

Running Being The Total Experience By Sheehan George Author Paperback 2014

On Earth We're Briefly Gorgeous Ultramarathon American Dirt (Oprah's Book Club) Racing the Antelope Run the Mile You're In Eat & Run George Sheehan on Running to Win The Experience Economy The Essential Sheehan Running & Being The Inner Runner Chasing the Hawk Night The Cool Impossible Trailhead What I Talk About When I Talk About Running The Kite Runner Running & Being Into the Wild Ultramarathon Man This Running Life Daniels' Running Formula How to Run a Meeting Marathon Running Wild Crime and Punishment 80/20 Running Running with the Whole Body Build Your Running Body The Founder's Dilemmas Hiroshima Running with the Mind of Meditation Candide The Great Gatsby Run to the Finish On the Run Teaching with Poverty in Mind Run for Your Life The Power of Now The Goal

On Earth We're Briefly Gorgeous

In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. His name was Christopher Johnson McCandless. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a

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new life for himself. Four months later, his decomposed body was found by a moose hunter. How McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. Digging deeply, he takes an inherently compelling mystery and unravels the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic

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young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page. From the Trade Paperback edition.

Ultramarathon

“The best running book ever.” —Bob Anderson, founder of Runner’s World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

- 393 photos that make it easy to follow every step of every workout
- 10 training programs to help runners of all levels integrate the total-body plan into their daily routines
- Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today
- Race strategy for the crucial weeks leading up to the competition and through to the

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finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics • Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

American Dirt (Oprah's Book Club)

Recommended by "Runner's World" magazine as "the best training book" by "the world's greatest coach," "Daniels' Running Formula" provides an expert training and racing blueprint for dedicated runners of all abilities.

Racing the Antelope

Trailhead is a witty, fun guide to all things trail running. Veteran trail runner, triathlete, and adventure racer Lisa Jung offers this illustrated pocket guide to all runners curious about running off road or wanting to run farther into the backcountry. She offers authoritative advice on everything from how to find good trails to run, how to choose the best shoes and clothing, how to carry enough water, and how to stay safe from wildlife and weather. Trailhead includes: The

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allure: Why trail running is good for body and mind The essentials: Finding good trails, choosing the best trail running gear, handling trail and weather conditions, what you need to know about nutrition and hydration Safety: How to treat (and avoid) common trail running injuries, first aid, animal safety Etiquette: Right of way, preserving the trail, when nature calls Company: Running alone, with friends, with dogs--or burros! Stronger, faster: At-home exercises to enhance your running Going long: Preparing for longer trail runs or trail races Trailhead is a smart, entertaining read as well as a thorough resource for everyone from aspiring trail runners to those looking to get the most out of every trail run, whether in a city park or on a mountain adventure.

Run the Mile You're In

Alex Rogo is a harried plant manager working ever more desperately to try and improve performance. His factory is rapidly heading for disaster. So is his marriage. He has ninety days to save his plant - or it will be closed by corporate HQ, with hundreds of job losses. It takes a chance meeting with a colleague from student days - Jonah - to help him break out of conventional ways of thinking to see what needs to be done. Described by Fortune as a 'guru to industry' and by Businessweek as a 'genius', Eliyahu M. Goldratt was an internationally recognized leader in the development of new business management concepts and systems. This 20th anniversary edition includes a series of detailed case study interviews by

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David Whitford, Editor at Large, Fortune Small Business, which explore how organizations around the world have been transformed by Eli Goldratt's ideas. The story of Alex's fight to save his plant contains a serious message for all managers in industry and explains the ideas which underline the Theory of Constraints (TOC) developed by Eli Goldratt. Written in a fast-paced thriller style, *The Goal* is the gripping novel which is transforming management thinking throughout the Western world. It is a book to recommend to your friends in industry - even to your bosses - but not to your competitors!

Eat & Run

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

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nutrition and real-world 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.

