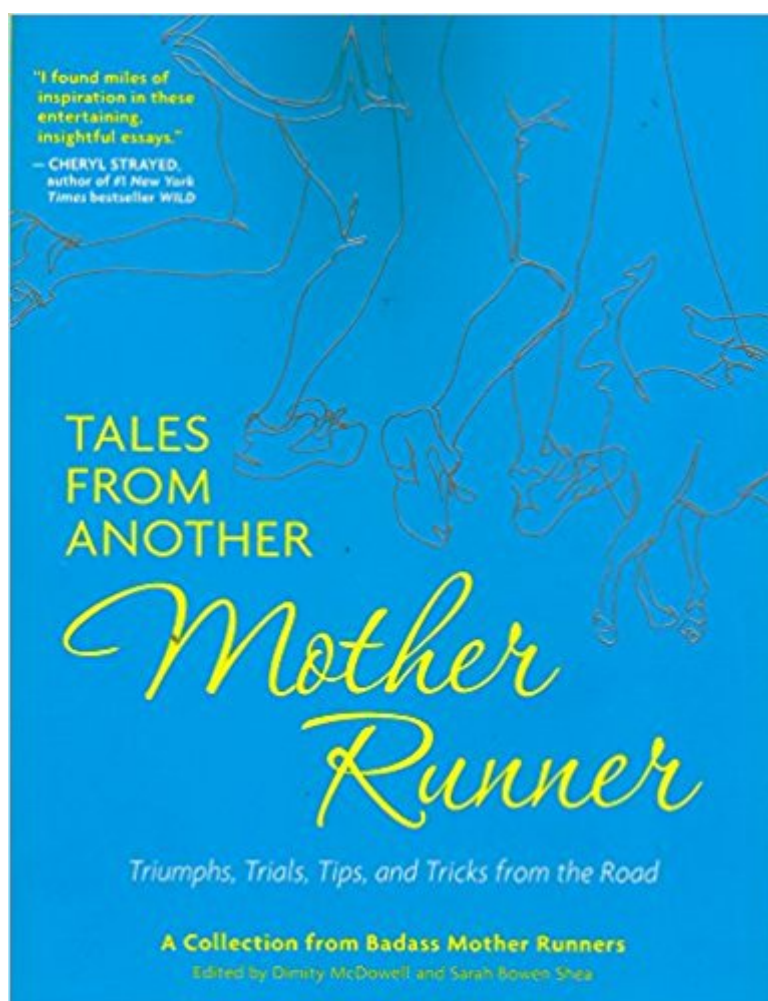




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# Tales From Another Mother Runner: Triumphs, Trials, Tips, And Tricks From The Road



## Synopsis

"I no longer try to outrun heredity. I run to make my own history."---Nicki, another mother runnerâ fEvery mother runner has a tale to tell. A story about how she realized, fifteen years after being told that she's best being a bookworm, that there is an athlete inside her. Or the one about how she, fifty pounds overweight and depressed, finally found the courage---and time---to lace up her running shoes. Or maybe it's about setting a seemingly impossible goal---going under two hours in the half-marathon---and then methodically running that goal down and tearing up across the finish line. Or it might be an account of friendship: she was new to town, was having a hard time making friends, was asked to join a group run, and now she's got four BRFs (best running friends) who are her allies, her cheerleaders, her reality checks. Maybe it's just a simple story of the beauty of starting the day off with an endorphin rush. Or, sadly, it could be about how, through the guidance of a thoughtful running friend, she found the space and rhythm to process being raped---and regained her strength and sense of self through every footstep.â fIn *Tales From Another Mother Runner*, middle-of-the-pack runners Dimity McDowell and Sarah Bowen Shea share not only their own stories of personal triumph on the pavement but also the inspiring stories of many members of the vibrant mother runner community they've built on their popular site, [Anothermotherrunner.com](http://Anothermotherrunner.com). While the common theme is running, the variations that happen through the miles are as endless as the miles themselves: losing weight, gaining confidence, finding yourself, connecting with friends, expecting more, setting goals, dealing with disappointment, figuring out how to train efficiently, clearing your head, reconnecting with your memories, building a better you. Whether you've run more marathons than you can remember, or you're just getting started, you'll find the inspiration you need to get out there, keep pushing, and run like a mother.

## Book Information

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## Customer Reviews

"I found miles of inspiration in these entertaining, insightful essays." --Cheryl Strayed, author of #1 New York Times bestseller *WILD*"Personal essays from runners who also happen to be moms." --USA Today, in the New + Noteworthy Section "..Tales from Another Mother Runner an inspiring and informative text that almost any runner--even those who are not mothers--will enjoy." --Runner's World Zelle Praise for *Run Like a Mother*"[A] bible for active parents..." --New York Times"Their funny, frank stories and tips for beginners...will convince you that lacing up is one of the best things a mother can do for herself and her family." --RedbookPraise for *Train Like a Mother*"...Dimity and Sarah teach us to run our lives one hilarious, humbling, motivating step at a time." --Deena Kastor, Olympian and mom "I found miles of inspiration in these entertaining, insightful essays." --Cheryl Strayed, author of #1 New York Times bestseller *WILD*

Living and running in the thin air of Denver, Dimity McDowell has one husband, two kids, and one dog. She's survived three marathons, including one at the end of Ironman Couer d'Alene, but doubts she'll ever go 26.2 on pavement again.Living and running in the misty air of Portland, Oregon, Sarah Bowen Shea also has one husband, but three kids and a cat. She's gritted out a dozen marathons, including qualifying for and running Boston.Together, the duo head up the website [anothermotherrunner.com](http://anothermotherrunner.com) and [motherrunnerstore.com](http://motherrunnerstore.com), comments frequently at *Run Like a Mother: The Book* on Facebook, and banters on the *Another Mother Runner* podcasts on iTunes.

