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**NEW BOOK BY DR. JASON KARP REVEALS RUNNING IS A PATH TO A BETTER LIFE**

**SAN DIEGO, CA** – Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life. This is the subject of Dr. Jason Karp's highly-anticipated new book, *The Inner Runner: Running to a More Successful, Creative, and Confident You*. More people run than do any other physical activity because people see it not only for what it does physically to them, but also for what it does emotionally and spiritually. Running doesn't change people's waistlines; it changes their brains and their lives.

The book, which includes inspirational runners' stories framing the chapters, explores how running helps us become better people and provides a path to a more meaningful, more creative, more imaginative, more productive, more confident, more healthful, and more successful life. *The Inner Runner* is just as much about life as it is about running.

*The Inner Runner* is Dr. Karp's sixth book. The 2011 IDEA Health & Fitness Association's Personal Trainer of the Year, his other books include *Running a Marathon For Dummies* (Wiley, 2012), *Running for Women* (Human Kinetics, 2012), *101 Winning Racing Strategies for Runners* (Coaches Choice, 2012), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010) and *How to Survive Your PhD* (Sourcebooks, 2009). His seventh book, tentatively titled *Run Your Ass Off*, will be published by Reader's Digest in March, 2017. All of his books can be ordered through the publishers' websites, Amazon.com, and signed copies at run-fit.com.

Ten percent of sales of *The Inner Runner* are donated to charity in memory of the author's parents. For book signings, speaking engagements, or to book Dr. Jason as a guest, please contact [media@run-fit.com](mailto:media@run-fit.com).

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