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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.

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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.

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.

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 could not have started my 5K run without this book. It made me have more self respect and confidence. I am grateful to the author for writing it. I'm not a big girl, but I'm not skinny either. But to hell with it, I'm going to run anyway...and I am going to love what my body does, how it carries me into each kilometer and how I can really become as fit as I want to be, even if I'm a size 14. To all those ladies who've had doubles because we don't have a perfect bum to waist ratio, big boobs and

cellulite (aka "look normal") and want to run, then this is the book for you. This book makes you like yourself for being the size you are.

This book will help anyone get off the couch and start RUNNING! Yes you, YOU can run! You have no idea what you have inside you, and what you can accomplish. This is a gentle, encouraging way to get yourself moving. It's not as hard as you think, and with this book comes an entire community of support and like-minded people. You don't have to wait until you're a certain size, or a certain weight, ANYONE can run. And the running community welcomes you. Let Jill guide you through the steps and unlock your potential - at any size!

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!

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.

I am the girl known for saying, "I only run when chased." Scratch that - I was that girl. Jill's book has inspired me to set a goal to run a 10K with my cousin. For me, that says it all. But, to help those reading this review I will add that Jill is funny, and kind-hearted, and has created an amazing on-line community to supplement what she presents in her book. The book itself is jam packed with useful information - how do I start, what should I wear, what if I get hurt? She presents running as something that can be enjoyed by everyone. I'm ready to give it a go. If you're on the fence - give this book a read.

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