

Running From Safety An Adventure Of The Spirit Richard Bach

While doing genealogy research, a college professor runs across a true example of that most wayward of American existences—the hobo—in a story of a pair of runaways who hopped the rails, departing for times and places unknown, with only their adventurous spirits to guide them. Near his life's end, Percy B. Gates was a distinguished family man. He'd settled down and leveled out, but his past was full of adventure. At age thirteen, Percy and his best friend, Bill, ran off, whisked away from their homes on railroad tracks. They met a wide cast of characters while traveling the fifty states, from Wyatt Earp in the Old West to Teddy Roosevelt down in San Antonio. Bill fought a war, and Percy barely missed joining Roosevelt's Rough Riders. Eventually, they became boilermakers on that same railroad and found themselves in the middle of more than one outburst of union violence. Their rowdy journey through life ended up as more than those young runaways could have imagined. This expansive adventure portrays a classic American story, based on the author's grandfather's own tales and letters. Leaving a disastrous past behind, the hobo sets off on his own American dream.

Summer 1972. Three brothers are stationed with their family on a United States Air Force Base in the Philippines during the Vietnam War. After witnessing the crash landing of their father's jet, the boys and their fellow scouts are unexpectedly called to action as a daring rescue attempt is launched. What began as a simple Boy Scout excursion quickly transforms into a harrowing adventure that spans two decades filled with combat aircraft, submarines, enemy soldiers, secret codes, automatic rifles, traps and long-lost treasure. This is a thrilling tale of heroism and courage in the face of overwhelming odds and incredible danger. Even more unbelievable, everything in this story is absolutely true...except of course for those parts that were made up or otherwise fabricated to protect National Security or something like that.

"A rousing adventure yarn full of danger and heart and humor." —Richard Russo An instant classic for fans of Jane Smiley and *Kitchens of the Great Midwest*: when two hardscrabble young boys think they've committed a crime, they flee into the Northwoods of Wisconsin. Will the adults trying to find and protect them reach them before it's too late? It's the summer of 1994 in Claypot, Wisconsin, and the lives of ten-year-old Fischer "Fish" Branson and Dale "Bread" Breadwin are shaped by the two fathers they don't talk about. One night, tired of seeing his best friend bruised and terrorized by his no-good dad, Fish takes action. A gunshot rings out and the two boys flee the scene, believing themselves murderers. They head for the woods, where they find their way onto a raft, but the natural terrors of Ironsforge gorge threaten to overwhelm them. Four adults track them into the forest, each one on a journey of his or her own. Fish's mother Miranda, a wise woman full of fierce faith; his granddad, Teddy, who knows the woods like the back of his hand; Tiffany, a purple-haired gas station attendant and poet looking for connection; and Sheriff Cal, who's having doubts about a life in law enforcement. The adults track the boys toward the novel's heart-pounding climax on the edge of the gorge and a conclusion that beautifully makes manifest the grace these characters find in the wilderness and one another. This timeless story of loss, hope, and adventure runs like the river itself amid the vividly rendered landscape of the Upper Midwest.

In his latest novel *One*, phenomenally bestselling author Richard Bach asks the questions--what if we could meet the people we are destined to be in twenty years? What if we could confront the people we were in the past, and those we are right now in parallel lifetimes, in alternate worlds?

The photojournalist describes his recovery from an ankle injury and his three-time run the length of the Grand Canyon despite doctors' claims he would never be able to run again

Adventure and extreme sports are increasing in popularity and it is not surprising that commercial adventure tourism and the accompanying life style and fashion, have become increasingly important to world economy. These unique sports involve not only major physical endurance and mental challenges but interaction and bonding with nature. They also tend to attract and excite audiences, both at the event and in the media. They are exciting to watch and redraw the boundaries of human achievement with the accompanying risks of injury and death.

