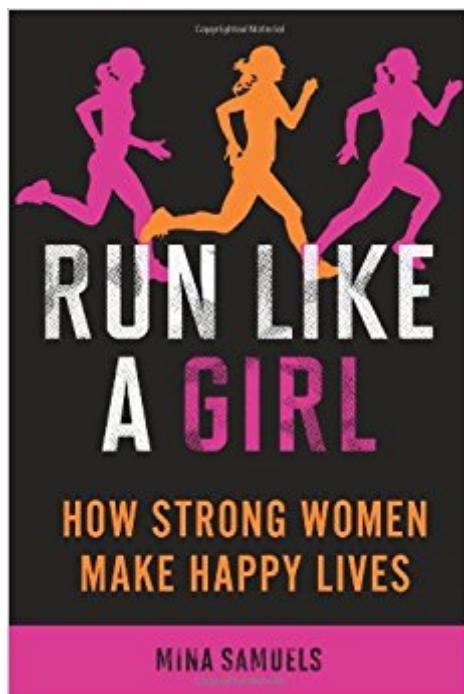


The book was found

Run Like A Girl: How Strong Women Make Happy Lives



Synopsis

Run Like A Girl is about the impact that participating in sports has on women; how the confidence and strength that it helps to build makes us stronger and better prepared for life's many challenges. In this inspiring book, Mina Samuels uses the personal stories of women and girls of all ages and backgrounds; as well as her own; to take a broad look at the power sports have to help us overcome obstacles in all arenas of life. Run Like A Girl includes the stories of a US-ranked amateur triathlete who's raising an autistic son; a thirteen-year-old girl who falls in love with cross-country running; a woman who runs her first marathon at age sixty; an investment banker who quit her job to become a yoga teacher and adopt a daughter on her own; a young mother with scoliosis who cycled her way back to health and became a jewelry designer along the way; and countless other women; including Kathrine Switzer, Rebecca Rusch, and Molly Barker; who have been changed by their experiences with sports. Run Like A Girl argues that physical strength lends itself to psychological strength, and that for many women, participating in sports translates into leading a happier, more fulfilling life.

Book Information

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Customer Reviews

Get inspired to meet any fitness challenge with Mina Samuels' new book, Run Like a Girl, a chicken soup for the athlete's soul. Its interviews with hundreds of women will fire your desire to reach personal bests in all areas of life. SELF, March, 2011 A well-rounded investigation into the profound impact of sports on women of all ages and walks of life. Samuels (The

Queen of Cups, 2006) may celebrate the successes of professional female athletes who have thrived in a traditionally male-dominated arena, but her main focus is on the ordinary women who have achieved enlightenment through sports. The author illustrates the theme of sports as a metaphor for life, and is herself a testimony to this concept. Samuels credits her own discovery of distance running at 27 as the catalyst for her transformation from attorney and human-rights defender to writer and sports advocate. She suggests that women who approach life from an athlete's perspective are better equipped to find balance and harmony and are more courageous in the face of challenges than those who do not. She argues that the stamina and endurance built up by athletes is good practice for the resilience needed to persevere when they stumble off the pitch. The book is built on lighthearted accounts of women who become comically engrossed in their sport as well as uplifting tales of women who have overcome life-altering trauma. Samuels' anecdotes may at times seem redundant or excessive in quantity, but they are neatly interwoven with background information on the female athlete's plight from a political, psychological and social standpoint. As such, they serve a purposeful, rather than ornamental, function. An enthusiastic tribute to women who replace the stigma attached to the term running like a girl with a sense of power and honor.¹ Kirkus Reviews March, 2011 There are lots of good sports books, but rarely beautifully-written ones. Run Like A Girl is both.² Mary Brophy Marcus, USA Today³; Inspiring⁴; Running Times, March, 2011 [A] compelling argument that women who run are much more likely to lead fulfilling lives in any number of ways⁵; Canadian Running, April, 2011 [A]n engaging read that will have most women nodding their heads in agreement and motivated to keep at the sports they love.⁶ Vermont Sports, April, 2011 A book that is needed and important and life changing⁷; all the things running has been for us!⁸ Kathrine Switzer, author of Marathon Woman: Running the Race to Revolutionize Women's Sports, Running and Walking for Women Over 40 and co⁹; author of 26.2 Marathon Stories. A compelling and insightful book about using sport and physical activity to balance the extraordinary challenges women face¹⁰; a must read for women athletes and non-athletes alike.¹¹ Donna Lopiano, founder and president of Sports Management Resources; formerly CEO of the Women's Sports Foundation¹² I was hooked after the first page. Run Like A Girl reminds me, once again, the power and importance of sport in young girls and women's lives. As a mom and an athlete, I will continue to proudly run like a girl and support my kids as they do the same!¹³ Summer Sanders, Gold Medalist and TV personality¹⁴ Run Like a Girl celebrates the power of sports and fitness in all aspects of life. It speaks to the true gift and value of sport¹⁵; defining who we are.¹⁶ Julie Foudy, Former Captain of

the US Women's Soccer Team and Founder of the Julie Foudy Sports Leadership Academy

