who inspires runners around the world with her wit and wildly authentic wisdom about all things running. Her mission is to empower others and tell the no b.s. TRUTH about training for your first marathon. She lives with her husband and her dog Midas in Denver, Colorado.

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