

Access Free Born To Run A Hidden Tribe Superathletes And The Greatest Race The World Has Never Seen

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The Gospel According to Blindboy in 15 Short Stories

The author of the best-selling Born to Run describes his investigation into ancestral training techniques that have enabled Mediterranean athletes to achieve extraordinary levels of strength and fitness.

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Running with the Kenyans

Confronted by omnipresent threats of job loss and change, even the brightest among us are anxious. Packed with practical advice and inspiring stories, "Flying Without a Net" explains how to draw strength from vulnerability.

Accessory to War: The Unspoken Alliance Between Astrophysics and the Military

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

North

A Father-Daughter Genealogy Team Link Present to Past on Family Trees Meri's family has been producing doctors for so many generations that no one remembers why, so when she flunks out of medical school, she runs as far from her parents as she can get. In the small mountain town of Canyon Mines, Colorado, she takes a job at the Inn at Hidden Run B&B. And waits. It's only a matter of time.

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What she doesn't count on is genealogist Jillian Parisi-Duffy and her father, Nolan, having her back when it takes everything she has not to bolt again but to stay and face the truth that only unfolding her family's history will reveal. While Nolan works on keeping Meri calm and in town, Jillian pulls out of her gems of information she doesn't know she has and arranges the puzzle pieces. But none of that changes the fact that Meri's family is closing in to haul her back to her "real" life. When their arrival inflames tensions and Meri finally does bolt, Nolan and Jillian may be out of time. The Inn at Hidden Run is the first book in the Tree of Life series. Readers will come back to backdrop of a lovely mountain town of Canyon Mines again and again to explore and celebrate unforgettable family stories that inspire them to connect with their own family histories and unique faith journeys.

Swimming to Antarctica

The astonishing national bestseller and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

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Born to Run

Three runaways become unwitting pawns in a deadly war between the good elves, whose interests lie in stock car racing, and the bad elves, who have gotten into kiddie porno rings and snuff films

Unbroken

Imagine you woke up one morning to find everything created by engineers had disappeared. What would you see? No cars, no houses; no phones, bridges or roads. No tunnels under tidal rivers, no soaring skyscrapers. The impact that engineering has had on the human experience is undeniable, but it is also often invisible. In *BUILT*, structural engineer Roma Agrawal takes a unique look at how construction has evolved from the mud huts of our ancestors to skyscrapers of steel that reach hundreds of metres into the sky. She unearths how engineers have tunnelled through kilometres of solid mountains; how they've bridged across the widest and deepest of rivers, and tamed Nature's precious and elusive water resources. She tells vivid tales of the visionaries who created the groundbreaking materials in the Pantheon's record-holding concrete dome and the frame of the record-breaking Eiffel Tower. Through the lens of an engineer, Roma examines tragedies like the collapse of the Quebec Bridge, highlighting the precarious task of ensuring people's safety they hold at every step. With colourful stories of her life-long fascination with buildings and her own hand-drawn illustrations Roma reveals the extraordinary secret lives of structures.

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Running with Sherman

In a future where the Population Police enforce the law limiting a family to only two children, Luke, an illegal third child, has lived all his twelve years in isolation and fear on his family's farm in this start to the Shadow Children series from Margaret Peterson Haddix. Luke has never been to school. He's never had a birthday party, or gone to a friend's house for an overnight. In fact, Luke has never had a friend. Luke is one of the shadow children, a third child forbidden by the Population Police. He's lived his entire life in hiding, and now, with a new housing development replacing the woods next to his family's farm, he is no longer even allowed to go outside. Then, one day Luke sees a girl's face in the window of a house where he knows two other children already live. Finally, he's met a shadow child like himself. Jen is willing to risk everything to come out of the shadows—does Luke dare to become involved in her dangerous plan? Can he afford not to?

Hangover Wisdom, 100 Thoughts on Born to Run

For Best Mate, being rescued from drowning as a puppy is only the start of his adventures. From unwanted burden to favourite companion, and from pet to champion race dog, this greyhound proves that it's not just cats who have more than one life.