George Sheehan on Running to Win

"Brilliant, heartbreaking, tender, and highly original - poet Ocean Vuong's debut novel is a sweeping and shattering portrait of a family, and a testament to the redemptive power of storytelling. On Earth We're Briefly Gorgeous is a letter from a son to a mother who cannot read. Written when the speaker, Little Dog, is in his late twenties, the letter unearths a family's history that began before he was born--a history whose epicenter is rooted in Vietnam--and serves as a doorway into parts of his life his mother has never known, all of it leading to an unforgettable revelation. At once a witness to the fraught yet undeniable love between a single mother and her son, it is also a brutally honest exploration of race, class, and masculinity"--

The Experience Economy

The Essential Sheehan

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Born into a Jewish ghetto in Hungary, as a child, Elie Wiesel was sent to the Nazi concentration camps at Auschwitz and Buchenwald. This is his account of that atrocity: the ever-increasing horrors he endured, the loss of his family and his struggle to survive in a world that stripped him of humanity, dignity and faith. Describing in simple terms the tragic murder of a people from a survivor's perspective, *Night* is among the most personal, intimate and poignant of all accounts of the Holocaust. A compelling consideration of the darkest side of human nature and the enduring power of hope, it remains one of the most important works of the twentieth century. New translation by Marion Wiesel, with a new introduction by Elie Wiesel.

Running & Being

In *Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It*, veteran educator and brain expert Eric Jensen takes an unflinching look at how poverty hurts children, families, and communities across the United States and demonstrates how schools can improve the academic achievement and life readiness of economically disadvantaged students. Jensen argues that although chronic exposure to poverty can result in detrimental changes to the brain, the brain's very ability to adapt from experience means that poor children can also experience emotional, social, and academic success. A brain that is susceptible to adverse environmental effects is equally susceptible to the

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positive effects of rich, balanced learning environments and caring relationships that build students' resilience, self-esteem, and character. Drawing from research, experience, and real school success stories, *Teaching with Poverty in Mind* reveals

- * What poverty is and how it affects students in school;
- * What drives change both at the macro level (within schools and districts) and at the micro level (inside a student's brain);
- * Effective strategies from those who have succeeded and ways to replicate those best practices at your own school; and
- * How to engage the resources necessary to make change happen.

Too often, we talk about change while maintaining a culture of excuses. We can do better. Although no magic bullet can offset the grave challenges faced daily by disadvantaged children, this timely resource shines a spotlight on what matters most, providing an inspiring and practical guide for enriching the minds and lives of all your students.

The Inner Runner

What makes for a great meeting? As a leader, how can you keep discussions on point and productive? In *How to Run a Meeting*, Antony Jay argues that too many leaders fail to plan adequately for meetings. In this bestselling article, he defines the characteristics that contribute to success, from keeping formal minutes to acknowledging junior staff first. These guidelines will help you get demonstrably better results from every meeting you run. Since 1922, *Harvard Business Review* has been a leading source of breakthrough ideas in management practice. The

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Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Chasing the Hawk

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

Night

A Tibetan lama and leader of a global meditation network explains how the sport of running can be turned into a spiritual practice. By the author of Ruling Your World. 30,000 first printing.

The Cool Impossible

Trailhead

"Dr. Cucuzzella is the most complete runner I know. . . . Most important, he aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn." --Amby Burfoot, Boston Marathon winner, writer at large for Runner's World magazine, and author of The Runner's Guide to the Meaning of Life Despite our natural ability and our human need to run, each year more than half of all runners suffer injuries. Pain and discouragement inevitably follow. Cucuzzella's book outlines the proven, practical techniques to avoid injury and reach the goal of personal fitness and overall health. In Run for Your Life, Dr. Mark Cucuzzella gives us a straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. With clear drawings and black-

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and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities.

What I Talk About When I Talk About Running

In a poignant memoir, an investigative journalist describes how his struggle to reconnect and rebuild a relationship with his father, George Sheehan, the best-selling author of *Running* and *Being*, helped him to come to terms with his father's absence during his childhood and adolescence and with the anger and alcoholism that nearly destroyed his life. Reprint.

The Kite Runner

Often downplayed in the excitement of starting up a new business venture is one of the most important decisions entrepreneurs will face: should they go it alone, or bring in cofounders, hires, and investors to help build the business? More than just financial rewards are at stake. Friendships and relationships can suffer. Bad decisions at the inception of a promising venture lay the foundations for its eventual ruin. *The Founder's Dilemmas* is the first book to examine the early

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decisions by entrepreneurs that can make or break a startup and its team. Drawing on a decade of research, Noam Wasserman reveals the common pitfalls founders face and how to avoid them. He looks at whether it is a good idea to cofound with friends or relatives, how and when to split the equity within the founding team, and how to recognize when a successful founder-CEO should exit or be fired.

