DON’T BE SILLY YOU DON’T RUN - COMPANION

Step 1 Mindset Shifts From Age 50 to Five Marathons

1. Stop waiting to look like a runner before you take Day 1.
2. It’s a run, not a race: focus on consistency over pace.
3. Borrow someone else’s courage until your own builds up.

KEY MILESTONES & DISCUSSION PROMPTS - Page 2

1. What "I don’t do that" label are you carrying right now?
2. From Chapter 1’s gym car park to the 2018 Brighton Marathon.
3. Community matters: Halifax Harriers & Headway fundraising.

SIGNED COPIES & SPEAKING INQUIRIES - Page 3

Official Site: dontbesillyyoudontrun.com | acornity.co.uk

Amazon UK ISBN: 979-8823096218 | Kindle: B0GY3TZ911

Direct: steve.denniss@acornity.co.uk | +44 7572 047527