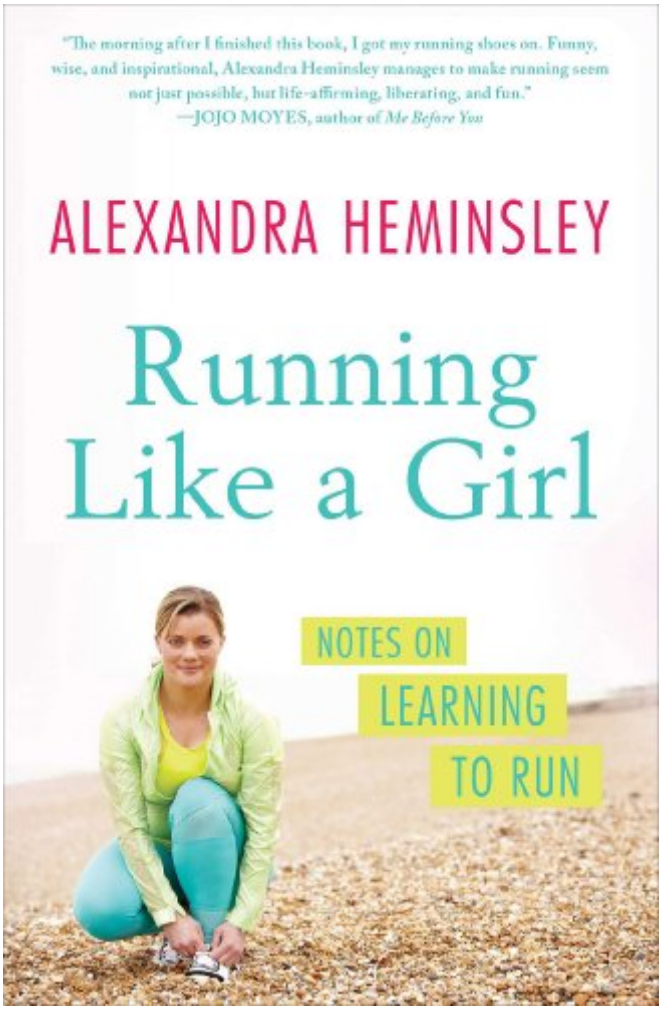
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# Running Like A Girl: Notes On Learning To Run




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## Synopsis

The inspiring, hilarious memoir of a Ã¢â ¬Å“Bridget Jones-like writerÃ¢â ¬Â• (The Washington Post) who transforms her life by learning to run, with stories of miserable defeat, complete victory, and learning to choose the right shoes.When Alexandra Heminsley decided to take up running, she had hopes for a blissful runnerÃ¢â ¬â„¢s high and immediate physical transformation. After eating three slices of toast with honey and spending ninety minutes creating the perfect playlist, she hit the streetsÃ¢â ¬â •and failed spectacularly. The stories of her first runs turn on its head the common notion that we are all Ã¢â ¬Å“born to runÃ¢â ¬Â•Ã¢â ¬â •and exposes the truth about starting to run: it can be brutal. Running Like a Girl tells the story of getting beyond the brutal part, how Alexandra makes running a part of her life, and reaps the rewards: not just the obvious things, like weight loss, health, and glowing skin; but self-confidence and immeasurable daily pleasure, along with a new closeness to her fatherÃ¢â ¬â •a marathon runnerÃ¢â ¬â •and her brother, with whom she ultimately runs her first marathon. But before her first marathon, she has to figure out the logistics of running: the intimidating questions from a young and arrogant sales assistant when she goes to buy her first running shoes, where to get decent bras for the larger bust, how not to freeze or get sunstroke, and what (and when) to eat before a run. SheÃ¢â ¬â„¢s figured out whatÃ¢â ¬â„¢s important (pockets) and what isnÃ¢â ¬â„¢t (appearance), and more. For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), HeminsleyÃ¢â ¬â„¢s funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

## Book Information

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## Customer Reviews

I liked this book so much I bought two more copies for friends who, admittedly, already love to run. Still... I wanted them to know that I *get* it after reading this book. She is absolutely right in that we have everything we need to get moving. You just have to start somewhere. And after I read this book, I went running for the first time in more than 30 years... and survived to write this review!

Loved this book. Coming from someone who started running at 56 .. I appreciated its honesty and humor! Never quit trying!

This book has made me laugh until I could hardly breathe and cry just as hard. I have always been the least athletic person in my family. I was the one with the best grades and the nerd, so I found excuses not to even try physically in PE at school. I told myself it just wasn't my "thing," even though I secretly envied those who were athletic and fit. I started a 5k training program a couple weeks ago, and heard myself saying inwardly, "You can't do this. You aren't physically strong enough." Being a cancer survivor and having a rare lung disease would be easy excuses for me, but they taught me that I am stronger than I thought- and now I want to be a runner. Just for me. I want to prove to myself that I can use my body to move me forward, not just be a victim and suffer its illnesses and pains. This book has given me such courage through the first two weeks of training, and I know I will reread it over and over.

Alexandra reads like a good friend who actually wants you to succeed at running. Endlessly encouraging and self deprecating to a relatable level, I wish she could run along side me. Here's the part that was skimmed over a bit, that caused me to knock off a star: time/pace. She writes about how a common mistake beginner runners make is starting off running too fast or too slow, but doesn't really detail appropriate beginners pace or stride. Maybe I missed it? Everything else was wonderful, and does make me want to run (even though I dread that first time.)

Fun book that keeps you laughing while being informative. It was a good, quick read for an afternoon or plane ride.

Really enjoyed this author's autobio of her running experiences. I learned valuable things, was inspired, and her stories were so interesting, easy read!

This is the best book on running I've ever read - and I've read many. It was inspiring. It made my heart swell and it made me cry. It was like having a conversation with a friend - one who really got me.It was honest and open and raw and it was such an accurate reflection of my own journey into running that it made me smile.I've never been inspired enough to write a review but here I am and I can't stop telling all my women friends how important this book is to read.Now I'm going to start it all over again. Thank you Alexandra for sharing yourself so honestly and in doing so reminding me the day before I run my first marathon that what is most important is believing in myself and acknowledging what a profound challenge I WILL conquer.

This book follows the running experiences of Alexandra Heminsley, a woman who took up running in her thirties. This is a hilarious accounting of how one woman came to love running. As an off-and-on-again runner, this made me want to lace up my sneakers and go on a run.Alexandra tackles all the stereotypes and myths about running in a humorous way that will entertain elite runners, weekend joggers, and couch potatoes alike.*4 STARS*[...]

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