



Confessions of an Unlikely Runner

Dana Ayers

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Witty, observant, and full of cringe-worthy confessions and heartwarming encouragement, *Confessions* celebrates both running and life. Part *Bridget Jones*, part *Forrest Gump*, Dana Ayers chronicles her awkward mishaps and adventures in transitioning from childhood bookworm to accidental accomplished athlete. Over the last ten years, Ayers has completed a vast array of races. She runs them all while admittedly not getting much faster, much thinner, or much more disciplined—though she has managed to be on national television, split open her pants, and get electrocuted. Ayers intersperses her hilarious yet relatable struggles with insights about how and why she keeps running. A self-proclaimed ambassador of slow runners, Ayers has completed dozens of endurance challenges, including *Tough Mudder*, the *Ragnar Relay*, *Muddy Buddy*, *Warrior Dash*, *Run Amuck*, the *Army Ten-Miler*, the *Country Music Marathon*, and many more mud runs, obstacles courses, and races. Her race descriptions will entertain seasoned runners and non-runners alike. Woven into the chaos of her running adventures is compassionate reassurance for anyone who feels like they aren't fast enough, athletic enough, or strong enough to finish a tough race. Though told with humor, *Confessions'* stories share an underlying theme of Ayers' serious reverence for the sport of running and the running community. Ayers describes experiences such as participating in a 1,000-mile relay for Boston Marathon bombing victims, and being overcome by emotion while observing wounded veterans struggling to finish a race. Her stories prove how life-enriching it can be to physically fight for something and to cheer on others who are doing the same. For anyone who has considered trying a marathon, an obstacle race, or simply taking up running for the first time, Ayers is your ambassador. If she can do it, you can too.

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Janet Steele:

Confessions of an Unlikely Runner can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to get every word into delight arrangement in writing Confessions of an Unlikely Runner nevertheless doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be among it. This great information may drawn you into fresh stage of crucial considering.

Belinda Tenney:

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Dale Fain:

That guide can make you to feel relax. This book Confessions of an Unlikely Runner was bright colored and of course has pictures around. As we know that book Confessions of an Unlikely Runner has many kinds or style. Start from kids until teenagers. For example Naruto or Private eye Conan you can read and think you are the character on there. Therefore not at all of book tend to be make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you and try to like reading in which.

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