Adventure sports are usually performed in beautiful, exciting and remote locations or in extreme environments far away from medical assistance. Extreme sports usually involve an element of increased risk. These risks are highlighted by the media, usually after a reported accident or fatality but may vary according to the involvement of the participant; the weekend recreational adventure sports athlete or the experienced professional. A wide variety of sports fall into the category of adventure and extreme sports and with an increasing number of disciplines, this field is ever expanding. Sports are performed in contact with the "ground"; mountain running and biking, rock climbing, ice climbing and mountaineering. In the air: skydiving and base jumping. On water: surfing, white water kayaking and rafting, board sailing and diving. And also involve mechanical vehicles and animals! Some sports may be performed as a combination of few disciplines, such as water and air, e.g. kite surfing, and as so involve very unique mechanisms of injury. Sports events can also be merged to form a multi-sport race comprising many disciplines lastly from single to multi day races. Sports may involve competition with others, against the environment or with oneself, frequently the most ferocious adversary. Adventure sports are becoming increasingly popular in the general public and a few take these sports to an extreme level with the accompanying risks. Those that do, bring such time and dedication that they become professional in terms of training, preparation and finance. More and more people are enjoying adventure sports and unfortunately increased numbers are becoming injured as a result. Future research is progressing alongside the sport development, to allow the sport mechanisms, injury patterns and predisposing factors to be better understood. It is the hope of all researchers to make the sports safer without detracting from their adventurous nature. The aim and scope of our book would be to bring the sports medicine involved in each of these sports into one volume. We would explain each sport including subtle similarities and differences, the common injury mechanisms, patterns of injury and treatment options. Additional chapters would include the mental characteristics of adventure racers and extreme sports athletes, together with the complexities of competing in hot and cold extreme environments. The book will present chapters focussing on the sports listed below, concentrating on published literature and newly formed studies by experts in the fields of injury epidemiology, prevention, management and rehabilitation.

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

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential--from start to finish! Let's pretend that I was killed on that day, when I wasn't. The day when my guardian angel managed to throw my F-86F half a second from becoming a fireball in the desert, up into a clear sky, way above what would have been the impact point. If she hadn't done this, if she hadn't spared my life time after time in the 80-some years that we've been together, I wouldn't have written this book that brings those strange times together, and suggests why we choose any lifetime in the first place. For 78 of those years, I had no idea that she existed, hadn't heard about guardian angels and what their job might be. Hadn't heard that our angel stays with us from the minute we're born till the time that our mission is done, and we come home to the place we call heaven. Today I've just about finished a lifetime, and at last I can understand what it is that

we do as mortals, and why we choose these over all the other possibilities. Thank you, dear guardian angel, and please consider that with your consent and signature, our contract will extend to yet another lifetime.

INSTANT NEW YORK TIMES BESTSELLER! "If you liked *Where the Crawdads Sing*, you'll love *This Tender Land*...This story is as big-hearted as they come." —Parade The unforgettable story of four orphans who travel the Mississippi River on a life-changing odyssey during the Great Depression. In the summer of 1932, on the banks of Minnesota's Gilead River, Odie O'Banion is an orphan confined to the Lincoln Indian Training School, a pitiless place where his lively nature earns him the superintendent's wrath. Forced to flee after committing a terrible crime, he and his brother, Albert, their best friend, Mose, and a brokenhearted little girl named Emmy steal away in a canoe, heading for the mighty Mississippi and a place to call their own. Over the course of one summer, these four orphans journey into the unknown and cross paths with others who are adrift, from struggling farmers and traveling faith healers to displaced families and lost souls of all kinds. With the feel of a modern classic, *This Tender Land* is an enthralling, big-hearted epic that shows how the magnificent American landscape connects us all, haunts our dreams, and makes us whole.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

The members of the PAW Patrol tour the town of Adventure Bay, including the airport, a movie set, and the library.

