

# **RUN <sup>LIKE A</sup> GIRL 365 DAYS A YEAR**

*A Practical, Personal, Inspirational  
Guide for Women Athletes*

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## Run Like a Girl 365 Days a Year: A Practical, Personal, Inspirational Guide for Women Athletes



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Light-hearted, honest, and authentic, *Run Like a Girl 365 Days a Year* is an inspiring daily reminder of each woman'd enjoy it to be, don't assume all run is a pleasure to complete. Some of the topics consist of balance, body image, the fight of the sexes, sisterhood, and aging. Instead, every time out on the road For females who draw even a portion of their strength from exercise, *Run Like a Girl 365 Times a Year* acts as a Book of Days.is an exercise in learning ourselves a bit better. It's useful, inspirational, and personal, with a dash of the existential and neurotic, it's on that road that we find out our strengths and weaknesses, ponder our expectations and dreams, and ultimately uncover what makes us content.no matter just how much of a battle it was to get there It's a brand new take on the favorite thought-a-day books, geared toward women sports athletes. Made up of 365 entries for a full year of running inspiration, *Run just like a Girl 365 Days a Season* revels in the joys we discover as we greet our athletic selves each new time, and confront the obstacles thrown in our method by the world, by our anatomies and, most importantly, by our minds. Don't assume all workout can be an epiphany.As any active woman will tell you, just as much as we's power and potential.



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