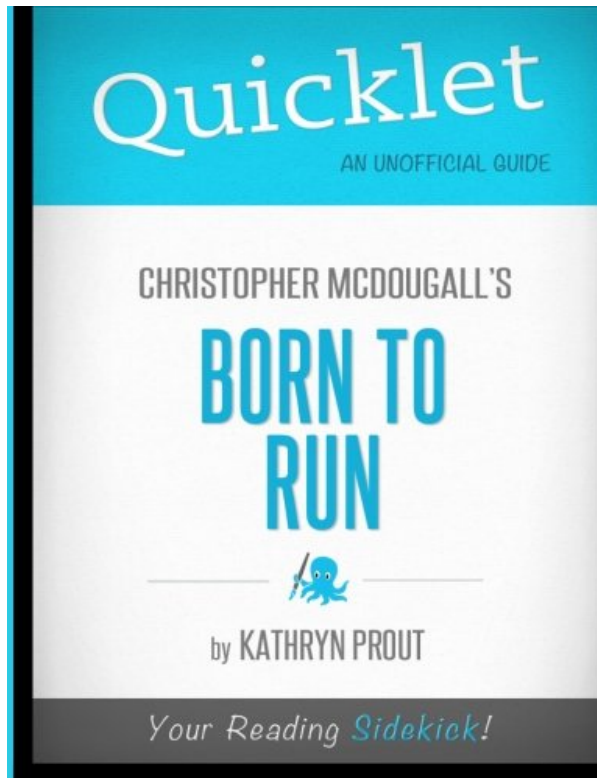


QUICKLET - BORN TO RUN BY KATHRYN PROUT



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AN UNOFFICIAL GUIDE

CHRISTOPHER MCDOUGALL'S

BORN TO RUN



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About the Author

Born in Port Huron, Michigan, Kathryn Prout has worked as a small town dance teacher, small city nonprofit coordinator, and after school poetry workshop leader for teens. While she's currently busy farming in Ireland, Kathryn always makes sure she has time to read, write, and of course, run.

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Quicklets: Learn More. Read Less. Born in 1962, Christopher McDougall is an American author and journalist with a penchant for covering the odd or extreme in the world: Frenchmen who work out in coconut trees, fugitive Mexican pop stars, and endurance running. After graduating from Harvard, McDougall was hired by the Associated Press as their new Lisbon correspondent, despite lacking knowledge of both Portuguese and journalism. After leaving the AP, McDougall wrote for a wide variety of publications, including Mens Health and New York Times Magazine. In their pages, he covered a wide breadth of subjects, from why America hasn't been hit by another terrorist attack since September 11 to physiological oddities like the health benefits of old lumberjack saws or the Tarahumara tribe of near superhuman ultrarunners. First published in 2009, *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen* became a New York Times bestseller, staying on the list for over four months and selling over 219,000 hardcover copies in its first year. A movie version of the book is reportedly in the works, to be written and directed by Peter Sarsgaard. Quicklets: Learn More. Read Less.

CHAPTER OUTLINE

- Introduction
 - Background Information
 - Overall Summary of Born to Run
 - Important People
 - Important Terms
 - ...and much more
 - Chapter Summaries
 - Summary of Born to Run Chapters 1-4
 - Summary of Born to Run Chapters 5-8
 - Summary of Born to Run Chapters 9-12
 - Summary of Born to Run Chapters 13-16
 - ...and much more
 - Additional Reading
 - Major Reviews for Born to Run by Christopher McDougall
 - Interesting Articles Related to Born to Run by Christopher McDougall
 - Interesting Facts Related to Born to Run by Christopher McDougall
 - Lessons Learned: The Art of Running (Analysis of Born To Run)
 - ...and much more
 - Quicklet - Born to Run
-
- Sales Rank: #5036481 in Books
 - Published on: 2012-04-19
 - Original language: English
 - Dimensions: 11.00" h x .13" w x 8.50" l,
 - Binding: Paperback
 - 54 pages

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A different approach to running (and walking)

By mosie

Since reading "Earthing" by Ober, Sinatra and Zucker I've become fascinated with the energy we get from being directly connected to the earth...sans footwear. Besides healthier feet and a better running experience, I imagine the Tarahumaras are intrinsically happy just because they're connected to the earth and all that has to offer them. They seem a lot more civilized than the people visiting them! I would recommend this book to anyone looking for a new and different outdoor exercise experience.

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