



# **Boston Bound: A 7-Year Journey to Overcome Mental Barriers and Qualify for the Boston Marathon**

*Elizabeth Clor*

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Have you ever wanted something so badly that your own mind became your biggest obstacle?

Elizabeth Clor wanted nothing more than to qualify for the prestigious Boston Marathon. Dead set on achieving this goal, she found herself bound up in a vicious cycle of perfectionism and anxiety that thwarted her at every turn, despite making significant gains in her physical abilities over seven years. *Boston Bound* is the story of how Elizabeth discovered that her own brain was the culprit, and explains the steps she took to completely overhaul her mindset about her running and her life.

For anyone seeking to realize their full potential, physically or otherwise, this story provides specific tools and a useful framework to identify and remove mental roadblocks.

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