



## Finalmente runner (Italian Edition)

*Luca Manetti*

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Questo libro è dedicato a chi desidera avvicinarsi al mondo della corsa. Partendo dalla propria personale esperienza, e tramite un'esaustiva e divertente carrellata di informazioni e consigli, l'intento principale dell'autore è quello di fornire gli elementi motivazionali sui quali iniziare a praticare questa meravigliosa e salutare attività.

Perché e come iniziare, la definizione di obiettivi e il metodo per raggiungerli, la gestione del tempo, la scelta del materiale, l'alimentazione, i benefici sulla salute, la motivazione, le gare e gli errori da evitare non sono che alcuni dei temi trattati.

Scritto in prima persona, il testo vuole essere leggero e diretto come una chiacchierata tra amici. Un momento di condivisione. La corsa può veramente cambiare la vita di una persona, rendendola più brillante, dinamica e felice. Basta veramente poco. Cosa aspetti quindi? Inizia a correre!

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