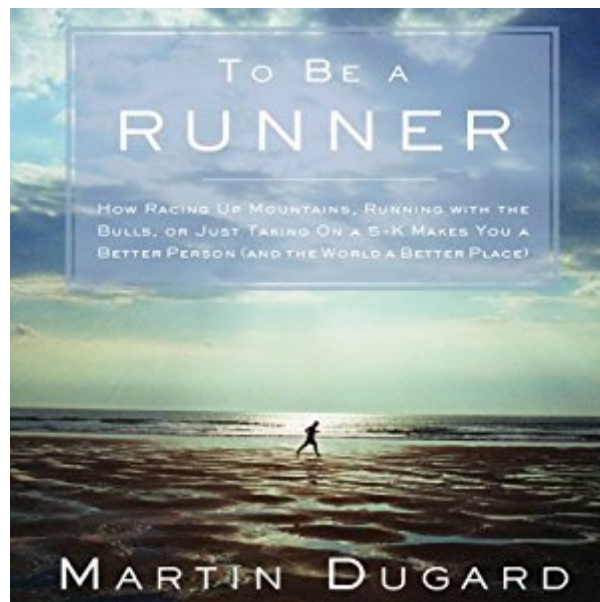




The book was found

To Be A Runner: How Racing Up Mountains, Running With The Bulls, Or Just Taking On A 5-K Makes You A Better Person (and The World A Better Place)



Synopsis

With an exuberant mix of passion, insight, instruction, and humor, best-selling author - and lifelong runner - Martin Dugard takes a journey through the world of running to illustrate how the sport helps us fulfill that universal desire to be the best possible version of ourselves each and every time we lace up our shoes. *To Be a Runner* represents a new way to write about running by bridging the chasm between the two categories of running books: how-to and personal narrative. Spinning colorful yarns of his running and racing adventures on six continents - from competing in the infamous Raid Gauloises to coaching his son's high school cross-country team - Dugard considers what it means to truly integrate the activity into one's life. For example, how the simple act of buying a new pair of running shoes can be a source of meaning and hope. As entertaining as it is provocative, *To Be a Runner* is about far more than running: It is about life, and how we should live it.

Book Information

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#593 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #688 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

lots of good tips

Accidentally stumbled upon this book even though I have really enjoyed other books by Martin Dugard. As a runner myself, I often felt like Dugard was putting into words things I have said in my head, to myself, over and over again. It's not a how-to book although he peppers in lots of interesting running tips. It's not exactly a memoir, although he tells numerous stories of races he's

run and sometimes won. I have given at least 5 of these out to friends who run as gifts. READ IT. Then also go read Chasing Lance for a phenomenally interesting inside view of the Tour de France.

I love this book. It takes me places i have been and want to go. It relates real life and how running can influence the way we live and builds who we are...When we run we never stop until we cross the finish line. Life is the same way. We take each step until God takes us to our finish line. We push through struggles, hills, rainy storms....running is life.

I checked this book out at the library one day and loved it so much that I renewed it so that I could read it again. I was so enthralled with the insights that I then ordered it through . If you are a runner or wanting to be a runner, this book is for you! At the end of the day, you will be a better person by applying these principles and it will take your running to the next level!

I gave this as a gift to a Boston Marathon reader....they loved it.

Book was passionate on the topic of running. Anyone who has structured their life around a laser focus on running will appreciate the author's approach to life and running.

Bought it for my son who is a runner. He liked it.

Great book, have given it to a number of people to read.

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