

Running For My Life One Lost Boys Journey From The Killing Fields Of Sudan To Olympic Games Lopez Lomong

THE POWER OF RUNNING. Every runner knows this, and marvels at it, and finds it hard to wholly describe: Running will change your life. These four dozen essays capture the power of running to change and shape our existence, to elevate us, to inspire and strengthen us in all our pursuits. They were selected for the fine quality of their writing, the emotional strength of the stories, and for their narrative drama. Collectively they are motivational, inspirational, and instructive, thus making a fascinating book for dewy beginners and grizzled veterans alike. In this book are personal tales of running to quit drinking or drugs, to escape a bad marriage, to lose weight, running out grief, developing self-esteem, running for the sheer joy of it. A daughter finally bonds with her distant father when she wins a local race. A man diagnosed with a tumor in his lung runs his way back to health. A teenage girl living in a crack-infested neighborhood of the Bronx takes up running and finds her strength, and a good side of life. One man, viciously attacked on a remote beach in Africa and bleeding profusely, runs miles to safety, saving his own life. One woman's story tells us, "Everything I need to know I learned from cross-country running." A Pakistani man, as an orphaned child, was introduced to running by a kind teacher—and went on to become a national caliber marathoner. They are all here—every type of runner, and running in all its physical and spiritual glory. This is a book to inspire anyone to go run, and love every miserable, glorious second of it. Garth Battista is the editor of *The Runner's Literary Companion*.

#1 NEW YORK TIMES BESTSELLER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS In this iconic memoir of his early days, Barack Obama "guides us straight to the intersection of the most serious questions of identity, class, and race" (*The Washington Post Book World*). "Quite extraordinary." —Toni Morrison In this lyrical, unsentimental, and compelling memoir, the son of a black African father and a white American mother searches for a workable meaning to his life as a black American. It begins in New York, where Barack Obama learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident. This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother's family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father's life, and at last reconciles his divided inheritance. Praise for *Dreams from My Father* "Beautifully crafted . . . moving and candid . . . This book belongs on the shelf beside works like James McBride's *The Color of Water* and Gregory Howard Williams's *Life on the Color Line* as a tale of living astride America's racial categories." —Scott Turow "Provocative . . . Persuasively describes the phenomenon of belonging to two different worlds, and thus belonging to neither." —*The New York Times Book Review* "Obama's writing is incisive yet forgiving. This is a book worth savoring." —Alex Kotlowitz, author of *There Are No Children Here* "One of the most powerful books of self-discovery I've ever read, all the more so for its illuminating insights into the problems not only of race, class, and color, but of culture and ethnicity. It is also beautifully written, skillfully layered, and paced like a good novel." —Charlayne Hunter-Gault, author of *In My Place* "Dreams from My Father is an exquisite, sensitive study of this wonderful young author's journey into adulthood, his search for community and his place in it, his quest for an understanding of his roots, and his discovery of the poetry of human life. Perceptive and wise, this book will tell you something about yourself whether you are black or white." —Marian Wright Edelman

Running for My Life is not a story about Africa or track-and-field athletics. It is about outrunning the devil and achieving the impossible; it is about faith, diligence, and the desire to give back. It is the American dream come true and a stark reminder that saving one can help save thousands more. In this heart-wrenching story, you'll learn about Lopez Lomong's harrowing kidnapping at the age of six, becoming one of the Lost Boys of Sudan; his survival in a prison refugee camp and his miraculous escape; how he arrived in the U.S. through the Unaccompanied Refugee Minor program; and Lomong's journey from high-school track star to U.S. Olympic team captain. Lopez Lomong chronicles his inspiring ascent from a barefoot lost boy of the Sudanese Civil War to a Nike-sponsored athlete on the U.S. Olympic Team. Though most of us fall somewhere between the catastrophic lows and dizzying highs of Lomong's incredible life, every reader will find in his story the human spark to pursue dreams that might seem unthinkable, even from circumstances that might appear hopeless. "Lopez Lomong's story is one of true inspiration. His life is a story of courage, hard work, never giving up, and having hope where there is hopelessness all around. Lopez is a true role model." MICHAEL JOHNSON, Olympic Gold Medalist "This true story of a Sudanese child refugee who became an Olympic star is powerful proof that God gives hope to the hopeless and shines a light in the darkest places. Don't be surprised if after reading this incredible tale, you find yourself mysteriously drawn to run alongside him." RICHARD STEARNS, president, World Vision US and author of *The Hole in Our Gospel*

