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# Let Your Mind Run A Memoir Of Thinking My Way To Victory By Deena Kastor Michelle Hamilton

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**May 22nd, 2020 - wele to our first ever week dedicated to a professional and accessible and inspirational motherrunner yesterday tish hamilton talked about deena s recent book let your mind run and the lovely deena took over themotherrunner instagram account today we re running an excerpt of let your mind run we picked this one because like most of the book it s helpful and easy to integrate on'**

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*runners the marathon half marathon 10k cross country and now the masters category you name it she s a champion let your mind run is the story of how she used positive thinking to help her achieve her goals"***deena kastor let your mind run a memoir of thinking my**

*June 2nd, 2020 - deena kastor is one of the world s most extraordinary female athletes her career is earmarked by her groundbreaking 2004 olympic bronze medal in the marathon in athens greece which shattered a 20 year medal draught for u s women in the event yet her acplishments don t stop there deena is currently the american record holder in the marathon 2 19 36 and half marathon 1 07 34'*

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**'book review deena kastor s let your mind run a memoir**

*May 22nd, 2020 - let your mind run a memoir of thinking my way to victory is deena s recently released book written with michelle hamilton that takes readers through her running life beginning with her first foray with the sport as a young child and ultimately into her master s running years with all types of adventures and experiences along the way'*

**'let your mind run a memoir of thinking my way to victory**

*May 22nd, 2020 - so grab a copy of let your mind run a memoir of thinking my way to victory by by deena kastor with michelle hamilton and let s dive in i m especially stoked to read this because there are a couple of projects i have sitting on the backburner that would essentially be doing what michelle hamilton has done with deena so i m excited to see how the two collaborated to tell deena'*

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