



Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight

By Ruth Field

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Is there a large ass-shaped dent in your sofa? A gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you covering under a blanket?

Straight-talking, funny, and brutally honest, *Get Off Your Ass and Run!* will give you?yes, you?the push you need to get out of the door, up and running, and shedding pounds in no time.

Hate running? No worries. *Get Off Your Ass and Run!* provides all the tools you need to transform that passion into real motivation. In just six easy steps, you will:

- Locate your long-lost energy and get moving
- Follow a simple and completely foolproof beginner's program
- Learn to fuel your new running habit with the right foods
- Take control of your life!

If you want to lose weight, get fit, and embrace a completely new way of being, there's only one thing left to do...RUN!

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Editorial Review

Review

"This book has all the answers for the running newbie . . . The tough-love approach of a real coach can be encouraging. Laugh with her, lace up your shoes and head out the door. It's hard to stay seated while reading this book."

?*Canadian Running*

"If you have a healthy body image and sense of humor, and need to give your motivation a kick in the pants, the Grit Doctor is for you! Ruth's combination of lashing and laughs will make you lace up and hit the ground running?no excuses."

?**Kristin Armstrong**, *Contributing Editor for Runner's World magazine and author of Mile Markers: The 26.2 Most Important Reasons Why Women Run*

"If you need a fresh dose of incentive to get out (or back out) on the road, The Grit Doctor offers up a program of no-nonsense common sense laced with brutal honesty."

?**Mina Samuels**, *author of Run Like a Girl*

"*Get Off Your Ass and Run!* is like having your best friend tell you to get real."

?**Kara Goucher**, *Olympic Distance Runner and author of Kara Goucher's Running for Women*

"As a runner who spends a good deal of time encouraging others to give it a whirl, I'm glad to have *Get Off Your Ass and Run!* as a resource to share. The balance between solid content, an intimate knowledge of the kinds of things that hand newbie runners up, and a tough-love sense of humor makes this a fun and motivating read."

?**Deborah Reber**, *author of Run for Your Life: A Book for Beginning Women Runners*

"...Offers plenty of insightful tips and loads of excuse-breaking motivation...[T]he kick-in-the-pants motivation for a friend, co-worker or family member who's badly in need of a life-changing fitness makeover."

?*Competitor*

About the Author

Ruth Field is a trial attorney and passionate runner who, while pregnant and under doctor's orders not to run, decided to write *Get Off Your Ass and Run!* as an outlet for her frustration. The Grit Doctor is what you've been missing in your life. You just didn't know it until now.

Users Review

From reader reviews:

Julie Gailey:

Here thing why this Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight are different and dependable to be yours. First of all studying a book is good however it depends in the content of it which is the content is as yummy as food or not. Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight giving you information deeper since different ways, you can find any book out there but there is no guide that similar with Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight. It gives you thrill studying journey, its open up your own eyes about the thing this happened in the world which is might be can be happened around you. It is easy to bring everywhere like in playground, café, or even in your method home by train. In case you are having difficulties in bringing the printed book maybe the form of Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight in e-book can be your alternate.

Myron Abbott:

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Deborah Hayes:

A lot of people always spent their own free time to vacation or go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a publication. The book Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight it is rather good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book possesses high quality.

Ester Beckles:

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight, you can enjoy both. It is good

combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its called reading friends.

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