In his critically acclaimed bestseller *Shadow Divers*, Robert Kurson explored the depths of history, friendship, and compulsion. Now Kurson returns with another thrilling adventure—the stunning true story of one man's heroic odyssey from blindness into sight. Mike May spent his life crashing through. Blinded at age three, he defied expectations by breaking world records in downhill speed skiing, joining the CIA, and becoming a successful inventor, entrepreneur, and family man. He had never yearned for vision. Then, in 1999, a chance encounter brought startling news: a revolutionary stem cell transplant surgery could restore May's vision. It would allow him to drive, to read, to see his children's faces. He began to contemplate an astonishing new world: Would music still sound the same? Would sex be different? Would he recognize himself in the mirror? Would his marriage survive? Would he still be Mike May? The procedure was filled with risks, some of them deadly, others beyond May's wildest dreams. Even if the surgery worked, history was against him. Fewer than twenty cases were known worldwide in which a person gained vision after a lifetime of blindness. Each of those people suffered desperate consequences we can scarcely imagine. There were countless reasons for May to pass on vision. He could think of only a single reason to go forward. Whatever his decision, he knew it would change his life. Beautifully written and thrillingly told, *Crashing Through* is a journey of suspense, daring, romance, and insight into the mysteries of vision and the brain. Robert Kurson gives us a fascinating account of one man's choice to explore what it means to see—and to truly live.

Avi Steinberg is stumped. After defecting from yeshiva to attend Harvard, he has nothing but a senior thesis on Bugs Bunny to show for himself. While his friends and classmates advance in the world, Steinberg remains stuck at a crossroads, his "romantic" existence as a freelance obituary writer no longer cutting it. Seeking direction (and dental insurance) Steinberg takes a job running the library counter at a Boston prison. He is quickly drawn into the community of outcasts that forms among his bookshelves—an assortment of quirky regulars, including con men, pimps, minor prophets, even ghosts—all searching for the perfect book and a connection to the outside world. Steinberg recounts their daily dramas with heartbreak and humor in this one-of-a-kind memoir—a piercing exploration of prison culture and an entertaining tale of one young man's earnest attempt to find his place in the world.

A story of adventure, survival, courage, and hope, set in the vivid Himalayan landscape of Tibet and India. Tash lives in Tibet, where as a practicing Buddhist she must follow many rules to avoid the wrath of the occupying Chinese soldiers. Life remains peaceful as long as Tash, her family, and their community hide their religion and don't mention its leader, the Dalai Lama. The quiet is ruptured when a man publicly sets himself on fire to protest the occupation. In the crackdown that follows, soldiers break into Tash's house and seize her parents. Tash barely escapes, and soon she and her best friend, Sam, along with two borrowed yaks, flee across the mountains, where they face blizzards, hunger, a treacherous landscape, and the constant threat of capture. It's a long, dangerous trip to the Indian border and safety—and not all will make it there. This action-packed novel tells a story of courage, hope, and the powerful will to survive, even in the most desperate circumstances.

Following his escape from the zoo, Albert Bear encounters a series of mishaps and finally finds himself running in a marathon.

Covers contemporary authors and works that have enjoyed commercial success in the United States but are typically neglected by more "literary" guides. Provides high school and college students with everything they need to know to understand the authors and works of American popular fiction.

A man and his dog set out for adventure along the Appalachian Trail. When a chance encounter puts them in the crosshairs of a rogue ranger, they get more adventure than they had planned. In order to escape with one's freedom and the other's life, they must go on Sawyer's Run!

Trailhead is a witty, fun guide to all things trail running. Veteran trail runner, triathlete, and adventure racer Lisa Jhung offers this illustrated pocket guide to all runners curious about running off road or wanting to run farther into the backcountry. She offers authoritative advice on everything from how to find good trails to run, how to choose the best shoes and clothing, how to carry enough water, and how to stay safe from wildlife and weather. Trailhead includes: The allure: Why trail running is good for body and mind The essentials: Finding good trails, choosing the best trail running gear, handling trail and weather conditions, what you need to know about nutrition and hydration Safety: How to treat (and avoid) common trail running injuries, first aid, animal safety Etiquette: Right of way, preserving the trail, when nature calls Company: Running alone, with friends, with dogs--or burros! Stronger, faster: At-home exercises to enhance your running Going long: Preparing for longer trail runs or trail races Trailhead is a smart, entertaining read as well as a thorough resource for everyone from aspiring trail runners to those looking to get the most out of every trail run, whether in a city park or on a mountain adventure.

