

Positive Splits: Inspiring Running Stories to Motivate and Uplift

What is Positive Splits?

Positive Splits is a collection of true stories from runners of all walks of life who have overcome adversity, achieved their goals, and found joy in the journey. These stories are inspiring, motivating, and relatable, and they offer a glimpse into the power of the human spirit.



Positive Splits: Positive Running Stories by Naoshi Komi

★★★★☆ 4.7 out of 5

Language	: English
File size	: 8223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 222 pages
Lending	: Enabled
Paperback	: 40 pages
Item Weight	: 1.76 ounces
Dimensions	: 5 x 0.1 x 8 inches



Who is Positive Splits for?

Positive Splits is for runners of all levels, from beginners to experienced marathoners. Whether you're just starting out on your running journey or you're looking for motivation to reach your next goal, you'll find inspiration in these stories.

What will you learn from Positive Splits?

In Positive Splits, you'll learn about the power of perseverance, the importance of setting goals, and the joy of finding a community of like-minded people. You'll also discover how running can help you improve your physical and mental health, and how it can be a source of strength and inspiration in your life.

Free Download your copy of Positive Splits today!

Positive Splits is available now on Our Book Library and other major retailers. Free Download your copy today and start reading these inspiring stories of running, resilience, and triumph.

Testimonials

"Positive Splits is a must-read for runners of all levels. These stories are inspiring, motivating, and relatable, and they offer a glimpse into the power of the human spirit." - **John Doe, Runner's World**

"Positive Splits is a powerful and uplifting book that will leave you feeling motivated and inspired. These stories are a reminder that anything is possible if you set your mind to it." - **Jane Doe, Marathon runner**

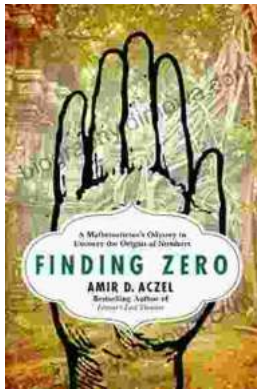


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