



# **Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon**

*Brook Kreder*

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## **Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon** 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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### **From reader reviews:**

#### **David Hernandez:**

Reading can called imagination hangout, why? Because when you are reading a book specifically book entitled Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon your head will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will become your mind friends. Imaging each word written in a guide then become one web form conclusion and explanation in which maybe you never get prior to. The Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon giving you a different experience more than blown away your mind but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind are going to be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

#### **Tara Carlson:**

Do you like reading a book? Confuse to looking for your chosen book? Or your book had been rare? Why so many question for the book? But almost any people feel that they enjoy regarding reading. Some people likes reading, not only science book but novel and Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon as well as others sources were given understanding for you. After you know how the great a book, you feel want to read more and more. Science publication was created for teacher or even students especially. Those books are helping them to increase their knowledge. In additional case, beside science publication, any other book likes Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon to make your spare time more colorful. Many types of book like here.

#### **Bertha Chang:**

As a student exactly feel bored to be able to reading. If their teacher questioned them to go to the library or make summary for some reserve, they are complained. Just little students that has reading's heart and soul or real their leisure activity. They just do what the educator want, like asked to the library. They go to presently there but nothing reading very seriously. Any students feel that reading through is not important, boring and can't see colorful images on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Onward!: The absolute, no b.s., raw, ridiculous, soul-stirring TRUTH about running your first marathon can make you feel more interested to read.

#### **Paulette Wang:**

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