Girl Trouble

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A National Book Award finalist by Newbery Medalist Kate DiCamillo. Walking through the misty Florida woods one morning, twelve-year-old Rob Horton is stunned to encounter a tiger—a real-life, very large tiger—pacing back and forth in a cage. What’s more, on the same extraordinary day, he meets Sistine Bailey, a girl who shows her feelings as readily as Rob hides his. As they learn to trust each other, and ultimately, to be friends, Rob and Sistine prove that some things—like memories, and heartache, and tigers—can’t be locked up forever. Featuring a new cover illustration by Stephen Walton and an excerpt of Kate DiCamillo's newest novel, *Raymie Nightingale*.

The Class Ceiling

Do you want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. If you’ve ever wanted to run a marathon, *Born to Run* (2009) can help you accomplish your goal! Tackling the idea that marathon runners are some type of superhuman species, McDougall proves that everyone is capable of becoming a successful runner. Through first-hand accounts and anecdotes from the leading runner of the world’s most secretive “running tribe,” Christopher McDougall crafts a running handbook that blends scientific truth with actionable advice. Proving that the secrets to skilful running are accessible to everyone, McDougall introduces top tips for cultivating the perfect diet, mindset, running gear, and more.

Born to Run

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Paul Wood and his girlfriend, Talena, were just tourists in Sarajevo, a city still reeling from the aftermath of civil war. But an unexpected encounter makes them a desperate woman's only hope of escape. Now, to get her to safety, they must navigate through the minefield of warlords, criminals, and peacekeepers that is postwar Bosnia. Pursued by brutal gangsters and unable to leave the country legally, Paul agrees to do a job for a shadowy group of people smugglers in exchange for safe passage. The smugglers seem friendly. The job seems harmless. But when he discovers the secrets seething beneath, the repercussions will propel him on a perilous journey around the world -- from a warlord's compound in lawless Albania, through the jungles of Latin America, and toward an explosive confrontation at the extraordinary Burning Man festival in the Nevada desert.

Born to Run

Commemorates Bruce Springsteen's twenty-fifth anniversary as a recording artist with a volume containing his song lyrics, personal reflections, photographs, and illustrations.

Mad, Bad and Dangerous to Know

The Gospel According to Blindboy is a surreal and genre-defying collection of short stories and visual art exploring the myths, complacencies and contradictions at the heart of modern Ireland. Covering themes ranging from love and death to sex and politics, there's a story about a girl from Tipp being kicked out of ISIS, a van powered by Cork people's accents and a man who drags a fridge on his back

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through Limerick. Whip-smart, provocative and animated by the author's unmistakably dark wit, it is unlike anything else you will read this year. "Mad, wild, hysterical, and all completely under the writer's control" this is a brilliant debut." Kevin Barry "There is genius in this book, warped genius. Like you'd expect from a man who for his day job wears a plastic bag on his head but something beyond that too. Oddly in keeping with the tradition of great Irish writers." Russell Brand "One of Ireland's finest and most intelligent comic minds delivers stories so blisteringly funny and sharp your fingers might bleed." Tara Flynn "Essential, funny and disturbing." Danny Boyle

Born to Run

"Completely satisfying, as well-paced and exhilarating as a good run." "The Boston Globe Whether running is your recreation or your religion, Adharanand Finn's incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth. Finn's mesmerizing quest combines a fresh look at barefoot running, practical advice on the sport, and the fulfillment of a lifelong dream: to run with his heroes. Uprooting his family of five, Finn traveled to a small, chaotic town in the Rift Valley province of Kenya—a mecca for long-distance runners, thanks to its high altitude, endless paths, and some of the top training schools in the world. There Finn would run side by side with Olympic champions, young hopefuls, and barefoot schoolchildren, and meet a cast of unforgettable characters. Amid the daily challenges of training and of raising a family abroad, Finn would learn invaluable lessons about running—and about life. With a new Afterword by the author. "Not everyone gets to heaven in their lifetime. Adharanand Finn tried to run there, and succeeded. Running with the Kenyans is a great read." Bernd Heinrich, author of Why We

