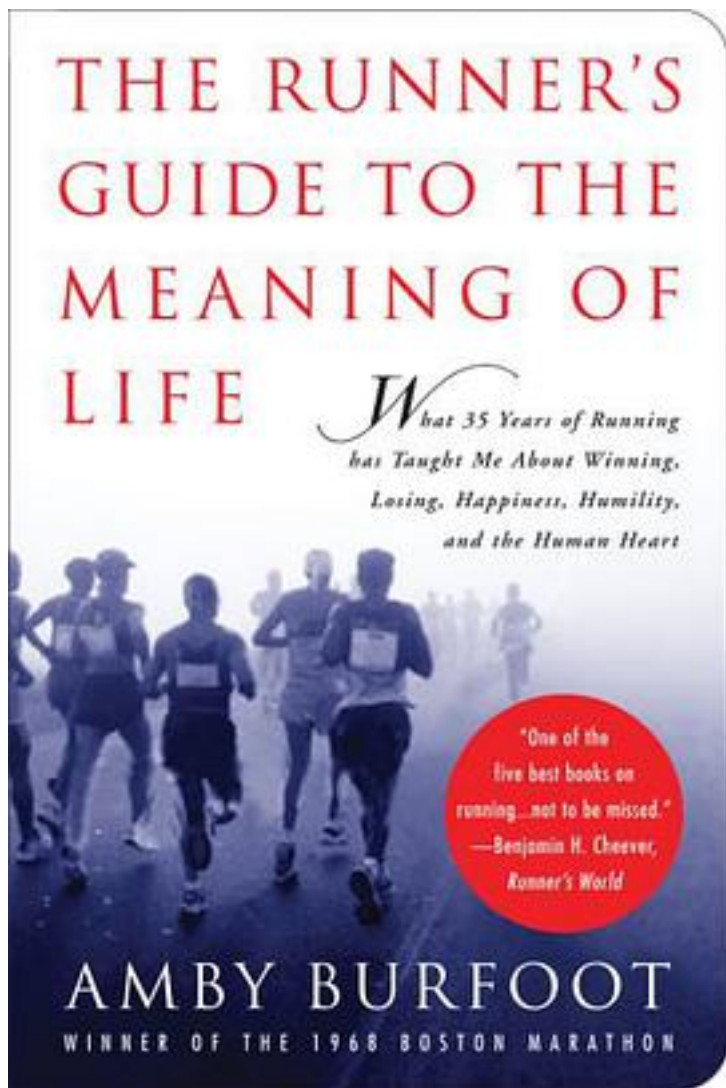


The Runner's Guide to the Meaning of Life



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著者: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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