

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* (the best running book ever) "Runner's World" founder Bob Anderson), a one-of-a-kind guide for everyone who wants to run but feels they can'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 impossible 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 start from achy knees and sore ankles, to advanced age and arthritis, to too many cigarettes or years on the couch. In every case, Magill's best advice is to do what he did: Run anyway 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 going showing a way forward for new and sidelined runners who haven't before realized how close they are to fun and pain-free running!

Book Information

Paperback: 304 pages

Publisher: The Experiment (August 23, 2016)

Language: English

ISBN-10: 1615193111

ISBN-13: 978-1615193110

Product Dimensions: 5.9 x 0.7 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (9 customer reviews)

Best Sellers Rank: #39,799 in Books (See Top 100 in Books) #63 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #91 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #295 in Books > Sports & Outdoors > Individual Sports

Customer Reviews

I have always enjoyed running. Especially during those intervals when I'm not injured. Pete Magill calls this book, *THE BORN AGAIN RUNNER* because that's exactly what running did for him. The author was warned by an E.R. doctor that he would not be living too much longer 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.

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

The Born Again Runner: A Guide to Overcoming Excuses, Injuries, and Other Obstacles_for New and Returning Runners Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Born to Run: The hidden tribe, the ultra-runners, and the greatest race the world has never seen Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Phillip K. Dick's Do Androids Dream of Electric Sheep? Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Run Less, Run Faster:Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Maze Runner el comienzo: Virus letal (Spanish Edition) (Maze Runner Trilogy) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program No Excuses Art Journaling: Making Time for Creativity Puccini Without Excuses: A Refreshing Reassessment of the World's Most Popular Composer Born Palestinian, Born Black: & The Gaza Suite Born in Ice (Irish Born Trilogy) Returning Carbon to Nature: Coal, Carbon Capture, and Storage Returning To the Teachings: Exploring Aboriginal Justice Who's Your Father?: Returning to the Love of the Biblical God The Reappearing Act: Coming Out as Gay on a College Basketball Team Led by Born-Again Christians Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Getting Well Again: A Step-by-Step, Self-Help Guide to Overcoming Cancer for Patients and Their Families Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!) Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems)

