Eat And Run: My Unlikely Journey To Ultramarathon Greatness

DOWNLOAD EBOOK
**Synopsis**

A dominant force in the sport of ultrarunning, Scott Jurek is a seven-time winner of the 100-mile Western States Endurance Run and a two-time winner of the 135-mile Badwater Ultramarathon through Death Valley. Eat & Run offers an inspirational account of Jurek's life as a runner and vegan. Regaling listeners with jaw-dropping tales of endurance, Jurek also delivers sound science and practical advice—as well as his favorite plant-based recipes.

**Book Information**

Audible Audio Edition  
Listening Length: 8 hours and 24 minutes  
Program Type: Audiobook  
Version: Unabridged  
Publisher: Recorded Books  
Audible.com Release Date: July 6, 2012  
Language: English  
ASIN: B008I506CG  
Best Sellers Rank: #2 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking  
#5 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan  
Vegetarian  #5 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

**Customer Reviews**

Scott Jurek's book, Eat & Run, is inspiring in so many ways. Although I don't (yet) aspire to be an ultramarathoner, I am a consistent runner (max out at 26.2 races) who greatly appreciates the solitude, freedom, introspection, and feeling of wholeness that comes from running. This is not a book just for ultra-runners. For anybody who is serious about body/mind/spirit issues, I think this book is an excellent resource whether a recreational runner, a frequent racer (no matter the distance), cyclists, and even elite athletes from other sports who will appreciate the discussion about performance, nutrition, competition, camaraderie, and self-doubts. A handful of things I appreciated about the book:- The coming of age aspect of the book: In this sense, Scott's life journey is told more like a novel than a biography. The transparency into Scott's life (both good stuff and bad stuff) as it related to his underdog social status as a kid, his relationship challenges with his father, the tragedy with his mother's sickness, and his circle of friends helped create a meaningful feeling of a kid who faced both normal and abnormal struggles in life while searching for meaning and striving to overcome.- Character development: Again, although this is not a novel, Scott and
Steve Friedman did a fantastic job developing the various `characters’ in the book. We got to know people really well.

*Download to continue reading...*

Eat and Run: My Unlikely Journey to Ultramarathon Greatness
Unlikely Heroes: 37 Inspiring Stories of Courage and Heart from the Animal Kingdom (Unlikely Friendships)
Unlikely Loves: 43 Heartwarming True Stories from the Animal Kingdom (Unlikely Friendships)
Life, on the Line: A Chef's Story of Chasing Greatness, Facing Death, and Redefining the Way We Eat
Start and Run Your Own Record Label, Third Edition (Start & Run Your Own Record Label)
Reverend Run (Run-D.M.C.) (Hip Hop (Mason Crest Hardcover))
Start & Run a Coffee Bar (Start & Run Business Series)
The Maps of First Bull Run: An Atlas of the First Bull Run (Manassas) Campaign, including the Battle of Ball's Bluff, June-October 1861 (American Battle Series)
Run, Boy, Run
To Pixar and Beyond: My Unlikely Journey with Steve Jobs to Make Entertainment History
How's Your Faith?: An Unlikely Spiritual Journey
My Soul Said to Me: An Unlikely Journey Behind the Walls of Justice
Run Fast. Eat Slow.: Nourishing Recipes for Athletes
Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health
Eat in My Kitchen: To Cook, to Bake, to Eat, and to Treat
Eat & Explore Washington: Favorite Recipes, Celebrations and Travel Destinations (Eat & Explore State Cookbooks)
Earls The Cookbook: Eat a Little. Eat a Lot. 110 of Your Favourite Recipes
It's Not the Big that Eat the Small...It's the Fast that Eat the Slow: How to Use Speed as a Competitive Tool in Business
Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe
Shipping Greatness: Practical lessons on building and launching outstanding software, learned on the job at Google and

*Dmca*