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Run —Part scientific study, travel memoir, and tale of self-discovery, Finn’s journey makes for a smart and entertaining read.—Publishers Weekly —A hymn to the spirit, to the heartbreaking beauty of tenacity, to the joy of movement.—The Plain Dealer

The Cool Impossible

At the heart of Born to Run lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

The Inn at Hidden Run

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Summary and Analysis of Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

A new voice in comics is incisive, funny, and fiercely feminist. "The mental load. It's incessant, gnawing, exhausting, and disproportionately falls to women. You know the scene--you're making dinner, calling the plumber/doctor/mechanic, checking homework and answering work emails--at the same time. All the while, you are being peppered with questions by your nearest and dearest 'where are my shoes?', 'do we have any cheese?'" --Australian Broadcasting Corp on Emma's comic In her first book of comic strips, Emma reflects on social and feminist issues by means of simple line drawings, dissecting the mental load, ie all that invisible and unpaid organizing, list-making and planning women do to manage their lives, and the lives of their family members. Most of us carry some form of mental load--about our work, household responsibilities, financial obligations and personal life; but what makes up that burden and how it's distributed within households and understood in offices is not always equal or fair. In her strips Emma deals with themes ranging from maternity leave (it is not a vacation!),

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domestic violence, the clitoris, the violence of the medical world on women during childbirth, and other feminist issues, and she does so in a straightforward way that is both hilarious and deadly serious.. If you're not laughing, you're probably crying in recognition. Emma's comics also address the everyday outrages and absurdities of immigrant rights, income equality, and police violence. Emma has over 300,000 followers on Facebook, her comics have been shared 215,000 times, and have elicited comments from 21,000 internet users. An article about her in the French magazine L'Express drew 1.8 million views--a record since the site was created. And her comic has just been picked up by The Guardian. Many women will recognize themselves in **THE MENTAL LOAD**, which is sure to stir a wide ranging, important debate on what it really means to be a woman today.

The Mental Load

In this deeply moving and myth-shattering work, Ann Fessler brings out into the open for the first time the astonishing untold history of the million and a half women who surrendered children for adoption due to enormous family and social pressure in the decades before *Roe v. Wade*. An adoptee who was herself surrendered during those years and recently made contact with her mother, Ann Fessler brilliantly brings to life the voices of more than a hundred women, as well as the spirit of those times, allowing the women to tell their stories in gripping and intimate detail.

Runner's World Run Less Run Faster

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□Extraordinary.□ A feast of history, an expert tour through thousands of years of war and conquest.□
□Jennifer Carson, New York Times Book Review In this far-reaching foray into the millennia-long relationship between science and military power, acclaimed astrophysicist Neil deGrasse Tyson and co-author Avis Lang examine how the methods and tools of astrophysics have been enlisted in the service of war. Spanning early celestial navigation to satellite-enabled warfare, *Accessory to War* is a richly researched and provocative examination of the intersection of science, technology, industry, and power that will introduce Tyson's millions of fans to yet another dimension of how the universe has shaped our lives and our world.

How Was That Built?

OPRAH'S BOOK CLUB PICK #1 NEW YORK TIMES BESTSELLER ONE OF THE NEW YORK TIMES TOP TEN BOOKS OF THE YEAR ONE OF THE WALL STREET JOURNAL TOP TEN BOOKS OF THE YEAR PEOPLE'S #1 BEST BOOK OF THE YEAR Named a BEST BOOK OF THE YEAR by The New York Times, The Washington Post, NPR, TIME, Slate, Smithsonian, The New York Post, and Amazon The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown,

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sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

