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# Running Book Discussion Groups A How To Do It Man

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2020-06-18

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## LAMBERT LEVY

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The Art of Book Discussion Simon and Schuster

This fascinating and comprehensive 60-page research report is the first to get to the heart of the book club experience. It is based on two surveys of more than 5,000 book club members combined with BookBrowse's over 15 years of book club experience and research. It will be of great interest to book clubs looking to gain insight into how other groups run, and learn best practices; It is also very relevant to libraries and booksellers who advise book club members, or host their own book clubs. Additionally, authors and publishers wishing to understand the dynamics of book clubs will much of interest.

**Running Well** Faber & Faber

Matt, a white quarterback from Montreal, Quebec, flies to France

(without his parents' permission) to play football and escape family pressure. Freeman, a black football player from San Antonio, Texas, is in Paris on a school trip when he hears about a team playing American football in a rough, low-income suburb called Villeneuve-La-Grande. Matt and Free join the Diablos Rouges and make friends with the other players, who come from many different ethnic groups. Racial tension erupts into riots in Villeneuve when some of their Muslim teammates get in trouble with the police, and Matt and Free have to decide whether to get involved and face the very real risk of arrest and violence.

The Complete Book of Running Anchor

Sunday Times Sports Book of the Year Shortlisted for the William Hill Sports Book of the Year Award Winner - Best New Writer at the British Sports Book Awards After years of watching Kenyan athletes win the world's biggest races, from the Olympics to big city marathons, Runner's World contributor Adharanand Finn set out to discover just what it was that made them so fast - and to

see if he could keep up. Packing up his family (and his running shoes), he moved from Devon to the small town of Iten, in Kenya, home to hundreds of the country's best athletes. Once there he laced up his shoes and ventured out onto the dirt tracks, running side by side with Olympic champions, young hopefuls and barefoot schoolchildren. He ate their food, slept in their training camps, interviewed their coaches, and his children went to their schools. And at the end of it all, there was his dream, to join the best of the Kenyan athletes in his first marathon, an epic race through lion country across the Kenyan plains.

**The End of the World Running Club** Harper Collins

The bestselling, breathtaking debut about love and war, and the battle to save a precious legacy. Each lace shawl begins and ends the same way – with a circle. Everything is connected with a thread as fine as gossamer, each life affected by what has come before it and what will come after. 1941, Estonia. As Stalin's brutal Red Army crushes everything in its path, Katarina and her family survive only because their precious farm produce is needed to feed the occupying forces. Fiercely partisan, Katarina battles to protect her grandmother's precious legacy – the weaving of gossamer lace shawls stitched with intricate patterns that tell the stories passed down through generations. While Katarina struggles to survive the daily oppression, another young woman is suffocating in her prison of privilege in Moscow. Yearning for freedom and to discover her beloved mother's Baltic heritage, Lydia escapes to Estonia. Facing the threat of invasion by Hitler's encroaching Third Reich, Katarina and Lydia and two idealistic young soldiers, insurgents in the battle for their homeland, find themselves in a fight for life, liberty and love.

Praise for *The Lace Weaver* 'A beautifully written and utterly compelling story of love and war and resistance that shines a light onto a dark and tragic period of history while also illuminating the enduring power of love and friendship. Unforgettable and emotionally wrenching, and as exquisite as the lace the women of the story weave.' Kate Forsyth 'A sweeping historical story set in Estonia and Russia during the tumultuous year of 1941 ... This is a meticulously researched novel, and Chater seamlessly incorporates the symbolic motif of the Estonian lace-weaving tradition and the Tartu knitting circle to link the past and present ... Recommended for fans of Kirsty Manning and Kate Morton, this is a gut-wrenching tale about a devastating time in history. Full of hope, heartache and the power of keeping traditions alive.' Books+Publishing 'From the very first line, I was captivated by this tale of two very different, but equally heroic, women. There is beauty to be found everywhere: in the writing, in the women's friendship, in the tragedy, and in the motif of the lace shawls, which weaves the story together.' Natasha Lester, author of *Her Mother's Secret* and *A Kiss from Mr Fitzgerald* 'A rich, textured and evocatively told story of love, loss and the ties that bind. The setting is exotic and intriguing and presents a unique side of the war ... I found it difficult to put this haunting novel down and it will stay with me for a long time to come, I'm certain. Lauren Chater is a bold new force in Australian historical fiction. Bravo on a glorious debut!' Tess Woods, author of *Beautiful Messy Love* and *Love at First Flight*. 'Beautiful and brilliant ... An impressive, powerful and skillfully told anti-war novel from an extremely gifted writer.' Backstory journal