Wasserman explains how to anticipate, avoid, or recover from disastrous mistakes that can splinter a founding team, strip founders of control, and leave founders without a financial payoff for their hard work and innovative ideas. He highlights the need at each step to strike a careful balance between controlling the startup and attracting the best resources to grow it, and demonstrates why the easy short-term choice is often the most perilous in the long term. The Founder's Dilemmas draws on the inside stories of founders like Evan Williams of Twitter and Tim Westergren of Pandora, while mining quantitative data on almost ten thousand founders. People problems are the leading cause of failure in startups. This book offers solutions.

Running & Being

“Crime and Punishment” is an 1866 novel by Russian author Fyodor Dostoevsky. The narrative concerns the inner anguish of Rodion Raskolnikov, a poor ex-student in Saint Petersburg who conceives a murderous plan to steal from a notorious pawnbroker. However, after the deed is done he deteriorates into a feverish state

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and begins to fret obsessively. In his delirium, Rodion wanders the streets of the city unknowingly drawing attention to himself and his connection to the crime. A masterpiece that places you into the confused mind of a misguided murderer, Dostoevsky's "Crime and Punishment" is a classic of Russian literature not to be missed by any lover of fiction. Fyodor Mikhailovich Dostoevsky (1821 - 1881) was a Russian novelist, essayist, short story writer, journalist, and philosopher. His literature examines human psychology during the turbulent social, spiritual and political atmosphere of 19th-century Russia, and he is considered one of the greatest psychologists in world literature. A prolific writer, Dostoevsky produced 11 novels, three novellas, 17 short stories and numerous other works. Many vintage books such as this are increasingly scarce and expensive. We are republishing this volume now in an affordable, modern, high-quality edition complete with a specially-commissioned new biography of the author.

Into the Wild

Candide is a French satire by Voltaire, a philosopher of the Age of Enlightenment. It begins with a young man, Candide, who is living a sheltered life in an Edenic paradise and being indoctrinated with Leibnizian optimism (or simply Optimism) by his mentor, Pangloss. The work describes the abrupt cessation of this lifestyle, followed by Candide's slow, painful disillusionment as he witnesses and experiences great hardships in the world. Voltaire concludes with Candide, if not

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rejecting optimism outright, advocating a deeply practical precept, "we must cultivate our garden", in lieu of the Leibnizian mantra of Pangloss, "all is for the best in the best of all possible worlds". Candide is characterized by its sarcastic tone, as well as by its erratic, fantastical and fast-moving plot. A picaresque novel it parodies many adventure and romance clichés, the struggles of which are caricatured in a tone that is mordantly matter-of-fact. Still, the events discussed are often based on historical happenings, such as the Seven Years' War and the 1755 Lisbon earthquake. As philosophers of Voltaire's day contended with the problem of evil, so too does Candide in this short novel, albeit more directly and humorously. Voltaire ridicules religion, theologians, governments, armies, philosophies, and philosophers through allegory; most conspicuously, he assaults Leibniz and his optimism. As expected by Voltaire, Candide has enjoyed both great success and great scandal. Immediately after its secretive publication, the book was widely banned because it contained religious blasphemy, political sedition and intellectual hostility hidden under a thin veil of naïveté. However, with its sharp wit and insightful portrayal of the human condition, the novel has since inspired many later authors and artists to mimic and adapt it. Today, Candide is recognized as Voltaire's magnum opus and is often listed as part of the Western canon; it is arguably taught more than any other work of French literature. It was listed as one of The 100 Most Influential Books Ever Written.

Ultramarathon Man

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

This Running Life

Ryan Hall is an Olympic athlete and American record holder in the half marathon (59:43). But as a kid, Ryan hated running. He wanted nothing to do with the sport until one day, he felt compelled to run the 15 miles around his neighborhood lake. He was hooked. Starting that day, Ryan felt a God-given purpose in running. He knew he could, and would, race with the best runners in the world and that his talent was a gift to serve others. These two truths launched Ryan's 20-year athletic career and guided him through epic failures and exceptional breakthroughs to competing at the highest level. Along the way, Ryan learned how to focus on his

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purpose and say no to distractions, to select and strive for the right goals--goals for the heart as well as the body. With God's guidance and millions of miles pounded out on the track, Ryan discovered secrets to dealing with defeat and disappointment, enduring immense pain, building resilience, and ultimately, running as if you've already won. Now a coach, speaker, and nonprofit partner, Ryan shares the powerful faith behind his athletic achievements and the lessons he learned that helped him push past limits, make space for relationships that enrich life on and off the running trails, and cultivate a positive mindset. Journey with Ryan as he reflects on the joys and trials of the running life and discover for yourself the power of a life devoted to your God-given purpose.