Born to Run

Read the #1 New York Times best-selling series before it continues in *A Map of Days*. Bonus features include Q&A with author Ransom Riggs, eight pages of color stills from the film, a sneak preview of *Hollow City*, the next novel in the series *A Mysterious Island*. An abandoned orphanage. A strange collection of very curious photographs. It all waits to be discovered in *Miss Peregrine's Home for Peculiar Children*, an unforgettable novel that mixes fiction and photography in a thrilling reading experience. As our story opens, a horrific family tragedy sets sixteen-year-old Jacob journeying to a remote island off the coast of Wales, where he discovers the crumbling ruins of *Miss Peregrine's Home for Peculiar Children*. As Jacob explores its abandoned bedrooms and hallways, it becomes clear that the children were more than just peculiar. They may have been dangerous. They may have been quarantined on a deserted island for

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good reason. And somehow impossible though it seems they may still be alive. A spine-tingling fantasy illustrated with haunting vintage photography, Miss Peregrine's Home for Peculiar Children will delight adults, teens, and anyone who relishes an adventure in the shadows. A tense, moving, and wondrously strange first novel. The photographs and text work together brilliantly to create an unforgettable story. John Green, New York Times best-selling author of The Fault in Our Stars With its X-Men: First Class-meets-time-travel story line, David Lynchian imagery, and rich, eerie detail, it's no wonder Miss Peregrine's Home for Peculiar Children has been snapped up by Twentieth Century Fox. B+ Entertainment Weekly Peculiar doesn't even begin to cover it. Riggs chilling, wondrous novel is already headed to the movies. People You'll love it if you want a good thriller for the summer. It's a mystery, and you'll race to solve it before Jacob figures it out for himself. Seventeen

Flying Without a Net

Eric Orton has spent a lifetime learning about running and the limitless possibilities of the human body and mind, and now he is ready to share his knowledge in a book that will open up a new world of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides. The Cool Impossible is intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned marathoners seeking to unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building the perfect running body. With characteristic enthusiasm and directness, Orton will draw on the inspiration of the Tarahumara Indian runners and take the reader through his devoted training programme, complete with advice on nutrition and real-world

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applications, as well as Orton's concept of The Cool Impossible, the belief that 'the greatest reward from running is the opportunity to do more', not just in running but in life in general.

Summary of "Born to Run" by Christopher McDougall - Free book by QuickRead.com

Examines the history, changing fortunes, and current situation of the Tarahumara Indians. Includes a picture essay on their crafts.

Born to Run

A heartwarming story about training a rescue donkey to run one of the most challenging races in America. "McDougall is a gifted storyteller who gets to the heart of the human-animal connection."--John Grogan, author of *Marley & Me*.

Hidden Valley Road

A provocative, original, and richly entertaining group biography of the Jewish immigrants who were the moving forces behind the creation of America's motion picture industry. The names Harry Cohn, William Fox, Carl Laemmle, Louis B. Mayer, Jack and Harry Warner, and Adolph Zucker are giants in the history of contemporary Hollywood, outsiders who dared to invent their own vision of the American Dream. Even to this day, the American values defined largely by the movies of these émigrés endure in

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American cinema and culture. Who these men were, how they came to dominate Hollywood, and what they gained and lost in the process is the exhilarating story of *An Empire of Their Own*.

Born to Run

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in *Runner's World* magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, *Runner's World* executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

Natural Born Heroes

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□[A] thrill-a-minute novel.□ □USA Today Jack Swyteck is back in action in Born to Run□the eighth outing for the danger-prone Miami lawyer in author James Grippando□s New York Times bestselling series. In this timely and spellbinding thriller, Swyteck is embroiled in shady Washington D.C. politics when his own father is selected by the President to replace the Vice President, killed in a hunting accident. Born to Run crackles with suspense, surprises, and razor sharp wit□a fun 200-proof yarn,□ the Washington Post raves□and serves as indisputable evidence, as crime fiction superstar Harlan Coben attests, that □Grippando grips from page one.□