One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

Run for Your Life

Running for Mortals

The Courage To Start

Nourishing Recipes for Athletes: A Cookbook

A Commonsense Plan for Changing Your Life With Running

One Lost Boy's Journey from the Killing Fields of Sudan to the Olympic Games

Finding a cancerous lump in her breast seven weeks after a clean mammogram was terrifying. But fitness expert and race announcer Fitz Koehler, refused to play the victim or allow breast cancer to steal the extraordinary life she was living. In *My Noisy Cancer Comeback*, Fitz reveals the juicy and gory details of her 16-month battle, all while zigzagging across America. Enduring chemotherapy, radiation, and surgeries in the public eye wasn't easy. You'll laugh, cry, wince, and cheer as she chronicles the clash of an avalanche of side effects with 22 major race weekends. Her inspirational tale encompasses the terror of diagnosis, bald heads and black dresses, spectacular stages, parenting with cancer, perspective and most importantly, triumph. You'll walk away grittier, more optimistic, and inspired to conquer any obstacle.

"The miracle isn't that I finished. The miracle is that I had the courage to start." Take your first step toward fitness and a happier, healthier life. Has the idea of running crossed your mind, but you haven't acted on it because you don't think you have the body of a runner? Have you thought about running but quit before you started because you knew that you would be breathless at the end of your driveway? Well, put aside those fears because you can do it. John Bingham, author of the popular *Runner's World* column "The Penguin Chronicles," transformed himself from an overweight couch potato who smoked into a runner who has completed eleven marathons and hundreds of road races. Forget about the image of a perfect body in skintight clothes, and don't worry about how fast or how far you go. Bingham shows how anyone can embrace running as a life-

enhancing activity -- rather than as a competition you will never win. In an entertaining blend of his own success story and practical advice, Bingham provides reasonable guidelines for establishing a program of achievable goals; offers tips on clothing, running shoes, and other equipment; and explains how anyone can prepare for and run distances ranging from a few miles to marathons. After all, in running and in life, the difference between success and failure sometimes comes down to a single step. Waddle on, friends.

Every mother runner has a tale to tell. A story about how she realized, fifteen years after being told that she 's best being a bookworm, that there is an athlete inside her. Or the one about how she, fifty pounds overweight and depressed, finally found the courage—and time—to lace up her running shoes. Or maybe it 's about setting a seemingly impossible goal—going under two hours in the half-marathon—and then methodically running that goal down and tearing up across the finish line. Or it might be an account of friendship: she was new to town, was having a hard time making friends, was asked to join a group run, and now she's got four BRFs (best running friends) who are her allies, her cheerleaders, her reality checks. Maybe it's just a simple story of the beauty of starting the day off with an endorphin rush. Or, sadly, it could be about how, through the guidance of a thoughtful running friend, she found the space and rhythm to process being raped—and regained her strength and sense of self through every footstep. In *Mother Runners*, elite runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also the inspiring stories of many members of the vibrant mother runner community they've built on their popular site, *Run Like a Mother*. While the common theme is running, the variations that happen through the miles are as endless as the miles themselves: losing weight, gaining confidence, finding yourself, connecting with friends, expecting more, setting goals, dealing with disappointment, figuring out how to train efficiently, clearing your head, reconnecting with your memories, building a better you. Whether you've run more marathons than you can remember, or you're just getting started, you'll find the inspiration you need to get out there, keep pushing, and run like a mother.