As an absolute fan and member of the BAMR tribe, this book was the PERFECT episode to complete the trilogy. On the first book by Sarah and Dim, I fell in love with running and became a part of a tribe. With the second one, I excelled and worked hard with their training plans to get stronger, go farther and fastest. I even join Dimity and Sarah to run a Ragnar Race with a team of other fellow BAMRs... with the third one, it all came to full circle and I was able to share the stories, tears and laughter of the tribe they have put together that makes us all Bad Ass Mother Runners have a purpose and a place where we belong. where we can cure any heartache and worry with a mile, or twenty, and where a PR is one of the biggest achievements we can have as women, same as we hit milestones with our kids or our marriage. this book gave me incessant laughter and tears. It made me feel joy and pain. Page by page, story by story...mile by mile.... You should not only

read this book but the 2 before this one. Cannot wait for the audio book.... I am training for the Berlin Marathon in September and it will be perfect companion for my long runs over the summer!

I have been looking forward to the release of this book for months. I've been a fan of Dimity and Sarah since the release of their first book. I am Badass Mother Runner. I've listened to the teasers via podcasts on long runs. I was not disappointed. This book was inspiring, motivating and funny. I found Dimity's essay one the most touching and one of my favorite essays of the book. Even finishing the book a few days ago I am still thinking of her powerful essay. Each essay different, I related to some more than others but all were entertaining and thought provoking. "A Ghost Story" by Marit Fischer spoke to me as I just lost my father-in-law a year ago and miss him so much. I run alone and find my time running is my church, my place to reflect and enter a meditative space where such visits do occur. I also loved Michelle Theall's essay "Up Down Escalator." I know the devastating course of Multiple Sclerosis first hand as my mother has MS. I often think about her and how thankful I am to be able to run, bike and swim. Michelle Theall's essay was honest, touching and brought tears to my eyes as I read. Not a fan of Dimity and Sarah...yet. Never heard of Another Mother Runner. Don't know what a BAMR is. That is okay. Once you read this you will be a fan. Welcome to the tribe.

Short and sweet! As mother runners I am sure many of you don't have time to read a long review! All women who lace up and run need a copy of Tales from Another Mother Runner and the additional two books in this unofficial trilogy! The books are lighthearted, funny, and packed full of information for all female runners. What I love most is Dimity and Sarah, write about "real life running" as a woman or mother. Subjects way too taboo for typical running publications. I stumbled upon their original book Run like a Mother when it was first published on . I loved it so much I read it slow as I did not want the book to be over. Sounds crazy but it was true. I was thrilled to learn that Sarah and Dimity continue you the fun with their lively AnotherMotherRunner.com web site and social media accounts. I am so proud to be a part of this tribe. I have established relationships with fellow mother runners all across the country! This book will not disappoint...or the other two books. Purchase them all today. Get hard copies so when you visit Sarah and Dimity you can have them signed. My first two copies are digital and I regret that decision. Enjoy!

I wasn't expecting much out of this book but then found myself longing to read it way after bed time, on the treadmill, and during shows. Full of candid accounts of humility, embarrassment, joy, and

pride that all female runners can relate to. It's a lighthearted read that doesn't cover specifics on tempo runs or training plans, but may encourage you to start or get back to your run.

I was looking forward to this book for months upon hearing of it's pending arrival! It did not disappoint. After Run Like a Mother (even on audiobook... It's like the Mother of all Podcasts!), and Train Like a Mother (which got me to the start and finish of my first Marathon), I wondered what they would do next. This third installment in the trilogy from the Mother Runners was brilliant. I love the different voices that come though from each guest writer. Each one has such a different story to share, and there is something that everyone can relate to throughout the book. I love how Dimity and Sarah (SBS) also include tidbits and stories from the "Tribe". The best part about this book? You can pick it up in the spare 5 minutes you have while sitting in the car waiting for one kid's soccer practice to end before taking the next one to baseball and read one or two essays. It's the perfect book for a busy mother. And it will inspire you in so many ways.

I love the books Run Like A Mother and Train Like A Mother so I new I had to have Dimity and Sarah's third book, Tales From Another Mother Runner. And I was not disappointed. No matter if you are a mother or not a mother or NOT a runner and want to be or you have run several marathons, this book and this series is for you. I can honestly say that if I would not have found these books and the large community of runner mothers, I would not be still running after starting 3 years ago. I have never stopped training for a race since the first page! I am now training for my 2nd full marathon using Train Like A Mother Finish It Training Plan. With my running partner living 2 hours away, we train separately but on race day we stick together, I do most of my training runs listening to the Another Mother Runner Podcasts for good advice and girl company. In short I thought I was buying a book and what I actually got was a New Family! A Family of Thousands of mother runners just like me!

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