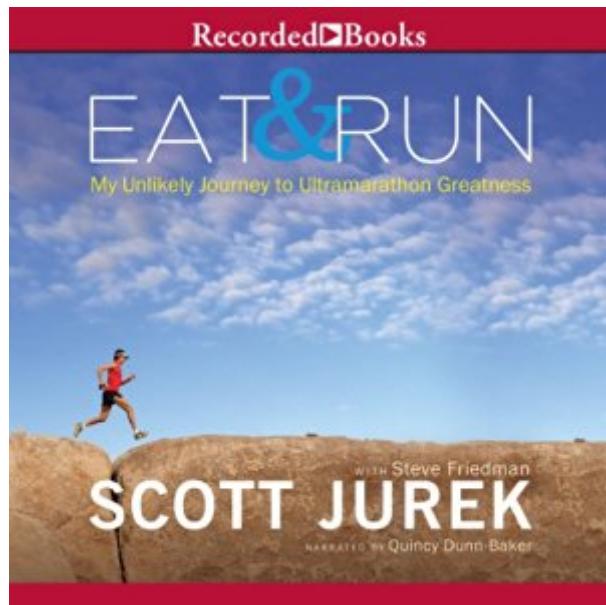


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# Eat And Run: My Unlikely Journey To Ultramarathon Greatness



## Synopsis

A dominant force in the sport of ultrarunning, Scott Jurek is a seven-time winner of the 100-mile Western States Endurance Run and a two-time winner of the 135-mile Badwater Ultramarathon through Death Valley. Eat & Run offers an inspirational account of Jurek's life as a runner and vegan. Regaling listeners with jaw-dropping tales of endurance, Jurek also delivers sound science and practical advice-as well as his favorite plant-based recipes.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Recorded Books

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Language: English

ASIN: B008I506CG

Best Sellers Rank: #2 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking  
#5 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan  
Vegetarian #5 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

Scott Jurek's book, Eat & Run, is inspiring in so many ways. Although I don't (yet) aspire to be an ultramarathoner, I am a consistent runner (max out at 26.2 races) who greatly appreciates the solitude, freedom, introspection, and feeling of wholeness that comes from running. This is not a book just for ultra-runners. For anybody who is serious about body/mind/spirit issues, I think this book is an excellent resource whether a recreational runner, a frequent racer (no matter the distance), cyclists, and even elite athletes from other sports who will appreciate the discussion about performance, nutrition, competition, camaraderie, and self-doubts. A handful of things I appreciated about the book:- The coming of age aspect of the book: In this sense, Scott's life journey is told more like a novel than a biography. The transparency into Scott's life (both good stuff and bad stuff) as it related to his underdog social status as a kid, his relationship challenges with his father, the tragedy with his mother's sickness, and his circle of friends helped create a meaningful feeling of a kid who faced both normal and abnormal struggles in life while searching for meaning and striving to overcome.- Character development: Again, although this is not a novel, Scott and

Steve Friedman did a fantastic job developing the various 'characters' in the book. We got to know people really well.

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