A former trial lawyer and human-rights advocate, Mina Samuels is the co-author of the recently published New York Times bestseller *The Think Big Manifesto*, with Michael Port. She was a regular contributor to *Vermont Sports* for two years, and her essay "Tomorrow Might Not Be the Same" appeared in the collection *How Running Changed My Life*. Her first novel, *The Queen of Cups*, was published in January 2007, and she has also published personal essays in *Alimentum* and *The French Literary Review*. Samuels has also ghostwritten numerous books. When she's not writing, Samuels can often be found running, cycling, swimming, cross-country skiing, hiking, snowshoeing, kayaking, climbing, or doing yoga. She competes in sprint, Olympic-length, and half-ironman triathlons, marathons, and shorter-distance road races, and has participated in the Canadian Ski Marathon, a two-day, 100-mile cross-country ski event. She has hiked and backpacked in Chile, Pakistan, South Africa, Tanzania, Europe, Canada and the United States. She lives in New York, NY.

I really can't say enough about this book. As someone who was un-athletic in her youth and discovered the joy of running and general gym-going in the past few years (late 20s), I feel confident stating that this is a book for everyone - athletes, non-athletes, sort-of-athletes, you get the picture. I was worried that like many books in this genre, it would be a poorly-written, juvenile, kind of cheesy read. My fears were so unfounded - the writing and the message are both well-developed, nuanced, and leave the reader wanting more. I can't really do justice to this book through a review, but I think the fact that I'm considering buying about a dozen copies to give as gifts to some amazing (both athletic and non-athletic) women in my life says it all. The strength and confidence that I've found through reading this book has really caught me by surprise, especially since I didn't know I was missing any of that strength or confidence.

This isn't a classic, or amazingly well written book, but for any female runner - or those looking to get involved in the community, this is a quick, fun read.

I bought 3 copies of this book after seeing the author on the Today Show. I bought one for me, one for my daughter and one for my niece - to share with her mother, my sister. I've really enjoyed the principles laid out and think they apply for lots of parts of life, not just athletics. Balance is always a struggle and the author does a good job of presenting this idea in all activities. I think it will be

especially useful to my 27 year old daughter. One caution: after reading the book I am hesitant to send it to my socially and politically very conservative neice and her mom. My sister is easily offended by views and language that are more liberal in nature than she is. I would take this into consideration if you are buying the book for a gift.

CAUTION: This book may cause intense feelings of inspiration, increased motivation, and can lead to a runner's high. This is one of those books you read and think, "Oh my god, me too!" Reading about women that could easily be your sister, neighbor, or friend and their extraordinary accomplishments is invigorating. I used to think I was the only one tuned into "Radio KFUQD," but the vignettes in this book illustrate that self-doubt is not only common, it's beatable. You will feel like you can conquer the world when you read this.

Mina Samuels does an amazing job showing us how exercise and physical goals can get us through some difficult times in life. By incorporating life-stories, hardship, and accomplishments from many women, including herself, her message is to believe in yourself and never give up. I have shared many inspiring passages and quotes with my children. One of my favorites: "If we can 'see' and own our hopes, dreams, and ambitions, then we are far more likely to achieve them." "Run Like A Girl" is a great read!

In less than two months, I have a 1/2 marathon to run. Rain, sickness and a busy schedule have left me feeling low and wary of this upcoming run. "Run Like a Girl" is the perfect read for me right now. It is inspiring and gets me up and out on those runs. It is nice to hear stories I can relate to and feel inspired by. So glad I bought this book at a crucial time for me.

I had read QUEEN OF CUPS by the same author and loved it, especially its surprising conclusion. Frankly, I was surprised by how much I enjoyed RUN LIKE A GIRL since mehinks I am not a member of the target audience. It is an important and inspirational work and it resonates in the same way HOPE IS A MUSCLE does. This is my new gift for young women as they graduate from high school, college or when they seem a bit lost.

While I was expecting more of a Chicken Soup, type style where the author wrote short stories about runners, I was pleasantly surprised. She wove her own story and stories of others in a way to inspire future athletes. It felt like we were having a conversation about how to be fit and happy. It

was an easy read and did the job of inspiring me to be more fit and athletic.

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