With *My Life on the Run*, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer

Running in Parallel Book 1

A Story of Race and Inheritance

What I Talk About When I Talk About Running

The Woman ' s Guide to Running for Office and Changing the World

My Life Next Door

How Meditative Running can Improve Performance and Make you a Happier, More Fulfilled Person

Two women. Two worlds. One goal: to stay alive. All Fara wants is to earn enough tips to pay the bills, somehow learn to stand up for herself, and eat a good cheeseburger. What she gets is a federal agent who is convinced she is hiding a dangerous device in her tiny apartment; and a new and unexplainable ability that she really could do without. All Blu wants is to restore democracy to her world, preferably without dying in the process. What she gets is the unwanted attention of two of the most lethal leaders of Jurisdiction; one who wants nothing more than to kill her, and the other...well...it's complicated. Neither woman had 'run for my life' on their to-do list, but you don't always get what you want.

Discover how mindfulness can enhance your running and make you a happier, more fulfilled person. By applying mental fitness training to your running regime, you tap into a powerful mind-body connection that not only optimizes sporting performance, but also boosts happiness both on and off the running trails. *Mindful Running* brings together scientific research, expert analysis, and elite athlete contributions to reveal how relating to your mind, body, and surroundings in a new way can help you run longer and faster, as well as offer a boost to your overall mental, emotional, and physical health. Devised with both the competitive and everyday runner in mind, Mackenzie L. Havey introduces an innovative, approachable, and authoritative guide designed to increase self-awareness, develop concentration, and improve endurance. Not only does this have the potential to translate into better running, it can also play a role in training you to endure life's challenges with greater ease and find joy in all things big and small. *Mindful Running* is a total body and mind fitness regime.

Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

Jen Miller has fallen in and out of love, but no man has been there for her the way running has. In *Running: A Love Story*, Jen tells the story of her lifelong relationship with running with wit, thoughtfulness, and brutal honesty. Jen first laces up her sneakers in high school, when, like many people, she sees running as a painful part of conditioning for other sports. But when she discovers early in her career as a journalist that it helps her clear her mind, focus her efforts, and achieve new goals, she becomes hooked for good. Jen, a middle-of-the-pack but tenacious runner, hones her skill while navigating relationships with men that, like a tricky marathon route, have their ups and downs, relying on running to keep her steady in the hard times. As Jen pushes herself toward ever-greater challenges, she finds that running helps her walk away from the wrong men and learn to love herself while revealing focus, discipline, and confidence she didn't realize she had. Relatable, inspiring, and brutally honest, *Running: A Love Story*, explores the many ways that distance running carves a path to inner peace and empowerment by charting one woman's evolution in the sport.

A Memoir

Running the Race to Revolutionize Women's Sports

Running for My Life, Winning for Cmt

Running at the Mouth, While Running for My Life

Marathon Woman

Essays

Lopez Lomong chronicles his inspiring ascent from a barefoot lost boy of the Sudanese Civil War to a Nike sponsored athlete on the US Olympic Team. Every reader will find in his story the human spark to pursue dreams that might seem unthinkable, even from circumstances that might appear hopeless.

Fuel up like 2017 New York City Marathon Champion Shalane Flanagan. From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—and New York Times bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-

blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, *Run Fast. Eat Slow.* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

“ Over the last few years we ’ ve seen a remarkable surge of women running for office, and even better, winning. Running takes courage, passion, and commitment, but it also takes books like this. June and Kate have created a wonderful resource for women as they think about taking the leap. ” —Hillary Rodham Clinton Turn “ can I do this? ” into “ yes, I can! ” Join the growing wave of women leaders with *Represent*, an energetic, interactive, and inspiring step-by-step guide showing how to run for the approximately 500,000 elected offices in the US. Written with humor and honesty by writer, comedian, actress, and activist June Diane Raphael and Kate Black, former chief of staff at EMILY ’ s list, *Represent* is structured around a 21-point document called “ I ’ m Running for Office: The Checklist. ” Doubling as a workbook, *Represent* covers it all, from the nuts and bolts of where to run, fundraising, and filing deadlines, to issues like balancing family and campaigning, managing social media and how running for office can work in your real life. With infographics, profiles of women politicians, and wisdom and advice from women in office, this is a must-own for any woman thinking of joining the pink wave.