Jessie lives with her family in the frontier village of Clifton, Indiana, in 1840...or so she believes. When diphtheria strikes the village and the children of Clifton start dying, Jessie's mother reveals a shocking secret -- it's actually 1996, and they are living in a reconstructed village that serves as a tourist site. In the world outside, medicine exists that can cure the dread disease, and Jessie's mother is sending her on a dangerous mission to bring back help. But beyond the walls of Clifton, Jessie discovers a world even more alien and threatening than she could have imagined, and soon she finds her own life in jeopardy. Can she get help before the children of Clifton, and Jessie herself, run out of time?

A revered Buddhist monk tells the bracing and beautiful story of a singular life compelled to contemplation, sharing lessons about the power of mentorship and an open mind "A necessary and captivating narrative of spiritual courage and truth seeking far beyond the veil of our contemporary delusions."--Sting Born in India to a prominent Hindu Brahmin family, the Venerable Tenzin Priyadarshi was only six years old when he began having visions of a mysterious mountain peak, and of men with shaved heads

wearing robes the color of sunset. "It was as vivid as if I were watching a scene from life," he writes. And so at the age of ten, he ran away from boarding school to find this place--taking a train to the end of the line and then riding a bus to wherever it went. Strangely enough, he ended up at a Buddhist monastery that was the place in his dreams. His frantic parents and relatives set out to find him and, after two weeks, located him and brought him home. But he continued to have visions and feel a strong pull to a spiritual life in a tradition that he had never heard of as a child. Today, he is a revered monk and teacher as well as President and CEO of The Dalai Lama Center for Ethics and Transformative Values at the Massachusetts Institute of Technology, where he works to build bridges among communities and religions. *Running Toward Mystery* is the Venerable Tenzin Priyadarshi's profound account of his lifelong journey as a seeker. At its heart is a story of striving for enlightenment, the vital importance of mentors in that search, and of the many remarkable teachers he met along the way, among them the Dalai Lama, Archbishop Desmond Tutu, and Mother Teresa. "Teachers come and go on their own schedule," Priyadarshi writes. "I clearly wasn't in charge of the timetable and it wasn't my place to specify how a teacher should teach." And arrive they did, at the right time, in the right way, to impart the lessons that shaped a life of seeking, devotion, and deep human connection across all barriers. *Running Toward Mystery* is the bracing and beautiful story of a singular life compelled to contemplation, and a riveting narrative of just how exciting that journey can be.

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This handy, accessible book provides literally all the information you need to know to gain a new hobby or understand a difficult topic. From gentle jogs to intense marathons, *Running* will help you to choose the right equipment, get going and keep going, train safely, and meet your running and racing goals. It covers everything you need to know: correct posture and mechanics avoiding injuries and plateaus regulating water intake physical and mental strength and more With additional information on tailoring running to your age, training for marathons and eating right, this practical guide has everything you need - from start to finish!

? USA Today Bestseller ? THERE ARE PLENTY OF WAYS TO DIE in the Grand Canyon. Forensic geologists Cassie Oldfield and Walter Shaws investigate one way: trouble on the canyon's Colorado River. Stranded raft. Life vests unused. Rafters missing. The only clue to the fate of the rafters is a bag of pebbles caught by the bow line. Following that clue, the geologists uncover a hellish scheme. Not only are the rafters in peril, but the river itself is under attack. The race to stop it takes Cassie and Walter deep into the canyon, and onto the mighty river, putting their own survival at stake. ? All books in the series are complete novels, and can be enjoyed in any order.

'Superb - a great book to fuel your wanderlust.' Mark Beaumont --- In 2019, Nick Butter became the first man to run a marathon in every country on Earth. This is Nick's story of his world record-breaking adventure and the extraordinary people who joined him along the way. On January 6th 2018, Nick Butter tied his laces and stepped out on to an icy pavement in Toronto, where he began to take the first steps of an epic journey that would see him run 196 marathons in every one of the world's 196 countries. Spending almost two years on the road and relying on the kindness of strangers to keep him moving, Nick's odyssey allowed him to travel slowly, on foot, immersing himself in the diverse cultures and customs of his host nations. Running through capital cities and deserts, around islands and through spectacular landscapes, Nick dodges bullets in Guinea-Bissau, crosses battlefields in Syria, survives a wild dog attack in Tunisia and runs around an erupting volcano in Guatemala. Along the way, he is often joined by local supporters and fellow runners, curious children and bemused passers-by. Telling their stories alongside his own, Nick captures the unique spirit of each place he visits and forges a new relationship with the world around him. *Running the World* captures Nick's journey as he sets three world records and covers over five thousand miles. As he recounts his adventures, he shares his unique perspective on our glorious planet, celebrates the diversity of human experience, and reflects on the overwhelming power of running.

