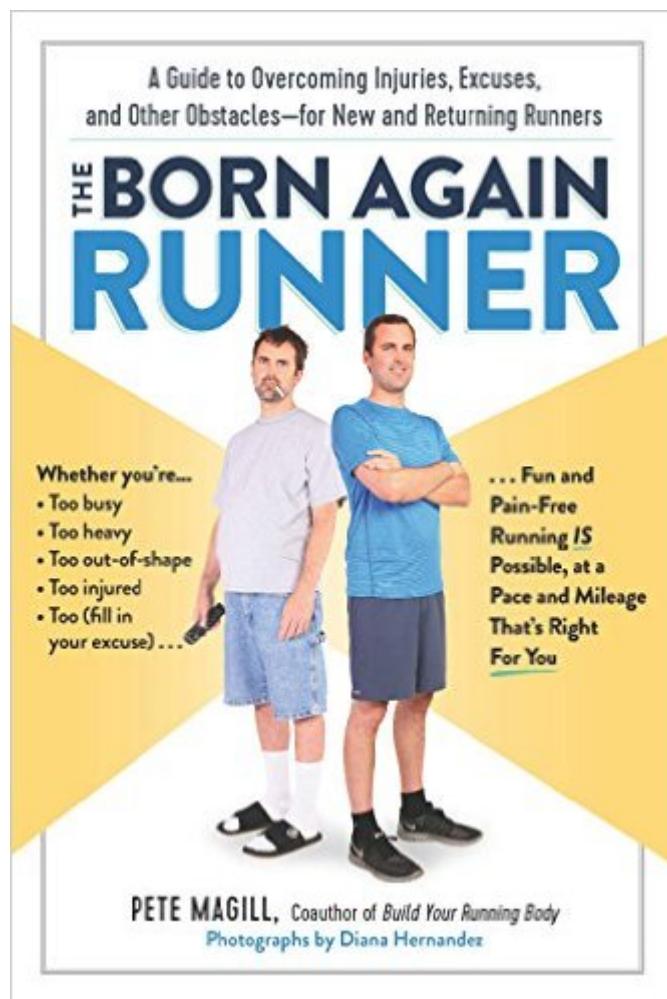


The book was found

The Born Again Runner: A Guide To Overcoming Excuses, Injuries, And Other Obstacles_for New And Returning Runners



Synopsis

From the lead author of *Build Your Running Body* (â œthe best running book everâ •â "Runnerâ ™s World founder Bob Anderson), a one-of-a-kind guide for everyone who wants to run but feels they canâ ™t. As a drug-addled young man, Pete Magill once found himself in the ER, with his body telling him to give up. Taking up running seemed impossibleâ "but he willed himself to do it anyway. Magill went on to become one of the fastest masters runners ever, and a sought-after coach. Over a glowing (albeit hard-won) career, he has heard every excuse people use to stop running or never startâ "from achy knees and sore ankles, to advanced age and arthritis, to too many cigarettes or years on the couch. In every case, Magillâ ™s best advice is to do what he did: Run anywayâ "at a pace and mileage that work. Through inspiration, science, and anecdote, Magill gets runners out the door; through personal action plans, he sets them on the right path; and through the best exercises to protect and rehabilitate the body, he keeps them goingâ "showing a way forward for new and sidelined runners who havenâ ™t before realized how close they are to fun and pain-free running!

Book Information

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Customer Reviews

I have always enjoyed running. Especially during those intervals when Iâ ™m not injured. Pete Magill calls this book, *THE BORN AGAIN RUNNER* because thatâ ™s exactly what running did for him. The author was warned by an E.R. doctor that he would not be living too much longerâ "especially with his abusive lifestyle. The doctor predicted that "you won't live to see your son graduate from high school." That stern warning delivered in the emergency room did the trick. Pete Magill changed his life: "I conjured a practicing runner from the mess I'd made of my life." And

now, the author wants to encourage you to similarly--and drastically change your life for the better.Of course, Pete Magill is a well-known name in running circles. He is also the author of my #1 favorite running book of all time, Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners_Run Farther, Faster, and Injury-Free. I have used the author's prior book extensively.THE BORN AGAIN RUNNER is quite different than the author's first book. This book is more of a motivational book, to help readers who are thinking of taking up the challenge to begin running, or for those just needing encouragement to begin again. It's more focused on beginner runners.This book spends a lot of time discussing injuries, and how to avoid them. I applaud the author for taking such care to ease the reader into running. One great section is called "Injury Prevention 101." It discusses the common running injuries, and how best to avoid and treat them.

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