Daniels' Running Formula

Hiroshima is the story of six people--a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest--who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final

chapter of Hiroshima.

How to Run a Meeting

"Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program--in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity--is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances"--

Marathon

The photojournalist describes his recovery from an ankle injury and his three-time run the length of the Grand Canyon despite doctors' claims he would never be able to run again

Running Wild

Why are so many people drawn to running? Why is running the most common

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physical activity? What is it about running that empowers so many people? And how can runners harness that power to create a more meaningful life? The Inner Runner addresses these questions and a whole lot more. This book is not about how to get faster or run a marathon; rather, it explores how the simple act of putting one foot in front of the other helps you harness your creative powers. Learn about the psychological, emotional, cognitive, and spiritual benefits of running and introduce lifestyle changes based on the latest scientific research on running and its effects on hormones and the brain. As a nationally recognized running and fitness coach with a PhD in Exercise Physiology, Jason Karp brings his expertise in science-based coaching to runners of all levels. He believes that running gives you a chance to discover, challenge, and bring out the best in yourself by impacting your creativity, focus, imagination, confidence, and health. Let The Inner Runner help you become not only a better runner, but a more creative, productive, and imaginative person. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are

sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Crime and Punishment

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private

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writer and for the exploding population of athletes who find similar satisfaction in distance running.

80/20 Running

The masterful novel of Jazz Age idealism, decadence, and disillusionment by the celebrated author of *The Beautiful and Damned*. Here is the timeless story of mysterious millionaire Jay Gatsby; beautiful debutant Daisy Buchanan; Daisy's philandering husband, Tom; and aspiring writer Nick Carraway, who gets caught up in their drama of elegant parties and doomed romance. With its vivid prose and perceptive character portraits, it is widely considered to be author F. Scott Fitzgerald's masterpiece, as well as one of the greatest novels ever written. Adapted for stage and screen numerous times, *The Great Gatsby* is emblematic of the style and sensibility of the Roaring Twenties as well as a brilliant evocation of popular culture's growing disillusionment with the American Dream.

Running with the Whole Body

In *Running with the Whole Body*, Heggie proposes a thirty-day exercise program that will not only prevent you from injuring yourself in a new way, but enable you to become a smoother, and more powerful runner. The exercises presented isolate

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the workings of the various parts of the body to show how each part of the body balances and works in concert with the others. The result is a body whose torso, hips, pelvis and shoulders all move freely in the act of running. You will discover how to unleash the power of the large, strong muscles of the hips, spine and shoulders to power your running.

Build Your Running Body

Racing the Antelope "The human experience is populated by dreams and aspirations. For me, the animal totem of these dreams is the antelope, swift, strong, and elusive. we chase after 'antelope,' and sometimes we catch them. Often we don't. But why do we bother? I think it is because without dream 'antelopes' to chase we become what a lapdog is to a wolf. And we are inherently more like wolves than lapdogs, because the communal chase is part of our biological makeup." In 1981, Bernd Heinrich, a lifelong runner, decided to test his limits at age forty-one and race in the North American 100-Kilometer Championship race in Chicago. To improve his own preparations as a runner, he wondered what he could learn from other animals--what makes us different and how we are the same--and what new perspective these lessons could shed on human evolution. A biologist and award-winning nature writer, he considered the flight endurance of insects and birds, the antelope's running prowess and limitations, the ultraendurance of the camel, and the remarkable sprinting and

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jumping skills of frogs. Exploring how biological adaptations have granted these creatures "superhuman" abilities, he looked at how human physiology can or cannot replicate these adaptations. Drawing on his observations and knowledge of animal physiology and behavior, Heinrich ran the race, and the results surprised everyone--himself most of all. In *Racing the Antelope*, Heinrich applies his characteristic blend of scientific inquiry and philosophical musing to a deft exploration of the human desire--even need--to run. His rich prose reveals what endurance athletes can learn about the body and the spirit from other athletes in the animal kingdom. He then takes you into the heart of his own grueling 100-kilometer ultramarathon, where he puts into practice all that he has discovered about the physical, spiritual--and primal--drive to win. At once lyrical and scientific, *Racing the Antelope* melds a unique blend of biology, anthropology, psychology, and philosophy with Heinrich's passion for running to discover how and why we run.

