



Running: A Love Story: 10 Years, 5 Marathons, and 1 Life-Changing Sport

Jen A. Miller

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Jen Miller has fallen in and out of love, but no man has been there for her the way running has.

In *Running: A Love Story*, Jen tells the story of her lifelong relationship with running with wit, thoughtfulness, and brutal honesty. Jen first laces up her sneakers in high school, when, like many people, she sees running as a painful part of conditioning for other sports. But when she discovers early in her career as a journalist that it helps her clear her mind, focus her efforts, and achieve new goals, she becomes hooked for good.

Jen, a middle-of-the-pack but tenacious runner, hones her skill while navigating relationships with men that, like a tricky marathon route, have their ups and downs, relying on running to keep her steady in the hard times. As Jen pushes herself toward ever-greater challenges, she finds that running helps her walk away from the wrong men and learn to love herself while revealing focus, discipline, and confidence she didn't realize she had.

Relatable, inspiring, and brutally honest, *Running: A Love Story*, explores the many ways that distance running carves a path to inner peace and empowerment by charting one woman's evolution in the sport.

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