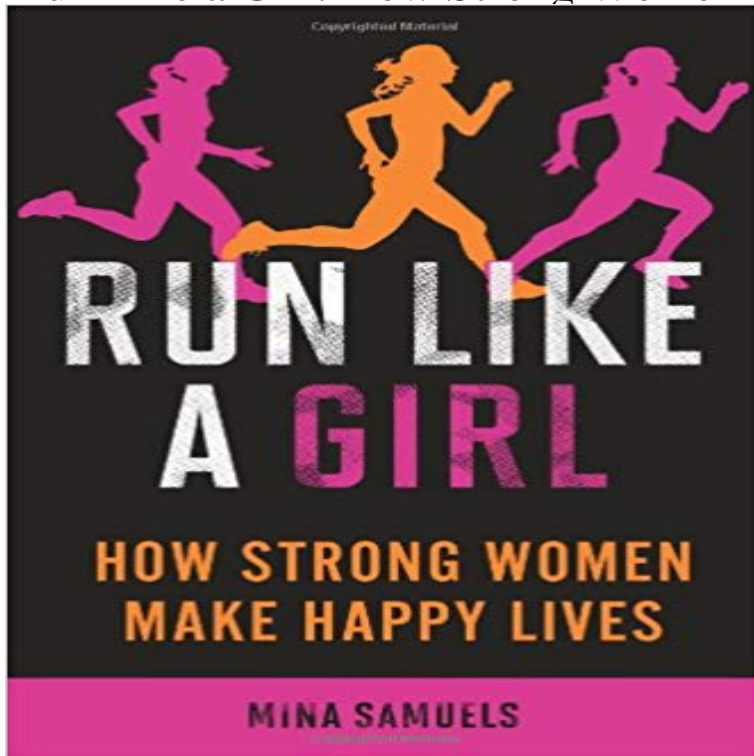


Run Like a Girl: How Strong Women Make Happy Lives



Run Like A Girl is about the impact that participating in sports has on women how the confidence and strength that it helps to build spills over into all of our experiences, making us stronger and better prepared for life's many challenges. In this inspiring book, Mina Samuels uses the varied personal stories of women and girls of all ages and backgrounds as well as her own to take a broad look at the power that sports have to help us face, and to overcome, obstacles in all arenas of life. Myriad voices fill the pages of Run Like A Girl: a US-ranked amateur triathlete who's raising an autistic son; a thirteen-year-old girl who discovers and falls in love with cross-country running; a woman who runs her first marathon at age sixty; an investment banker who quit her job to become a yoga teacher and adopt a daughter on her own; a young mother with scoliosis who cycled her way back to health and became a jewelry designer along the way; and countless other women including Kathrine Switzer, Rebecca Rusch, and Molly Barker who have been changed by their experience with sports. Run Like A Girl makes the important argument that physical strength lends itself to psychological strength, that lessons learned on the field (or track, or slopes) can help us face challenges in other areas and that for many women, participating in sports translates into leading a happier, more fulfilling life.

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