Warrick Dunn was only eighteen when his mother, a Baton Rouge police officer, was shot and killed. Yet somehow he managed to enroll at Florida State University and help his team to a national championship during his freshman year—while also caring for his five brothers and sisters. Despite his modest size, Dunn went on to a storied NFL career with the Tampa Bay Buccaneers and the Atlanta Falcons, becoming one of only twenty-three running backs in NFL history to exceed the 10,000-yard career rushing mark. Off the field, he created the Warrick Dunn Foundation and its Homes for the Holidays program, helping single parents achieve first-time home ownership. But in his drive to help others, the one person Dunn neglected was himself, as the pain of his mother's loss led to a spiraling depression that went untreated for years. *Running for My Life* details Dunn's struggle to confront his past and face the grief that consumed him for far too long. Thought-provoking and uplifting, it is the story of an exceptional athlete's secret torment and inspiring courage.

Running & Being

A Guide To Running for Your Life

Love the Process, Get Faster, Run Longer

A Woman Running in a Man's World

True Stories of the Power of Running

Mindful Running for a Happy Life

This is the extraordinary true story of how a former British soldier turned extreme adventurer set out to run marathons in the world's most dangerous countries. In 2018, Jordan Wylie trained and ran in Somalia, Iraq and Afghanistan to raise awareness of the plight of children suffering in war zones as well as the funds to help provide education. Risking his life in some of the most hostile places in the world, Wylie defies suicide bombers, official advice, dehydration and exhaustion, as well as his own mental and physical health issues in an incredible tale of endurance and tenacity against the odds. His first race, in Somalia, is moved to Somaliland after a suicide bomber kills 600 people. Running the Baghdad half-marathon brings back painful memories of friends and colleagues he lost when he served there. Finally, at the Afghanistan marathon, he provides a high-profile target for the Taliban, who murder seventeen people the day before he arrives. What makes these three runs even more challenging is the fact that Jordan is affected not just by mental health issues from his own experiences, but also with epilepsy. Alongside the more extreme obstacles, Jordan has to overcome self-doubt - and the doubt of others - to show what can be achieved with belief and fortitude.

A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play, and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Dr. Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, he describes what it means to experience the oneness of body and mind, of self and the universe. In this, he argues, we have the power to discover "the truth that makes men free."

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of *Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author *Runner's World* articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

Run Fast. Eat Slow.

Running Home

Mindful Running

My Noisy Cancer Comeback

Running My Life - The Autobiography

The Diary of Alexis Love

From the time he was a small child Serge Gasore has been a runner. Some days he was running to play, some days he was running to school, some days he was running for a prize, but some days he was running for his life. In *My Day to Die: Running for My Life*, Gasore details the story of his life beginning with his early childhood when his mother was murdered when Gasore was only four years old. His story continues through his later childhood as Gasore struggled for survival during the Rwandan genocide, which occurred when he was eight years old. His story describes some of the horrors he faced, including watching his grandmother die during an ambush grenade attack by the Hutu army on the church where they, and other Tutsis, were hiding. Gasore tells of neighbors and friends turning against him for the mere fact he was a Tutsi and they were Hutu. He tells of weeks of running from the enemy, hiding among the bamboo bushes. His story continues as Gasore details his time in the army as a child, not even 10 years old yet, and his adjustment to life in a new world after the war. As he grew up and moved into high school, Gasore channeled his love for running into a tool for advancing his future. His love of running became a career opportunity and brought him to the United States. Gasore continues his story as he attended Abilene Christian University in Abilene, Texas, on a track scholarship. It was there, in the slow pace of a dusty, West Texas town, that Gasore came to know a loving God and headed down a path of forgiving those who had caused him so much pain and harm.