Born to Run

With new studies revealing that self-affirmation expressions and mantra are not only a thing of the past, but can also do more harm than good for people suffering from low self-esteem, there has never been a more appropriate time to introduce a dramatic new approach to overcoming low self-esteem. By instilling the belief that low self-esteem and emotional pain can be dealt with by understanding its origins, this wonderful new philosophy introduced by Dr. Kevin Solomons guides readers toward education, empowerment, and ultimately, happiness. With this innovative new self-help guide, readers will be able to truly understand the origins of their self-esteem issues so they can finally transcend them. Using concise and easily understandable explanations of complex concepts, Solomons guides readers toward goals by utilizing personal and clinical stories, helpful exercises, and most importantly, the truth behind low self-esteem. Born to be Worthless: The Hidden Power of Low Self-Esteem is an extraordinarily helpful self-help guide that teaches readers the detrimental side of low self-esteem and how to properly fix it. By demonstrating how universal and naturally occurring childhood events directly

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relate to self-worth, this informative guide explains how it can affect everyone, regardless of their individual circumstances. A fantastic new personal growth guide, *Born to be Worthless* proves to be a priceless tool in learning to deal with and understand self-esteem. Inspired by a career working with depressed and anxious patients, *Born to be Worthless* does wonders in benefitting readers everywhere. Written in a simple and straightforward approach, Solomons breaks down complex concepts in a way that the average reader can easily digest. With tremendous influence placed on informing readers, the book ensures that readers understand the complex concepts without having to wade through academic jargon and terminology. By being information-based, *Born to be Worthless* sets itself apart from the rest of the genre by bypassing the traditional "inspirational" approach in lieu of empowering and educating readers. Furthermore, the guide uses a straight-to-the-point style that gets readers to the heart of the matter and right in the thick of the action relatively quickly. Utilizing personal and case vignettes combined with new original ideas, this invaluable tool truly shines among the rest of the self-help genre. An intimate and serious personal growth guide, *Born to be Worthless* never loses its approachability. A dramatically different methodology to overcoming self-esteem coupled with an undeniable urge to educate and empower make this fantastic book a truly priceless tool for anyone seeking to further their personal growth.

An Empire of Their Own

Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humor, and originality found in his songs. He describes growing up Catholic in Freehold, New Jersey, amid the poetry, danger, and darkness that fueled his

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imagination, leading up to the moment he refers to as The Big Bang: seeing Elvis Presley's debut on The Ed Sullivan Show. He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band. With disarming candor, he also tells for the first time the story of the personal struggles that inspired his best work. Born to Run will be revelatory for anyone who has ever enjoyed Bruce Springsteen, but this book is much more than a legendary rock star's memoir. This is a book for workers and dreamers, parents and children, lovers and loners, artists, freaks, or anyone who has ever wanted to be baptized in the holy river of rock and roll. Rarely has a performer told his own story with such force and sweep. Like many of his songs ("Thunder Road," "Badlands," "Darkness on the edge of Town," "The River," "Born in the U.S.A.," "The Rising," and "The Ghost of Tom Joad," to name just a few). Bruce Springsteen's autobiography is written with the lyricism of a singular songwriter and the wisdom of a man who has thought deeply about his experiences.

Born to Be Worthless

From the author of the bestseller *Eat and Run*, a thrilling new memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. *North* is the story of the 2,189-mile journey that nearly shattered him. When he set

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out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, *North* is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

Born to Run

'Always the leader and always the best' Bear Grylls 'Fiennes has so much to fit in, it's a wonder to grasp the full breadth of a lifetime of adventuring' - *Compass Magazine* 'Even readers with a broadly low tolerance for macho heroism will find themselves gripped . . . compelling' - *Time Out* Sir Ranulph Fiennes has travelled to the most dangerous and inaccessible places on Earth, almost died countless times, lost nearly half his fingers to frostbite, raised millions of pounds for charity and been awarded a polar medal and an OBE. He has been an elite soldier, an athlete, a mountaineer, an explorer, a bestselling author and nearly replaced Sean Connery as James Bond. In his bestselling autobiography, *Mad, Bad & Dangerous to Know*, he describes how he led expeditions all over the world and became the first person to travel to both Poles on land. He tells of how he discovered the lost city of Ubar in Oman and attempted to walk solo and unsupported to the North Pole - the expedition that cost him several fingers, and very nearly his life. And now the extraordinary life story of the world's greatest living

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explorer is re-published to celebrate his 75th birthday, with two new chapters to bring his story up to date - telling of more mountains climbed, including his ascent to the top of Mount Everest, and even more extraordinary and risky adventures.