At the age of 50, mother of three, Molly Sheridan, puts on a pair of running shoes, soul searching for a way to transition into the second half of her life. Within a few weeks and a trip to the doctor, Molly is told she is too old, too tall, and too un-athletic to begin running. Following her own council and heart's desire, she embarks on her secret dream, to run long distances. This thought provoking, sometimes humorous account follows Molly's journey, beyond motherhood and age barriers, to novice runner, onward to extreme adventure tackling the toughest footraces on the planet and becoming the first American woman to attempt and complete 138 miles in the Himalayas. Molly's message is simple: life begins at 50.

It Began with a Simple Accident, or was it an Attempted Murder? A femme fatale. Her missing husband. A dead private detective. And a dangerous game of mistaken identity... It all started when Jonas Watcher found a business card along with some keys - curious... some money - a really good thing... and a gun... It's the nineteen thirties and Jonas Watcher must solve the mystery of the dead PI if he wants to stay alive. "The Case of the Running Bag" is the first novel of the Jonas Watcher Detective Adventure series. It features a traditional P.I. dealing with extortion, kidnapping, and murder. Author Gene Poschman brings back the hard-boiled detective novel, featuring the romance and humor reminiscent of Dashiell Hammett and Raymond Chandler. Pick up your copy of the first book in the Jonas Watcher series and step into the exciting age of the 1930s gumshoe.

The president's retreat, Camp David, is one of the safest places in the United States. So why can't the President's son, Luke, and his friends Theo and Callie stay there without Secret Service agents constantly hovering over them, watching their every move? And yet, when an earthquake sets off a raging wildfire, causing a chain reaction that wreaks havoc at Camp David, they are suddenly on their own. Now Luke needs a plan: To override the security systems To save those who were supposed to save him To get through an impassable gate To escape Camp David Debut author Dee Garretson delivers a heart-pounding tween thriller—an action-packed adventure with undeniable suspense.

What are my start-up costs? How much will my store make? Should I sell online? How can I compete with larger stores? If you've ever considered owning a store but don't know where to start, *The Everything Guide to Starting and Running a Retail Store* is perfect for you. This resource will help you recognize the importance of an independent retail store in community life and the opportunities it offers for a rewarding lifestyle. This comprehensive guide shows you how to: Spot and capitalize on small retailer trends Conduct your own market analysis Research and select the most appropriate retailing software Run your business day to day Attract customers with effective advertising Make the leap to online selling This helpful handbook offers practical advice on retail store planning and management with valuable guidelines and real-world examples that can make the difference between your store's success and failure. This guide provides all the tools you need to run a store that your customers--and you--will enjoy for many years to come!

Running Everest tells the story of a group of adventurers from around the globe who embark on a remarkable journey through the

Khumbu Valley of Nepal, battling altitude sickness, deplorable sanitary conditions, freezing temperatures...and enjoying every minute of it! When they reach their destination, Mount Everest Base Camp, they turn around and run a marathon, the highest marathon in the world, back to civilization. Are they extremists? Or the new generation of ordinary people? Written with humor and passion, *Running Everest* explores the culture, inhabitants, and delicate balance of Hinduism and Buddhism in the breathtaking Himalayas, topped off with an exhilarating race over glacial moraines, high-altitude plateaus, and steep rocky climbs, all in the shadow of the highest mountain on earth. Holly Zimmermann, the first international woman to reach the finish line of the 2018 Mount Everest Marathon, recalls her incredible Himalayan journey. Fans of her first book, *Ultramarathon Mom*, will be thrilled to be reunited with some familiar characters in this next narrative, including her running accomplice, Beatrice, a Zurich-based fashion-blogger who is equally tough in running shoes as in high heels, and Kyaron, a young Nepalese environmentalist. This book is for everyone: runners, trekkers, mountain lovers, Everest fans, and anyone who adores a good story. But be warned, after reading *Running Everest*, a part of you may long for adventure!