A call to action to slow down or reverse the aging process, with examples and stories of one woman's successful program to remain physically fit for all her life.

"In a way, I felt as though I was running for my life and the track was my escape. Looking back, I would not have made it this far without some sort of outlet. That "stupid journal" I kept locked away is what kept me alive." *Running for My Life* is a story about how a young girl who once hated her life used sports to turn her life into one she now loves. Her secret formula was faith, determination, and hard work. Her story is living proof that your end can be much better than your beginning but first you have to believe. Like most of us, her life is full of negative circumstances that were meant to throw her off course. However, few people master the techniques required to use those same situations to push them forward. Alexis did and this book is her diary, but also your guide to how you can do the same. Like this beautiful young girl, your trial can become your testimony.

Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

The Wit, Wisdom, and Insights of a Road Racing Icon

The Happy Runner

Running: A Love Story

How I built a better me one step at a time

The Total Experience

Running for My Life

A gorgeous debut about family, friendship, first romance, and how to be true to one person you love without betraying another "One thing my mother never knew, and would disapprove of most of all, was that I watched the Garretts. All the time." The Garretts are everything the Reeds are not. Loud, numerous, messy, affectionate. And every day from her balcony perch, seventeen-year-old Samantha Reed wishes she was one of them . . . until one summer evening, Jase Garrett climbs her terrace and changes everything. As the two fall fiercely in love, Jase's family makes Samantha one of their own. Then in an instant, the bottom drops out of her world and she is suddenly faced with an impossible decision. Which perfect family will save her? Or is it time she saved herself? A dreamy summer read, full of characters who stay with you long after the story is over.

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and-even more important-on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

Running for My Life is the powerful story of Andrea McKane, a fourteen-year-old who struggles to cope with her mother's schizophrenia. She must face the heartbreaking fact that her mother, with whom she once laughed and played, has vanished into her disease, possibly forever. The book accurately portrays the difficulties a teen faces when dealing with the illness, the abuse and absence of a psychotic parent. *Running for My Life* shows the effects of mental illness on a family, and a teenager's attempts to manage the changes that have shaken her life. With courage, strength, and the loving support of her friends, her father, and her therapist, Andrea finds salvation through running. *Running for My Life* represents a breakthrough effort in portraying the challenges children deal with when they have to protect themselves from a guardian.

The revised edition of the bestselling *ChiRunning*, a groundbreaking program from ultra-marathoner and

nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program.

Triumphs, Trials, Tips, and Tricks from the Road

My Journey in the Game of Football and Beyond

My Day to Die

The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100

The Run Walk Run® Method

Running For My Life

Imagine having to pay attention to every step as you run a race so you don't trip and fall. Imagine wondering when the blisters and burning in your feet will start. Imagine standing at the starting line of a race and wondering if you will have enough energy to finish the race. Author Christine Wodke does not have to imagine. As an athlete with Charcot-Marie Tooth Disorder, she faces these challenges every time she lines up to compete in marathons and triathlons. Charcot-Maire-Tooth Disorder, or CMT, affects 1 in 2,500 Americans or 155,000 people across the nation. It is the biggest disease no one has ever heard of. When Wodke was diagnosed with CMT in 2010, she realized she was lucky to be running and doing triathlons at all. Patients with CMT were once told to go home and rest. It was thought exercise would accelerate the condition. It didn't seem right to Chris Wodke that no one have ever heard of a disease affecting so many Americans. She set the goal of running the Boston Marathon and other high-profile events to change public awareness and perception of CMT. This is the story of her journey.

****As heard on Dr Rangan Chatterjee's 'Feel Better, Live More' Podcast**** We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives? William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes that we need a radical new approach to mindfulness: an approach that originates in the body itself. Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, Run for Your Life offers a series of simple mental routines that unleash the meditative, restorative powers of exercise.