*Running Book Discussion Groups Human Kinetics*

In this stunning bestseller praised as "our era's *Handmaid's Tale*," a fierce new power has emerged—and only women have it (Washington Post). In *The Power*, the world is a recognizable place: there's a rich Nigerian boy who lounges around the family pool; a foster kid whose religious parents hide their true nature; an ambitious American politician; a tough London girl from a tricky family. But then a vital new force takes root and flourishes, causing their lives to converge with devastating effect. Teenage girls now have immense physical power: they can cause agonizing pain and even death. And, with this small twist of nature, the world drastically resets. From award-winning author Naomi Alderman, *The Power* is speculative fiction at its most ambitious and provocative, at once taking us on a thrilling journey to an alternate reality, and exposing our own world in bold and surprising ways. "Captivating, fierce, and unsettling...I was riveted by every page. Alderman's prose is immersive and, well, electric." —New York Times Book Review

*1001 Books You Must Read Before You Die* St. Martin's Press

Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women,

including specific nutritional and physical concerns Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential—from start to finish!

**The Lost Art of Running** VeloPress

The revised edition of the bestselling *ChiRunning*, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In *ChiRunning*, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. *ChiRunning* employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. *ChiRunning* enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: -Get aligned: Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. -Engage your core: Shift the workload from your leg muscles to your core muscles, for efficiency and speed. -Add relaxation to your running: Learn to focus your mind and relax your body to increase speed and distance. -Make it a Mindful Practice: Maintain high performance and make running a mindful, enjoyable life-long practice. It's easy to learn. Transform your running with the ten-step *ChiRunning* training program.

*Running Science* American Library Association

From the best-selling author of *The Wind-Up Bird Chronicle* and

After Dark, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

#### **Running to the Edge** VeloPress

Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon. Orphaned by their mother's death and their father's disappearance and bound together by a preternatural connection and a shared fascination with medicine, the twins come of age as Ethiopia hovers on the brink of revolution. Moving from Addis

Ababa to New York City and back again, *Cutting for Stone* is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

#### **The Librarian's Guide to Book Programs and Author Events** Sourcebooks, Inc.

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion. *What I Talk About When I Talk About Running* Simon and Schuster  
A comprehensive guide to all things running explains running physiology, biomechanics, medicine, genetics, biology, psychology, training, and racing.

#### ChiRunning Random House India

"This booklet has been produced in direct response to frequently

asked questions from current book group members and from people enquiring about joining or forming a book discussion group. It contains information relevant to forming and running a book discussion group using the services of Book Groups Tasmania. It also provides general information about active reading and literary analysis." -p. 4.

All the Water I've Seen Is Running: A Novel Simon and Schuster  
Former high school classmates reckon with the death of a friend in this stunning debut novel. Along the Intracoastal waterways of North Florida, Daniel and Aubrey navigated adolescence with the electric intensity that radiates from young people defined by otherness: Aubrey, a self-identified "Southern cracker" and Daniel, the mixed-race son of Jamaican immigrants. When the news of Aubrey's death reaches Daniel in New York, years after they'd lost contact, he is left to grapple with the legacy of his precious and imperfect love for her. At ease now in his own queerness, he is nonetheless drawn back to the muggy haze of his Palm Coast upbringing, tinged by racism and poverty, to find out what happened to Aubrey. Along the way, he reconsiders his and his family's history, both in Jamaica and in this place he once called home. Buoyed by his teenage track-team buddies—Twig, a long-distance runner; Desmond, a sprinter; Egypt, Des's girlfriend; and Jess, a chef—Daniel begins a frantic search for meaning in Aubrey's death, recklessly confronting the drunken country boy he believes may have killed her. Sensitive to the complexities of class, race, and sexuality both in the American South and in Jamaica, *All the Water I've Seen Is Running* is a novel of uncommon tenderness, grief, and joy. All the while, it evokes the beauty and threat of the place Daniel calls