Among the Hidden

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.

The Tarahumara

So much to read, so little time? This brief overview of Born to Run tells you what you need to know—before or after you read Christopher McDougall's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of Born to Run by Christopher McDougall includes: Historical context Chapter-by-chapter overviews Detailed timeline of key events Important quotes Fascinating trivia Glossary of terms Supporting material to enhance your understanding of the original work About Born to Run by Christopher McDougall: Christopher McDougall's New York Times #1 bestselling Born to Run brought the underground sport of distance running to the forefront of American conversation, spurring trends like barefoot running and chia seeds' recognition as a superfood. Centering around two long-

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distance races, the second of which McDougall intends to run, the book is written in a distinctly Gonzo journalism style. The author focuses on the Tarahumara, an ancient tribe of runners that lives isolated in Mexico's Copper Canyons, but he also pulls in plenty of other characters, past and present, and explores the biological reasons we are all born to run. The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction.

Bruce Springsteen: Songs

Relates the story of a U.S. airman who survived when his bomber crashed into the sea during World War II, spent forty-seven days adrift in the ocean before being rescued by the Japanese Navy, and was held as a prisoner until the end of the war.

The Tiger Rising

□ At age fourteen, she swam twenty-six miles from Catalina Island to the California mainland. □ At ages fifteen and sixteen, she broke the men's and women's world records for swimming the English Channel—a thirty-three-mile crossing in nine hours, thirty-six minutes. □ At eighteen, she swam the twenty-mile Cook Strait between North and South Islands of New Zealand, was caught on a massive swell, found herself after five hours farther from the finish than when she started, and still completed the swim. □ She was the first to swim the Strait of Magellan, the most treacherous three-mile stretch of water in the world. □ The first to swim the Bering Strait—the channel that forms the boundary line between the

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United States and Russia—from Alaska to Siberia, thereby opening the U.S.-Soviet border for the first time in forty-eight years, swimming in thirty-eight-degree water in four-foot waves without a shark cage, wet suit, or lanolin grease. □ The first to swim the Cape of Good Hope (a shark emerged from the kelp, its jaws wide open, and was shot as it headed straight for her). In this extraordinary book, the world's most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water □like cold tapioca pudding□ and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men's and women's world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox's relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunming Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage

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against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

The Blood Price

In *Mile Markers*, *Runner's World* contributing editor Kristin Armstrong captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life. From describing running a hardfought race with her tightly-knit group of sweat sisters, to watching her children participate in the sport for the very first time, Armstrong infuses her experiences with a perspective of hope that every moment is a chance to become a stronger, wiser, more peaceful woman. Running threads these touching stories together, and through each of them we are shown the universal undercurrents of inspiration, growth, grace, family, empowerment, and endurance.

Mile Markers

Joy and heartbreak combine in this bittersweet tale of a champion greyhound's journey through life - and from owner to owner

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Miss Peregrine's Home for Peculiar Children

Traces the rise and fall of the Mexican singer and movie actress, how her talent school was a front for a sex-slave operation, the paternity of the child she conceived in prison, and other details of her career and her legal troubles.

The Girls Who Went Away

Politicians continually tell us that anyone can get ahead. But is that really true? This important best-selling book takes readers behind the closed doors of elite employers to reveal how class affects who gets to the top. Friedman and Laurison show that a powerful "class pay gap" exists in Britain's elite occupations. Even when those from working-class backgrounds make it into prestigious jobs, they earn, on average, 16% less than colleagues from privileged backgrounds. But why is this the case? . Drawing on 175 interviews across four case studies - television, accountancy, architecture, and acting - they explore the complex barriers facing the upwardly mobile. This is a rich, ambitious book that demands we take seriously not just the glass but also the class ceiling.

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