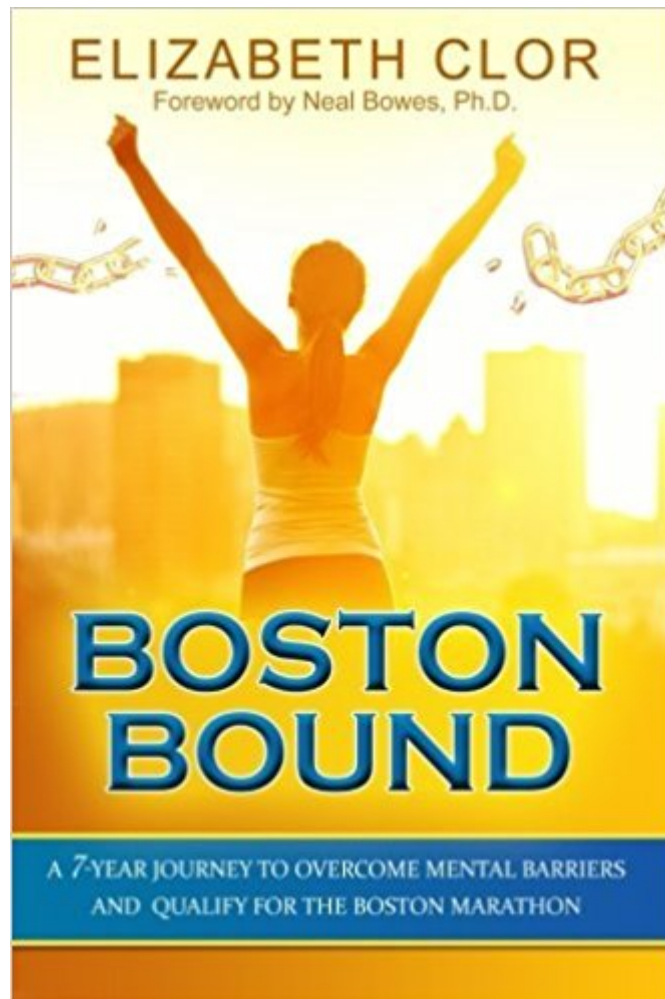


The book was found

Boston Bound: A 7-Year Journey To Overcome Mental Barriers And Qualify For The Boston Marathon



Synopsis

Have you ever wanted something so badly that your own mind became your biggest obstacle? Elizabeth Clor wanted nothing more than to qualify for the prestigious Boston Marathon. Dead set on achieving this goal, she found herself bound up in a vicious cycle of perfectionism and anxiety that thwarted her at every turn, despite making significant gains in her physical abilities over seven years. *Boston Bound* is the story of how Elizabeth discovered that her own brain was the culprit, and explains the steps she took to completely overhaul her mindset about her running and her life. For anyone seeking to realize their full potential, physically or otherwise, this story provides specific tools and a useful framework to identify and remove mental roadblocks.

Book Information

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Customer Reviews

I've read a number of running books throughout my career as a runner. Some of them are more interesting than others but this one really stood out for me. Elizabeth details a number of mental roadblocks that she had on her way to qualifying for the Boston Marathon along with the steps she took to overcome them. This is no simple running memoir though. Anyone can follow the techniques that Elizabeth used to improve her mental toughness, so the book can also serve as a guide for runners who are looking to bring their mental game to the next level. Whether you're trying to qualify for Boston or just looking for ways to get around some of the mental roadblocks that are keeping you from becoming a stronger runner in general, you should consider this book to be a must read.

"Boston Bound" is a book about running only in the way "Moneyball: The Art of Winning an Unfair

Game" is a book about baseball...it is, but it isn't. It's much more. Elizabeth Clor is a talented person who runs marathons. She didn't always see herself as that, however, and her journey to that perspective is at the core of this fine book. Runners will enjoy this particularly and learn much. But non runners can also see how one can move past obsession and perfectionism to more personal freedom and enjoyment. In perhaps the key passage in *Moneyball*, author Michael Lewis describes Oakland A's hitter Scott Hatteberg's contrast of his new team, the Oakland A's with his old team, (ironically) the Boston Red Sox: "The Boston Red Sox were obsessed with outcomes; [Hatteberg] with process. That's what kept him sane. He didn't quite think of it this way, but what he'd been trying to do all along was tame a chaotic experience with reason. To an astonishing degree, he had succeeded." (Chapter 8) With the help of others and personal reflection, Ms. Clor came to grasp the joy of focusing simply on the process, setting aside the other chaotic stimuli. She tells this story in a compelling and accessible manner. I enjoyed the book immensely..

Imagine yourself trying to achieve something for a long time. Trying to qualify for the Boston Marathon is a very difficult feat for the everyday runner. Elizabeth lets you follow her path for many years of trying to achieve this goal. The life lessons she learned from this experience are beneficial for anyone trying to reach their own personal goal whether running related or not. Included are her bouts with depression and anxiety and what she did to overcome these obstacles. Being mentally tough is one of the most difficult things to achieve as an athlete and Elizabeth gives the reader the techniques that worked for her. As a fellow runner and a fortunate Boston qualifier, I read each page with interest as she took us through the highs and many lows of a lifelong desire. Her writing style made the book a page turner for me and I loved that she included her Boston Marathon recap at the end. I would highly recommend this book to anyone hoping to qualify or who just enjoy a great book about running.

Boston Bound is an amazing story of one runner's dream to qualify for the illustrious Boston Marathon. Elizabeth Clor has a passion for running and found it almost accidentally. But this book isn't about documenting her physical feats, but rather her mental ones. She navigates the difference between challenging herself and crushing herself under the weight of high expectations. Whether you're a runner, an athlete of a different kind, a business person or competitive in anyway, this is a fine line that all walk. This book transcends running. Clor is engaging and personal. Even though we know the end result, it is impossible not to connect with her stories of defeat and stories of triumph. Most runners look for ways to improve physically, this book teaches you to consider the mental

training as well. It's hard to put this book down. Whether you run, or just have a competitive side, these stories will be all too real. I highly recommend this book and if there is a runner in your life, this is a must read. Clor's book is inspiring.

Elizabeth Clor's story is one that many of us can relate to - her mentality limited her abilities (in this case, her running career) for years, preventing her from achieving a Boston Marathon qualifying time that appeared to be well within her grasp. Runners will celebrate with Elizabeth as she recounts her journey to shift her focus and bring joy and ease back to her running. Elizabeth is a very talented writer, and she tells her story in a very intriguing way, switching back and forth between the lead-up to Boston 2016 and the races that it took to get there over a nearly decade-long time period. Elizabeth's message is inspirational, not only for us runners, but for everyone. Personally, I could relate deeply to Elizabeth's struggles with the spiral of perfectionism, anxiety, and depression, and I feel that the lessons learned from her eventual breakthrough can be applied not only to an athletic career, but to one's career and relationships as well.

So much more than a running story. A truly inspiring account of the darker side of obsession, perfectionism, anxiety and Elizabeth's struggles to overcome these. Boston Bound is a story of dedication, commitment, the road to recovery - and successfully getting that elusive BQ!

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