



Fear

Culver Connor McCall

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FEAR is a guide to the marathon we call life. Yes, it's a book about marathon training, but it's more than just another book with training and nutritional tips. The world doesn't need another one of those books. Some of the greatest runners of all time have already written those books. This is a book about finding hope, tasting inspiration and grabbing life by the balls and living a life second to none. Have you ever heard the popular acronym FEAR = False Evidence Appearing Real? It's a good one, but it's not true! Fear always appears to be real when it rears its ugly head. Fear is an infectious disease that'll take over your life if you let it. Getting to the starting line of a marathon, running the race and triumphantly crossing the finish line requires giving the middle finger to fear. It requires us to say, "Fuck Everything And Run!" Running a marathon will change your life forever. This book, FEAR, will get you there.

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