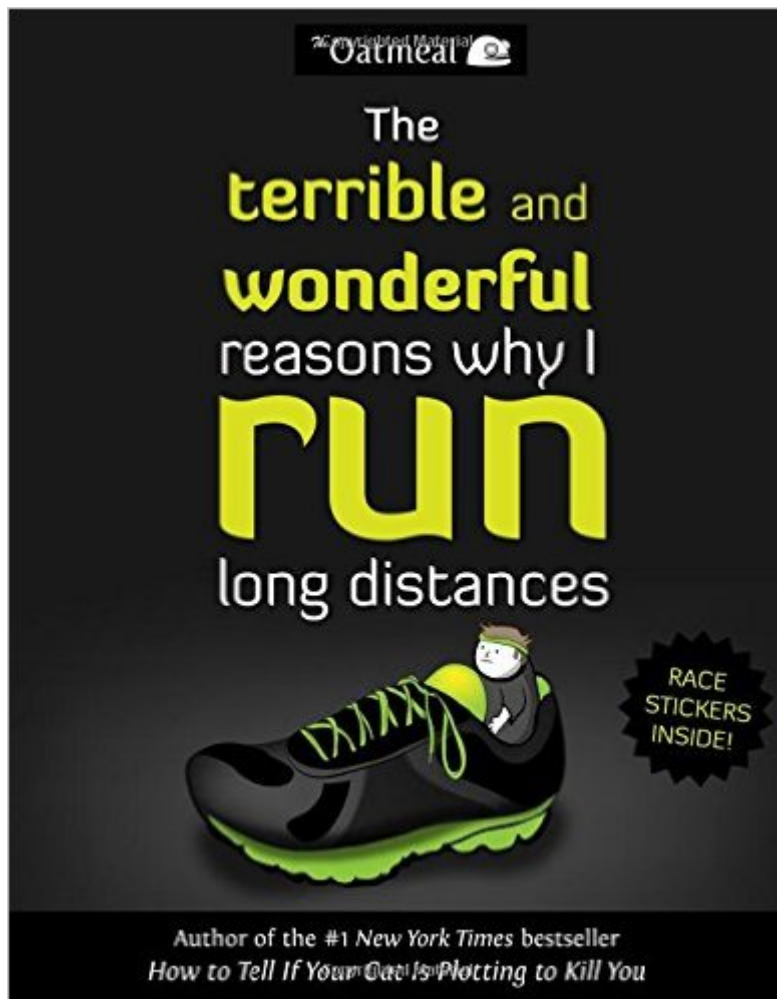


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# The Terrible And Wonderful Reasons Why I Run Long Distances (The Oatmeal)



## Synopsis

â fPraise for #1 New York Times best-selling author Matthew Inman, AKA The Oatmeal:â f"All runners wonder, at some point or another, why we do what we do. Mr. Inman's explanation is the best I've ever seen. And the funniest. Because he is clinically insane."â f-Mark Remy, editor at large, Runner's World, author of The Runner's Rule Bookâ f"He runs. He sweats. He heaves. He hates it. He loves it. He runs so hard his toenails fall off. He asks himself, why? Why do I do this? Here, gorgeously, bravely, hilariously, is Matt's deeply honest answer."â f-Robert Krulwich, NPRâ f"Finally! A voice that sings with the Blerches of angels!"â f-Christopher McDougall, author of Born to Runâ fThis is not just a book about running. It's a book about cupcakes. It's a book about suffering.â fIt's a book about gluttony, vanity, bliss, electrical storms, ranch dressing, and Godzilla. It's a book about all the terrible and wonderful reasons we wake up each day and propel our bodies through rain, shine, heaven, and hell.â fFrom #1 New York Times best-selling author, Matthew Inman, AKA The Oatmeal, comes this hilarious, beautiful, poignant collection of comics and stories about running, eating, and one cartoonist's reasons for jogging across mountains until his toenails fall off.â fContaining over 70 pages of never-before-seen material, including "A Lazy Cartoonist's Guide to Becoming a Runner" and "The Blerch's Guide to Dieting," this book also comes with Blerch race stickers.

## Book Information

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Psychology

## Customer Reviews

I read this while eating a pizza and drinking diet Mountain Dew. I feel really bad about myself now, so I'm thinking about going out and getting ice cream. But I'm also thinking about going out for a run instead, which wasn't in the cards before. So the book has changed my way of thinking. Basically, this book is dangerous and should probably be made illegal.

Matthew Inman doesn't claim to be a health guru. He's not trying to sell a product or diet plan. And his blood is likely composed of 30% Nutella. Inman knows that true nirvana doesn't lie in counting calories and mindless trotting on ellipticals. This is a story about outrunning your demons and leaving them in the dust behind you. It's a story about moving - when society tells us to be still. And it's a story about the terrors of giant hornets and gazing into the infinite abyss through a bottle of sugary purple liquid. His methods may not be for everyone, but be prepared to have the sudden desire to get off your ass and go outside after reading this book. An excellent gift for people who need a little inspiration and a good laugh to get them off their chairs.

I laughed, I cried, I now have a bastardized version of a Ramones song- "Blitzkrieg Butt"- stuck in my head. And my cheeks hurt a little from smiling. And I think I'm going to go for a run. It's weird how he can capture the humor and the emotion of running. It's funny, sarcastic, sweet, and poignant at times.

I participated in the Beat the Blerch 10k a couple weeks ago (complete with cake, nutella sandwiches, & couches at the aid station) & polished this book off on the flight home. Full of laughs, inspiration, & a lot of truth (I'm totally a workout to eat kind of gal). A little bummed I paid \$20 for this at the race, but I do have a lot of sweet race swag & fantastic memories.

I don't know shit about running, but Matthew Inman makes me want to be a runner, like, tomorrow. Ok, maybe next year. What? New Year's resolutions, guys! The sooner, the better. Inman's mind-body connection inspires me. Running to him is a mental process. He doesn't want to be one of those who eat only healthy food; he doesn't want to be a legend. He runs because he has his own nirvana and his body is a tool to get there. I caught myself laughing out loud at Inman's metaphors and analogies countless times. He knows when to show some vulnerability and when to prove a point using his acid humor. Believe me, you'll want to read this book more than once.

I always enjoy his comics and everything he says about running is true but half of this comics are already online for free. I paid for this book to see new material and the little bit there was didn't seem worth the money.

Matthew Inman never ceases to amaze me. He is funny, clever, and smart. These attributes bleed into his books without question. This new book is no exception, however it is a little different from his previous books. His previous books were a little 'random' and enjoyably so. Matthew's new book is a little more focused, and it's all about running (and a intermission about bees). The focus was quite enjoyable. Matthew was able to explaining his running journey while making it funny and enjoyable to read. I would say it provided me with some inspiration to go out and run....but who am I kidding? I read this for his writing style. It's great. Buy it. You'll love if you familiar with Matthew or the humor/comic genres in general. The only con to this book is that it doesn't come with a poster, you get stickers as a consolation prize. Having purchased Inman's previous books I was expecting a meticulously crafted and funny poster. I was disappointed when one wasn't there :(

I LOVE "The Oatmeal" and I recently started running, so this seemed right up my alley. It's witty, entertaining, and real. Not particularly long, but definitely worth the read. I was \*slightly\* disappointed that I'd already seen much of the content on the website or fb page, but there was still a lot of new content, and I thoroughly enjoyed the book.

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