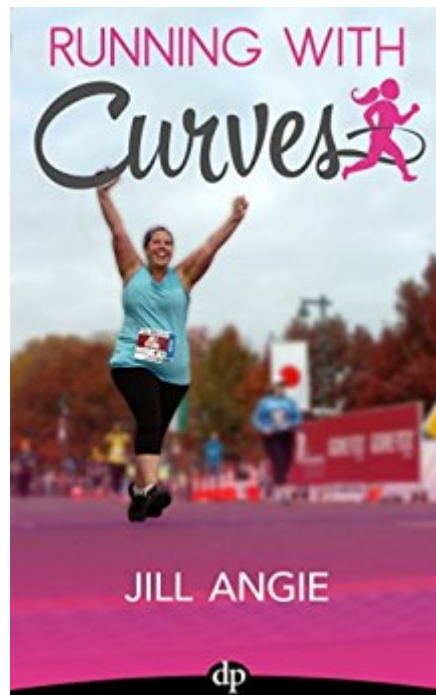


The book was found

Running With Curves: Why You're Not Too Fat To Run, And The Skinny On How To Start Today



Synopsis

Do you think running sucks? Do you think you're too fat to run? Look no further, because this is the book of running tips for you. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving your self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. This book is specifically about how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Drawing on 15 years of experience as a curvy runner, Jill gives you everything you won't find in the typical beginner's running book, such as standing up to your inner mean girl, finding the right sports bra, and building up your self-confidence one step at a time. No matter what size you are, by the end of this book, even the most beginner runner will realize they are capable of much more than they ever thought possible.

Book Information

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Customer Reviews

I loved Running with Curves by Jill Angie. I'm already a runner (because I run, see chapter 1) yet I still picked up some great running tricks such as tips on planning ahead so you never miss a run. I bookmarked many pages for future reference. Definitely worth the price. It also provides insight into

the psychology of being overweight and self-esteem without sounding like a textbook. It is funny! I LOLed! Once I started reading, I could not put it down. If you like reading the magazine, Runner's World, or books like Ultramarathon Man, Born to Run, etc., you will like reading Running with Curves.

I got this for free and assumed it would be like all the other free weight loss books I've downloaded; very short with one or two helpful tidbits. But this one is more than that. It is definitely an inspirational read about an overweight woman who decides she wants to run. It is not an obese to fashion model type story. It is a real woman who still has weight to lose that decided she was going to run. She had set-backs, but she overcame them. And she runs. And she teaches you how to do it, too, regardless of your size or running ability.

This book is crammed full with tips, inspiration for beginners and helpful hints for even seasoned pros. I'm inspired to start running and I know a few people who are running who would enjoy this read as well. Loved the practical tips on summer and winter running since we're deep into winter here in Canada. A practical and fun, inspiring read. A great guidebook for running from start to marathon.

Running with Curves tell me just what I needed to hear. I have been putting off exercising, to say nothing of running, and now I feel like I just have to get started. Thanks Jill for your great inspiration.

Jill's book is smart, funny and spot-on for those phases in your life when it feels difficult to fit running into your schedule, or for you to fit into your running clothes! Her stories are real, inspirational and give you that little push you need to tell yourself you can get back to it after your first- or tenth- time away. Jill has lived it and tells it like it is, with a twist of humor and compassion that sets it apart from other exercise books. Jill's love for running shines through her stories and reminds you of the things you love about it as you read. At one point, I couldn't decide if I wanted to keep reading, or get changed and head outside! This is a fun and easy read at a great bargain- for only \$2.99, you get a priceless gentle push back into your running shoes. Thanks for the inspiration, Jill!

I love her sense of humor. The writing is smart, entertaining and inspirational. Favorite line from the book "your body is a lot like Congress. When the going gets tough, there is often a lot of hand-waving, pounding of fists, and threats of a shutdown." •Reading this book has me the

non-runner looking forward to â œChasing the feeling after a run.â • How did you do that Jill? I started as a Happiness Junkie and now Iâ™m adding a running addiction to that. Moving book!

Whether you're big or small, a runner or not.....if you've ever thought you'd like to try running, you need this book! Jill is engaging, humorous, and down-to-earth in the way she writes. I felt like I was sitting down with her, having a cup of coffee and a great chat about running, self-esteem, and just plain getting inspired! I wish I'd read this book before I ever started running. It would have answered all of my questions beforehand and it would have encouraged me to start long before I eventually did start to run. Jill, if you write anything else, I'll be the first in line to read whatever it is!

People may wonder, as I do, why I read things that are a bit far removed from my reality. I think I collect books and read them as a sort of dream-board idea. Sometimes for research for writing, but, in this case, a sort of hope, that someday I will be well again and be able to challenge my body to fun. Running looks like fun. I doubt I will be ready for it for quite a while as I am just now able to take an occasional walk. But with spring in the air, I plan to get out more and more. Who knows, maybe a sprint or two will result here and there. This book doesn't get into the damages that can be done to legs or knees when a person is overweight or out of shape. But assumes that the person has figured out how far one can push themselves. It is more a book of inspiration. You can do it. Don't worry about how you look to others, regain your own self-confidence. If I gained nothing else from the book I did pull that into my being. It is something I need to work on. And so my walks will be a part of that. Thank you, Jill Angie for writing a book about running for people like me.

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