home—where the river meets the ocean.

*The Lace Weaver* Bloomsbury Publishing

Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

**Away Running** Bookbrowse

Running can shape a young athlete in healthy, positive ways for the rest of her life. *Girls Running* offers the guidance and tools girls need to thrive on their running journey, right from the start. With straight talk on training, physiology, menstruation, sports nutrition, a winning mindset, body image issues, gear, team-building, and competition, *Girls Running* educates and empowers young runners to achieve their potential and love running more. Inspired by high-school phenom Melody Fairchild's groundbreaking running journey, and with the coaching insight from Fairchild and coauthor Elizabeth Carey, *Girls Running* is a valuable toolkit for middle- and high-school runners. Backed by science, research, and over 100,000 miles of experience, this resource answers the most timely and sensitive questions that girls face when their bodies change and the miles increase. Girls, parents, and coaches will see ways to navigate puberty, mental health, eating disorders, and the pressures of competitive running. *Girls Running* is a go-to guide for everything girls need to know to run better and love the journey while doing it!

*Facilitating Breakthrough* Vintage Canada

"The Bestselling Hardcover Novel of the Year."--Publishers Weekly  
From the number-one bestselling author of *The Nightingale* and *The Great Alone* comes a powerful American epic about love and heroism and hope, set during the Great Depression, a time when

the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them. “My land tells its story if you listen. The story of our family.” Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman’s only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows. By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa’s tenuous marriage; each day is a desperate battle against nature and a fight to keep her children alive. In this uncertain and perilous time, Elsa—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or leave it behind and go west, to California, in search of a better life for her family. *The Four Winds* is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, *The Four Winds* is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to

define a generation.

**Cutting for Stone** American Library Association  
Guide to running with detailed information on cross training, marathon training, and new trends in the field.

**The Everything Running Book** Human Kinetics  
Peter Sagal, the host of NPR’s *Wait Wait...Don’t Tell Me!* and a popular columnist for *Runner’s World*, shares “commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you” (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he’s traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to “quiet his colon” on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The

result is “a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity” (P.J. O’Rourke).

*Running for My Life* W. W. Norton & Company

Making progress on complex, problematic situations requires a new approach to working together: transformative facilitation, a structured and creative process for removing the obstacles to fluid forward movement. It is becoming less straightforward for people to move forward together. They face increasing complexity and decreasing control. They need to work with more people from across more divides. In such situations, the most common ways of advancing—some people telling others what to do, or everyone just doing what they think they need to—aren't adequate. One better way is through facilitating. But the most common approaches to facilitating—bossy vertical directing from above or collegial horizontal accompanying from

alongside—aren't adequate. They often leave the participants frustrated and yearning for breakthrough. This book describes a new approach: transformative facilitation. It doesn't choose either the bossy vertical or the collegial horizontal approach: it cycles back and forth between them. Rather than forcing or cajoling, the facilitator removes the obstacles that stand in the way of people contributing and connecting equitably. It enables people to bring their whole selves to the process. This book is for anyone who helps people work together to transform their situation, be it a professional facilitator, manager, consultant, coach, chairperson, organizer, mediator, stakeholder, or friend. It offers a broad and bold vision of the contribution that facilitation can make to helping people collaborate to make progress.

**The Complete Book Of Running For Women** Penguin

Using this guide, libraries can connect book lovers eager to learn about recent and noteworthy books to authors and fellow book lovers.