

1. Record Nr.	UNINA9910162770103321
Autore	Armstrong Kristin
Titolo	Mile Markers : The 26. 2 Most Important Reasons Why Women Run
Pubbl/distr/stampa	Gordonsville : , : Potter/Ten Speed/Harmony/Rodale, , 2011 ©2011
ISBN	1-60961-341-4
Descrizione fisica	1 online resource (238 pages)
Classificazione	SPO035000
Disciplina	796.42082
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Built on the success of her popular blog on RunnersWorld.com, Kristin Armstrongs new book is an intensely personal look at how running creates a special sense of community for the women who participate, and how it has helped her and many others mark the milestones of their lives. Each of the 26 chapters (the .2 is the epilogue) is dedicated to a specific theme, such as Friendship, Gratitude, Healing, Balance, and Motherhood. The specific experience of running is knitted into each chapter, but the real messages about inspiration, growth, family, empowerment, and endurance are universal. Mile Markers details the essence of Armstrongs belief that running is a valuable source of connection, life, and health for all the women who love it."--