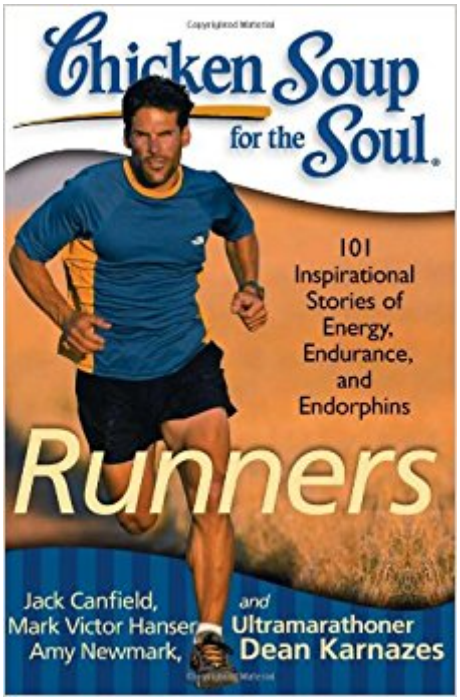
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Chicken Soup For The Soul: Runners: 101 Inspirational Stories Of Energy, Endurance, And Endorphins



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Synopsis

Runners will love these inspirational stories about their sport -- the camaraderie, the self-discipline, the energy and endorphins they enjoy, the self-discovery. Includes stories on swimming and cycling for triathletes too.When runners aren’t running, they are talking about running, planning their next run, shopping for running... This book contains 101 stories from everyday and famous runners... telling their stories to other runners... about how running has improved their lives, recovering from injuries, challenging themselves, and includes amazing stories of marathons, camaraderie, and the natural high that comes from this popular sport. Plenty of stories for triathletes too, covering swimming and cycling.

Book Information

Series: Chicken Soup for the Soul
Paperback: 400 pages
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Average Customer Review: 4.6 out of 5 stars 1,945 customer reviews
Best Sellers Rank: #443,886 in Books (See Top 100 in Books) #79 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #122 inÃ Â Books > Sports & Outdoors > Individual Sports > Triathlon #722 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

Jack Canfield and Mark Victor Hansen are co-founders of Chicken Soup for the Soul. Amy Newmark is Publisher and Editor-in-Chief of Chicken Soup for the Soul.Dean Karnazes is an internationally-known endurance athlete, speaker, and author.

This was a gift to a friend dying of cancer - I didn’t actually read it but the first Chicken Soup for the Soul book by Canfield is an all time favorite. It has a number of stories, supposedly true, and very uplifting - so I thought this book would be in the same vein.

Not as compelling and sob inducing as the original books. I like them for their sob inducing-ness.

If you need comfort, inspiration, and strength, this is the book for you. It is completely filled with angel stories, all to give you strength. It has none of the author's comments or opinions, or quotes or anything extra found in so many other "angel books".What it does contain is chapters, some short, some long, all to give the reader the extra courage he or she may need, knowing that a power greater than oneself is watching and everything happens for a reason, something we, as humans, all have trouble grasping sometimes. This book is a real winner. You'll be glad you read it!

This is "Soul Food" !!! I just love playing the CD's in my car. The messages are well done. I am looking forward to getting more Soul stories.

I was looking forward to reading this book as I've read previous CSFS Christmas themed books in the past and they've really gotten me into the spirit. Sadly that was not the case this time around. These stories were poorly written and just plain boring. No inspiration here. Do better chicken soup!

Most Chicken Soup I love and this chicken soup wasn't any different.This book definetly got me in the mood for the holidays and made me feel during and after the holidays as well.This book was also a great reminder of what the holidays are really about about being with friends and family and not just about gifts.I remember one story in particular about a family that had materialistic sons,so the mother decided one Christmas that she,her husband and sons would work at a homeless shelter and doing this gave them such comfort in their hearts that they did it every Christmas time and it of course gave them all a new prespective especially the sons a new perspective on Christmas.There are many other stories like this in the book as well,so get it and read it it's a great one.

It's not that good. I was looking for something more. To me it really doesn't reflect well on what the chicken soup books are all about. If this would have been my first chicken soup book I probably wouldn't purchase any more after this. Luckily I know better. Moving on. Let's try another.

Gave it as a gift to a dear friend who loss a loved one. She loved the book and read it every night was great to give to her when she was going through a loss of a loved one and for anyone who loves reading about messages from heaven anytime!

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