The Founder's Dilemmas

#1 New York Times Bestseller OPRAH'S BOOK CLUB PICK "Extraordinary."
—Stephen King "This book is not simply the great American novel; it's the great novel of las Americas. It's the great world novel! This is the international story of our times. Masterful." —Sandra Cisneros También de este lado hay sueños. On this side, too, there are dreams. Lydia Quixano Pérez lives in the Mexican city of

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Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable. Even though she knows they'll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes up to the register with a few books he would like to buy—two of them her favorites. Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the jefe of the newest drug cartel that has gruesomely taken over the city. When Lydia's husband's tell-all profile of Javier is published, none of their lives will ever be the same. Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride la bestia—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to? *American Dirt* will leave readers utterly changed. It is a literary achievement filled with poignancy, drama, and humanity on every page. It is one of the most important books for our times. Already being hailed as "a *Grapes of Wrath* for our times" and "a new American classic," Jeanine Cummins's *American Dirt* is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope.

Hiroshima

Over 21 million copies sold worldwide

Running with the Mind of Meditation

Offers medical advice on the mechanics of running, the sensual, mental, emotional, and spiritual joys of running, and methods of training for any sport

Candide

Rev. ed. of: The experience economy: work is theatre & every business a stage. 1999.

The Great Gatsby

Traces the author's remarkable career while revealing the influence of his vegan lifestyle, describing his transition from a Midwestern hunter to a record-breaking athlete.

Run to the Finish

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A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this, Sheehan argues, we have the power to discover "the truth that makes men free."

On the Run

Runners and readers whose connections to the sport date back to the 1970s surely remember Dr. George Sheehan, the New Jersey cardiologist and writer whose unique approach to the joy of exercise helped spark America's fitness boom. As a

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columnist for his local Red Bank Register and later as the medical editor of Runner's World and through eight bestselling books, Sheehan became, through the influence of his example and writing, the spokesperson for an entire generation of runners and the manifold benefits they discovered through the running lifestyle. Sadly, several of Sheehan's books are now out of print, and the hundreds of newspaper magazine columns he penned over the last 25 years of his life have been lost to time. Until now. The Essential Sheehan is a collection of the best running pieces George Sheehan wrote in his lifetime, many of which ran in Runner's World when Sheehan was a columnist there. This collection illuminates Sheehan's lasting influence on running culture and is a reintroduction of George Sheehan to a new generation of runners and readers.

Teaching with Poverty in Mind

In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." "UltraMarathon Man: 50 Marathons - 50 States - 50 Days", a Journeyfilm documentary, follows Dean's incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles-the equivalent of ten marathons-without rest. He has run over mountains, across Death Valley, and to the South Pole-and is probably the first person to eat an entire pizza while running. With an insight, candor, and

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humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), Ultramarathon Man has inspired tens of thousands of people—nonrunners and runners alike—to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of Muscle. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat? - How do you train to stay in such good shape?

Run for Your Life

"He's the tops."-Booklist

The Power of Now

A RIVETING, GROUNDBREAKING ACCOUNT OF HOW THE WAR ON CRIME HAS TORN APART INNER-CITY COMMUNITIES Forty years in, the tough on crime turn in American politics has spurred a prison boom of historic proportions that disproportionately affects Black communities. It has also torn at the lives of those on the outside. As arrest quotas and high tech surveillance criminalize entire blocks, a climate of fear and suspicion pervades daily life, not only for young men

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entangled in the legal system, but for their family members and working neighbors. Alice Goffman spent six years in one Philadelphia neighborhood, documenting the routine stops, searches, raids, and beatings that young men navigate as they come of age. In the course of her research, she became roommates with Mike and Chuck, two friends trying to make ends meet between low wage jobs and the drug trade. Like many in the neighborhood, Mike and Chuck were caught up in a cycle of court cases, probation sentences, and low level warrants, with no clear way out. We observe their girlfriends and mothers enduring raids and interrogations, "clean" residents struggling to go to school and work every day as the cops chase down neighbors in the streets, and others eking out a living by providing clean urine, fake documents, and off the books medical care. This fugitive world is the hidden counterpoint to mass incarceration, the grim underside of our nation's social experiment in punishing Black men and their families. While recognizing the drug trade's damage, *On The Run* reveals a justice system gone awry: it is an exemplary work of scholarship highlighting the failures of the War on Crime, and a compassionate chronicle of the families caught in the midst of it. "A remarkable feat of reporting . . . The level of detail in this book and Goffman's ability to understand her subjects' motivations are astonishing—and riveting."—The New York Times Book Review

The Goal

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This practical training guide further develops Sheehan's idea that running is a metaphor for life and a path to self-knowledge, and explains how the body's design relates to running and fitness

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