For readers who enjoyed Alexandra Heminsley's Running like a Girl and Bryony Gordon's Mad Girl, Running for my Life is a hilarious, heartfelt and inspirational story of one woman's marathon journey through mental illness. Throughout her life, Rachel Cullen followed a simple yet effective route straight to mental health misery. Suffering from bipolar disorder, and hungry for approval at any price, she settled for flunked relationships, an ill-fitting career, and poor health to match. Whilst mindlessly seeking a utopian vision of 'normality' that she was mis-sold and so desperate to achieve, the solution seemed increasingly illusive. Stuck in this endless cycle of disappointment with her life, and not knowing how to handle the strain of her mental illness, she put on a pair of old trainers. She'd never been able to think of herself as a 'runner', and the first time she forced herself out the door, she knew it would hurt.

Everywhere. She just didn't realise how much it would heal her, too. Interspersed with Rachel's real diary entries, from tortuous teen years to eventually running the London Marathon, Running for my Life will make you laugh, cry, and question whether you really can outrun your demons.

In the tradition of Wild and H Is for Hawk, an Outside magazine writer tells her story—of fathers and daughters, grief and renewal, adventure and obsession, and the power of running to change your life. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE I'm running to forget, and to remember. For more than a decade, Katie Arnold chased adventure around the world, reporting on extreme athletes who performed outlandish feats—walking high lines a thousand feet off the ground without a harness, or running one hundred miles through the night. She wrote her stories by living them, until eventually life on the thin edge of risk began to seem normal. After she married, Katie and her husband vowed to raise their daughters to be adventurous, too, in the mountains and canyons of New Mexico. But when her father died of cancer, she was forced to confront her own mortality. His death was cataclysmic, unleashing a perfect storm of grief and anxiety. She and her father, an enigmatic photographer for National Geographic, had always been kindred spirits. He introduced her to the outdoors and took her camping and on bicycle trips and down rivers, and taught her to find solace and courage in the natural world. And it was he who encouraged her to run her first race when she was seven years old. Now nearly paralyzed by fear and terrified she was dying, too, she turned to the thing that had always made

her feel most alive: running. Over the course of three tumultuous years, she ran alone through the wilderness, logging longer and longer distances, first a 50-kilometer ultramarathon, then 50 miles, then 100 kilometers. She ran to heal her grief, to outpace her worry that she wouldn't live to raise her own daughters. She ran to find strength in her weakness. She ran to remember and to forget. She ran to live. Ultrarunning tests the limits of human endurance over seemingly inhuman distances, and as she clocked miles across mesas and mountains, Katie learned to tolerate pain and discomfort, and face her fears of uncertainty, vulnerability, and even death itself. As she ran, she found herself peeling back the layers of her relationship with her father, discovering that much of what she thought she knew about him, and her own past, was wrong. *Running Home* is a memoir about the stories we tell ourselves to make sense of our world—the stories that hold us back, and the ones that set us free. Mesmerizing, transcendent, and deeply exhilarating, it is a book for anyone who has been knocked over by life, or feels the pull of something bigger and wilder within themselves. "A beautiful work of searching remembrance and searing honesty . . . Katie Arnold is as gifted on the page as she is on the trail. *Running Home* will soon join such classics as *Born to Run* and *Ultramarathon Man* as quintessential reading of the genre."—Hampton Sides, author of *On Desperate Ground* and *Ghost Soldiers*

Run For Your Life

Running in Parallel

Tales from Another Mother Runner

On the Extreme Road with Adventure Runner Ray Zahab

How Running Changed My Life

Represent

A straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. Dr. Cucuzzella "aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn" (Amby Burfoot, Boston Marathon winner, writer at large for *Runner's World* magazine, and author of *The Runner's Guide to the Meaning of Life*). Despite our natural ability and our human need to run, each year more than half of all runners suffer injuries. Pain and discouragement inevitably follow. Cucuzzella's book outlines the proven, practical techniques to avoid injury and reach the goal of personal fitness and overall health. With clear drawings and black-and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities.