In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." *UltraMarathon Man: 50 Marathons - 50 States - 50 Days*, a Journeyfilm documentary, follows Dean's incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles—the equivalent of ten marathons—without rest. He has run over mountains, across Death Valley, and to the South Pole—and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), *Ultramarathon Man* has inspired tens of thousands of people—nonrunners and runners alike—to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of *Muscle*. *Ultramarathon Man* answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat? - How do you train to stay in such good shape?

"When I ran, I ran for pleasure. I didn't run for times, to win, to impress: I ran for me. When I ran my bum cheeks rubbed together, so much so that if I was going on a long run I'd have to 'lube up'. I maintained that I was not a 'real' runner - I just liked to run so that I could eat cake." Anna was never anything like those 'real' runners on telly - all spindly limbs, tiny shorts and split times - but when she read about New Zealand's 3,000-kilometre-long Te Araroa Trail, she began to wonder... perhaps being a 'real' runner was overrated. Maybe she could just run it anyway? Travelling alone through New Zealand's backcountry for 148 days, she scrambled through forests, along ridge-lines, over mountain passes, along beaches and across swollen rivers. Running up to 52 kilometres in a day, she slept wild most nights, and was taken into the homes and hearts of the kiwi people in between. *The Pants of Perspective* is a witty, colourful and at times painfully raw account of a journey to the edge of what a woman believes herself to be capable of. It is a coming-of-age story which will lead you on a roller coaster ride through fear, vulnerability courage and failure. For anyone who has ever dreamt of taking on a great challenge, but felt too afraid to begin - this story is for you.

Offers a history and personal view of Pamplona's famous Festival of San Fermin by an American professor who has personally participated in the running of the bulls for over two decades.

When young Harris the Hedgehog is awoken one September morning by a group of runners, he decides to investigate further and find out what all the fuss is about. He soon finds himself bitten by the running bug, and with the help of his family and friends, begins a journey of self-discovery, new friendships and a passion for sport. "Absolutely charming...children will love it." Kate Long, No 1 Bestselling Author

"An exploration of deep spiritual and philosophical issues through the eyes of a pilot"--Provided by publisher.

Fifty years after promising--and forgetting--to come back through time and teach himself what he has learned about life, Richard meets nine-year-old Dickie Bach, who reminds him of the promise

The voyage began in the lunar terrain of the Peruvian Andes, where coca leaf is the only remedy against altitude sickness. It continued down rapids so fierce they could swallow a raft in a split second. It ended six months and 4,200 miles later, where the Amazon runs gently into the Atlantic. Joe Kane's personal account of the first expedition to travel the entirety of the world's longest river is a riveting adventure in the tradition of Joseph Conrad, filled with death-defying encounters: with narco-traffickers and Sendero Luminoso guerrillas and nature at its most unforgiving. Not least of all, *Running the Amazon* shows a polyglot group of urbanized travelers confronting their wilder selves -- their fear and egotism, selflessness and courage.

BRENDAN LEONARD HATES RUNNING. He hates it so much that he once logged fifty-two marathon-length runs in fifty-two weeks. Now he's sharing everything he's learned about the sport so that you can hate it too. Packed with wisdom, humor, attitude, tips, and quotes—and more than sixty illuminating charts—I Hate Running and You Can Too delivers a powerful message of motivation from a truly relatable mentor. Leonard nails the love-hate relationship most runners have with the sport. He knows the difficulty of getting off the couch, teaches us to get comfortable with being uncomfortable, embraces the mix of running with walking. And he shares all that he's learned—celebrating the mantra of "Easy, light, smooth, and fast," observing that any body that runs is a runner's body. Plus Leonard knows all the practical stuff, from training methods to advice for when you hit a setback or get injured. Even the answer to that big question a lot of runners occasionally ask: Why? Easy: Running helps us understand commitment, develop patience, discover self-discipline, find mental toughness, and prove to ourselves that we can do something demanding. And, of course, burn off that extra serving of nachos.

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