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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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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:

Frederick Rothman:

The book The Runner's Guide to the Meaning of Life give you a sense of feeling enjoy for your spare time. You should use to make your capable far more increase. Book can to get your best friend when you getting pressure or having big problem together with your subject. If you can make reading a book The Runner's Guide to the Meaning of Life to be your habit, you can get a lot more advantages, like add your own capable, increase your knowledge about some or all subjects. You could know everything if you like open up and read a reserve The Runner's Guide to the Meaning of Life. Kinds of book are several. It means that, science e-book or encyclopedia or other folks. So , how do you think about this book?

Charles Melendez:

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Joan Green:

This The Runner's Guide to the Meaning of Life is new way for you who has attention to look for some information as it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know or you who still having small amount of digest in reading this The Runner's Guide to the Meaning of Life can be the light food in your case because the information inside that book is easy to get by means of anyone. These books acquire itself in the form which is reachable by anyone, yes I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this e-book is the answer. So there is not any in reading a publication especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the item! Just read this e-book variety for your better life and knowledge.

Kimberly Foust:

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