The authors of *Marathoning for Mortals* - John "The Penguin" Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easily. You don't have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the "Penguin mantra" that has enabled John Bingham—through his best-selling book *No Need for Speed*, his popular monthly column for *Runner's World* magazine, and his many appearances at major running events throughout the year—to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them. By teaming up with coach Jenny Hadfield, his wife and coauthor on *Marathoning for Mortals*, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by *Runner's World*, the authority of America's leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

Michelle Orange uses the lens of pop culture to decode the defining characteristics of our media-drenched times. In *This Is Running for Your Life*, Michelle Orange takes us from Beirut to Hawaii to her grandmother's retirement home in Canada in her quest to understand how people behave in a world increasingly mediated—for better and for worse—by images and interactivity. Orange's essays range from the critical to the journalistic to the deeply personal; she seamlessly combines stories from her own life with incisive analysis as she explores everything from the intimacies we develop with celebrities and movie characters to the troubled creation of the most recent edition of the *Diagnostic and Statistical Manual of Mental Disorders*. With the insight of a young Joan Didion and the empathy of a John Jeremiah Sullivan, Orange dives into popular culture and the status quo and emerges with a persuasive and provocative book about how we live now. Her singular voice will resonate for years to come.

THE SUNDAY TIMES BESTSELLER 'Bella's brilliant love letter to running turns into an extraordinarily brave and frank account of her battle with anxiety. A passionate and important book' Joe Lycett
'Perfect for resetting a glum January mindset' Alexandra Heminsley 'My kind of role model' Ben Fogle
Run for Life

How to Run, Walk, and Move Without Pain or Injury and Achieve a Sense of Well-Being and Joy

My Life on the Run

Frantic and Forty

10 Years, 5 Marathons, and 1 Life-Changing Sport

Dreams from My Father

Counsels running athletes on how to maintain active fitness throughout one's senior years, explaining the potential health benefits of running while making recommendations on everything from strength training and improving flexibility to fighting bone loss and preventing back pain. Original.

The story of the world's number-one adventure runner.

A NEW YORK TIMES BESTSELLER Fueled by her years as an elite runner and advocate for women

in sports, Lauren Fleshman offers her inspiring personal story and a rallying cry for reform of a sports landscape that is failing young female athletes "Women's sports have needed a manifesto for a very long time, and with Lauren Fleshman's Good for a Girl we finally have one." -Malcolm Gladwell, author of Outliers and David and Goliath "Good for a Girl is simultaneously a moving memoir and a call to action in how we think about—and train—girls and women in elite sports. It's a must-read—for anyone who loves running, for anyone who has a daughter, and for anyone who cares about creating a better future for young women." -Emily Oster, author of Expecting Better, Cribsheet, and The Family Firm

Lauren Fleshman has grown up in the world of running. One of the most decorated collegiate athletes of all time and a national champion as a pro, she was a major face of women's running for Nike before leaving to shake up the industry with feminist running brand Oiselle and now coaches elite young female runners. Every step of the way, she has seen the way that our sports systems—originally designed by men, for men and boys—fail young women and girls as much as empower them. Girls drop out of sports at alarming rates once they hit puberty, and female collegiate athletes routinely fall victim to injury, eating disorders, or mental health struggles as they try to force their way past a natural dip in performance for women of their age. Part memoir, part manifesto, Good for a Girl is Fleshman's story of falling in love with running as a girl, being pushed to her limits and succumbing to devastating injuries, and daring to fight for a better way for female athletes. Long gone are the days when women and girls felt lucky just to participate; Fleshman and women everywhere are waking up to the reality that they're running, playing, and competing in a world that wasn't made for them. Drawing on not only her own story but also emerging research on the physiology and psychology of young athletes, of any gender, Fleshman gives voice to the often-silent experience of the female athlete and argues that the time has come to rebuild our systems of competitive sport with women at their center. Written with heart and verve, Good for a Girl is a joyful love letter to the running life, a raw personal narrative of growth and change, and a vital call to reimagine sports for young women.

A Revolutionary Approach to Effortless, Injury-Free Running

This Is Running for Your Life

Jog On: How Running Saved My Life

ChiRunning

Good for a Girl