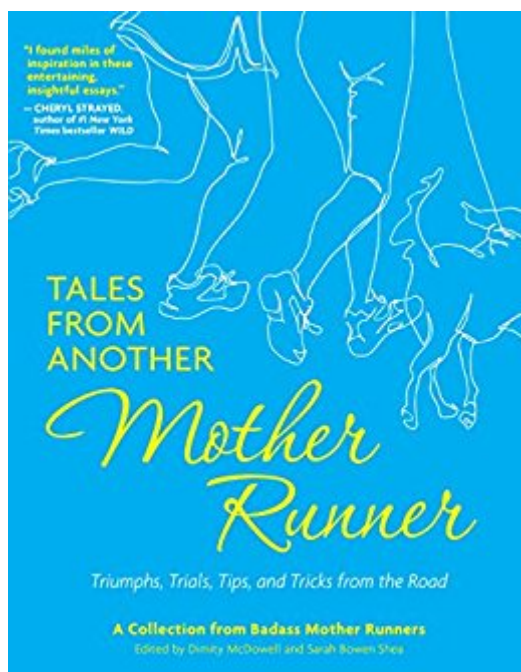


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Tales From Another Mother Runner: Triumphs, Trials, Tips, And Tricks From The Road



Synopsis

Every mother runner has a tale to tell. A story about how she realized, fifteen years after being told that sheâ€™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 itâ€™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.

Book Information

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Customer Reviews

From the curators of the wittiest and fittest tribe of badasses on the planet (and by badass I mean regular moms, young and old, big and small, who make running a part of their daily lives,) comes the third installment in the now infamous "Another Mother Runner" books. This gem is 200 pages of both belly laughing and heart tugging inspiration that will undoubtedly get you to take your first step, or ten thousandth step, out the door. Seasoned mother runners, walkers, and newbies who just may be starting their running journey, will appreciate the honesty and frankness of the essays in the book. All of the essayists unselfishly share, both with humor and passion, topics such as their humble running beginnings, personal stories of running to overcome loss, depression, disease, as well as body image issues- just to name a few. Intertwined with pages of earnest quotes and sharp anecdotes from mother runners on everything from the spiritual side of running, to the TMI side (think chafing and female bodily functions) to the joyful and challenging side of running, this bible for your badass self should be mandatory reading for all mamas ready to get their run (or walk) on. Already a mother runner? Then settle in with some electrolyte tea, compression knee high socks, and prepare to peruse with delight plenty of epigrammatic and intelligently written stories from the pavement that you will absolutely be able relate to. It is a tour of the seasons in your running life, and no matter what season you may be in now, it's a good bet your season can be found amongst these essays. Whether your idea of a run is clocking a 7 minute mile, or pushing your little ones in the jogger down to the park at 15 MPH, YOU ARE A MOTHER RUNNER.

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