

**LET YOUR MIND RUN**

***A memoir of thinking my way to victory***

**DEENA KASTOR**

**and Michelle Hamilton**

UK release 17th May

£18.99 hardback / £10.99 ebook

**From an Olympic medallist and America’s fastest female marathoner, an inspirational memoir on how harnessing the power of our thoughts can unlock hidden potential and success**

**DEENA KASTOR** was a star youth runner with tremendous promise, yet her career almost ended after college, when her competitive method – run as hard as possible, for fear of losing – fostered a frustration and negativity and brought her to the brink of burnout. On the verge of quitting, she took a chance and moved to the high altitudes of Colorado to train under legendary coach Joe Vigil. There she encountered the idea that would transform her running career: the notion that changing her thinking – shaping her mind to be more encouraging, kind, resilient – could make her faster than she’s ever imagined possible. Building a mind so strong would take years of effort and discipline, but it would propel Kastor to the pinnacle of running – to American records in every distance from the 5K to the marathon – and to the accomplishment of earning America’s first Olympic medal in the marathon in twenty years.

Blending memoir and running insights, **LET YOUR MIND RUN** is an intimate look inside the mind of an elite athlete, a remarkable story of achievement, and an insightful primer on how the small steps of cultivating positivity can give anyone a competitive edge.



**DEENA KASTOR** is an Olympic medallist and the American record holder in the marathon – the first American woman to run under

2:20 in the marathon. She lives in Mammoth Lakes, California.   
  
**MICHELLE HAMILTON** is a health and fitness journalist.

Her work has appeared in *Runner’s World*, *Bicycling*, *Women’s Health*

and other publications.

**Deena Kastor is available for interview**

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