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John Bingham's book has been a tremendous encouragement - as I finish race after race at the back of the pack. I remember that I, too, had the 'courage to start.' Highly recommended as a motivational book, even if you don't plan on running.

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The Courage to Start by John Bingham is a nonfiction, health and fitness book about rediscovering oneself. It inspires many to get up from their couches and try something new in their lives that will benefit them and their health. The protagonist of this book is the author himself, John Bingham, with his friends and wife being the support.

The Courage to Start The Inspired Artist!

"The Miracle isn't that I Finished. The Miracle is that I had the Courage to Start" John "The Penguin" Bingham How did an overweight, 43 year old couch potato who smoked and drank and had a clumsy gait like a penguin end up completing 40 marathons, hundreds of 5K and 10K runs, become the author

John Bingham Quotes (Author of Marathoning for Mortals)

21 quotes from John Bingham: "The miracle isn't that I finished. The miracle is that I had the courage to start."; It was being a runner that mattered, not how fast or how far I could run. The joy was in the act of running and in the journey, not in the destination. We have a better chance of seeing where we are when we stop trying to get

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This book, and Bingham's other classic "No need for speed," got me off the couch and running. This book won't teach you to be a great runner, but hearing his story and overcoming self-doubt with Bingham's conversational writing style was enough to do it for me.

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