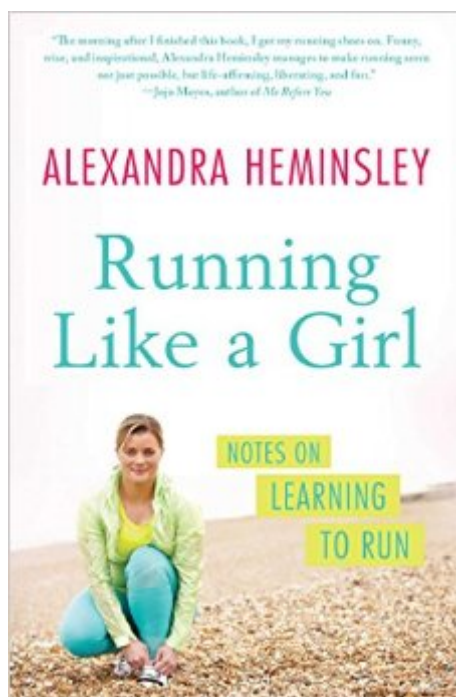


The book was found

Running Like A Girl: Notes On Learning To Run



Synopsis

The inspiring, hilarious memoir of a "Bridget Jones-like writer" (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes. When Alexandra Heminsley decided to take up running, she had hopes for a blissful runner's high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streets "and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all "born to run" and exposes the truth about starting to run: it can be brutal. *Running Like a Girl* tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her father "a marathon runner" and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. She "figured out what's important (pockets) and what isn't (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley's funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

Book Information

Paperback: 224 pages

Publisher: Scribner; Reprint edition (June 10, 2014)

Language: English

ISBN-10: 1451697155

ISBN-13: 978-1451697155

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (123 customer reviews)

Best Sellers Rank: #84,488 in Books (See Top 100 in Books) #14 in Â Books > Humor &

Entertainment > Humor > Sports #152 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #263 in Â Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I liked this book so much I bought two more copies for friends who, admittedly, already love to run. Still... I wanted them to know that I *get* it after reading this book. She is absolutely right in that we have everything we need to get moving. You just have to start somewhere. And after I read this book, I went running for the first time in more than 30 years... and survived to write this review!

This book has made me laugh until I could hardly breathe and cry just as hard. I have always been the least athletic person in my family. I was the one with the best grades and the nerd, so I found excuses not to even try physically in PE at school. I told myself it just wasn't my "thing," even though I secretly envied those who were athletic and fit. I started a 5k training program a couple weeks ago, and heard myself saying inwardly, "You can't do this. You aren't physically strong enough." Being a cancer survivor and having a rare lung disease would be easy excuses for me, but they taught me that I am stronger than I thought- and now I want to be a runner. Just for me. I want to prove to myself that I can use my body to move me forward, not just be a victim and suffer its illnesses and pains. This book has given me such courage through the first two weeks of training, and I know I will reread it over and over.

Loved this book. Coming from someone who started running at 56 .. I appreciated its honesty and humor! Never quit trying!

Having been an on/off runner for many years (currently in an off phase)I needed something to inspire me to start running again. This did it! Written by a writer, who happens to run (rather than a runner who can't really write)it was well put together, weaving together both the practicalities of running together with her own story of going from couch potato (well, not quite!)to marathon runner. Its not too technical like so many running books/magazines are, but comes from the heart and makes you believe that you could also run. That really, any of us could. So, whilst not up to marathons, I am completing my first 10k run this weekend, and am thinking seriously about competing in a half marathon next year. It worked for me!

Great read ... Easy going and highly engaging. Good blend of amusing moments and recognition of your own running experiences. Would recommend as a summer read or even just to get you back in the road again

Fun book that keeps you laughing while being informative. It was a good, quick read for an afternoon or plane ride.

This book follows the running experiences of Alexandra Heminsley, a woman who took up running in her thirties. This is a hilarious accounting of how one woman came to love running. As an off-and-on-again runner, this made me want to lace up my sneakers and go on a run. Alexandra tackles all the stereotypes and myths about running in a humorous way that will entertain elite runners, weekend joggers, and couch potatoes alike. *4 STARS*[...]

This is serviceable if, like me, you really want to read about running and all the trappings (compression socks!), but it's disappointing as a journey of self-discovery (and it's actually pretty light on the trappings). The writing was good enough to make me well up during the narrative of her first marathon when she catches sight of her family cheering her on (and her mom's voice is pretty funny), but most of it vacillates between feelings of insecurity, like a LOT of sturm und dang over entering the threshold of a running store (something I don't relate to as an American, i.e., consumer (even being a girl and all)) and euphoric feelings of communal bonding with crowds, other runners, friends raising money for charity. For a personal narrative, it's not actually all that personal. You wouldn't even know the author is a journalist other than from the flap copy. She lives in a Flat, has had unspecified but universal Heartbreak, and later the presence of a new Boyfriend appears to be noted. I don't need her to spill her guts in a book about running. But she's also vague about her training runs and nary mentions any numbers or times or how she worked up from a 5k on only her second run in her whole life to a marathon. It's all about people cheering her on. She runs a good many races but mentions only one of her marathon times as being '19 minutes more than her intended goal of 4:30.' I get that running is not about numbers for everyone and I didn't read this to read a training log, but it would have been nice to get a sense of progression from what she ran in her first marathon.

[Download to continue reading...](#)

Running Like a Girl: Notes on Learning to Run Learning Spanish Like Crazy Level 1 (Out-of-date version replaced by New and Improved version: Learning Spanish Like Crazy Level 1 CDR) Read Music Notes Fast Level 1 - My Unique Method - Read Music Notes like Names of People: Music Theory Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Chi Running: A Training Program for Effortless, Injury-Free Running Running for Beginners: Teach Me Everything I Need to Know About Running in 30 Minutes Running

for Beginners: Get a Glimpse inside the Runner's World: Your Training Plan on How to Start
Running Injury Free Run the World: My 3,500-Mile Journey Through Running Cultures Around the
Globe The New Rules of Running: Five Steps to Run Faster and Longer for Life Know Your Onions
- Graphic Design: How to Think Like a Creative, Act like a Businessman and Design Like a God
Start and Run Your Own Record Label, Third Edition (Start & Run Your Own Record Label)
Reverend Run (Run-D.M.C.) (Hip Hop (Mason Crest Hardcover)) Start & Run a Coffee Bar (Start &
Run Business Series) The Maps of First Bull Run: An Atlas of the First Bull Run (Manassas)
Campaign, including the Battle of Ball's Bluff, June-October 1861 (American Battle Series) Run,
Boy, Run Fast Girl: A Life Spent Running from Madness Spurgeon's Sermon Notes: Over 250
Sermons Including Notes, Commentary and Illustrations Phlebotomy Notes: Pocket Guide to Blood
Collection (Davis's Notes) Ortho Notes: Clinical Examination Pocket Guide (Davis's Notes)
Respiratory Notes: Respiratory Therapist's Pocket Guide (Davis's Notes)

[Dmca](#)