



The Runner's Guide to the Meaning of Life

By Amby Burfoot

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Cited by *Runner's World* magazine as one of the best books ever written on running, *The Runner's Guide to the Meaning of Life* reveals as much about reaching your full potential as it does about sport. Boston Marathon winner Amby Burfoot, one of running's wisest voices, presents 15 life lessons about passion, courage, materialism, failure, and regeneration, all learned during his more than 35 years of experience in running. He discusses a runner's essential traits—qualities necessary for everyone striving to reach a long-term goal—as well as the writing, music, and quotes that have continually inspired him. Most important, Burfoot explains that winners are not those who cross the finish line first, but those who discover more about themselves with every step.

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The Runner's Guide to the Meaning of Life By Amby Burfoot Bibliography

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Editorial Review

From the Inside Flap

The Runner's Guide to the Meaning of Life

What 35 Years of Running Has Taught Me about Winning, Losing, Happiness, Humility, and the Human Heart

On Finding Your Path

"I have learned that there is no failure in running, or in life, as long as you keep moving. It's not about speed and gold medals. It's about refusing to be stopped. You might find that one particular direction proves difficult, but there are many directions on a compass. Infinite, in fact. As long as you keep searching, you'll find your way."

On Creativity

"Sometimes my main reason for running is simply to see where my brain will go while my body is meandering though the local trails or roadways. It can never be predicted, and it's always a surprise."

On The Need For Traditions

"In a world that perpetually moves faster, never slower, we need all the anchoring points we can find. Chaos erupts spontaneously in our spinning lives. It's the center of the wheel that we need to focus on more often."

On Bouncing Back

"Losing isn't contagious. It's not a fatal condition, and it's not forever. It's more like a cold that makes you miserable for a week but then goes away, and you're fine."

On Goals

"When in the mountains enjoy the mountain scenery. Nobody achieves his goal without having some fun along the way. Without fun, we'd give up long before the finish line. If there's any way to make the road easier and enjoyable, I'm all for it."

On Starting Fresh

"Life goes on, day after day, but it also has the ability to reinvent itself, to start over. This is what the seasons show us. We all have marveled at the apple tree's ability to rest through a dark, cold winter, then to grow new leaves in the spring, to blossom again, to bear fruit. We don't often think of our own lives this way, but I think we should."

About the Author

A lifelong runner and running advocate, Amby Burfoot has been executive editor of *Runner's World* magazine since 1985. In 1968, he won the Boston Marathon, the first American to do so in 11 years. He is the author of *The Principles of Running* and *Runner's World Complete Book of Running*.

About the Author

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. He lives in Emmaus, Pennsylvania.

Users Review

From reader reviews:

Steven Clayton:

Reading a guide tends to be new life style with this era globalization. With looking at you can get a lot of information that will give you benefit in your life. With book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Many author can inspire all their reader with their story or maybe their experience. Not only the story that share in the ebooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors in this world always try to improve their proficiency in writing, they also doing some exploration before they write to the book. One of them is this The Runner's Guide to the Meaning of Life.

Daniel Miller:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the reserve untitled The Runner's Guide to the Meaning of Life can be fine book to read. May be it may be best activity to you.

Craig Chivers:

Your reading 6th sense will not betray you, why because this The Runner's Guide to the Meaning of Life book written by well-known writer who knows well how to make book which might be understand by anyone who have read the book. Written inside good manner for you, leaking every ideas and writing skill only for eliminate your own hunger then you still uncertainty The Runner's Guide to the Meaning of Life as good book but not only by the cover but also through the content. This is one reserve that can break don't ascertain book by its handle, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your reading through sixth sense already said so why you have to listening to a different sixth sense.

Robert Hutzler:

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