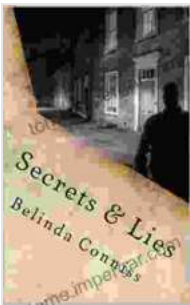


# Secrets & Lies: The Sequel to "Sad, Lonely, Long Way From Home" - Continuation of My "Running Journey"

In 2019, I published my memoir, "Sad, Lonely, Long Way From Home." The book was a critical and commercial success, and it has been praised for its honesty, humor, and insight. In "Sad, Lonely, Long Way From Home," I shared my story of how I went from being a sedentary couch potato to running 100 miles in one day. I also wrote about the challenges I faced along the way, including depression, anxiety, and an eating disorder. [Free Download.](#)



## Secrets & Lies: Secrets & Lies The sequel to Sad, Lonely & A Long Way From Home A continuation of my life back in Scotland by Belinda Conniss

★★★★★ 5 out of 5

Language	: English
File size	: 1186 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 85 pages
Lending	: Enabled



I'm often asked what happened after I finished running 100 miles. Did I keep running? Did I achieve my goal of becoming a professional runner?

The answer to both of those questions is yes. But the journey was not without its challenges.

## **The Sequel**

"Secrets & Lies" is the sequel to "Sad, Lonely, Long Way From Home." In this book, I continue my running journey, as I face new challenges and obstacles. I write about the pressures of being a professional runner, the challenges of balancing my running with my personal life, and the struggles I faced with injuries and setbacks.

But "Secrets & Lies" is more than just a running memoir. It's also a story about self-discovery, resilience, and the power of human connection. I write about the importance of finding your own path, even when it's not the path that others expect you to take. I also write about the importance of surrounding yourself with people who support you and believe in you.

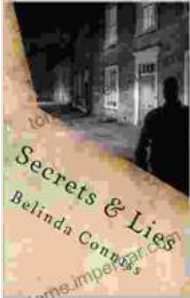
## **My Running Journey**

My running journey has been a long and winding road. There have been many ups and downs, but I wouldn't trade it for anything. Running has taught me so much about myself and about the world. It has taught me the importance of perseverance, resilience, and self-belief. It has also taught me the power of human connection and the importance of giving back to others.

I'm grateful for the opportunity to share my story with others. I hope that my story will inspire others to follow their dreams, no matter how big or small. I also hope that my story will help others to understand the challenges that runners face, and the importance of supporting runners in their journey.

## **Free Download Your Copy Today**

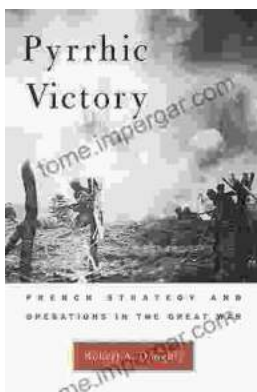
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