

[PDF] Eat And Run: My Unlikely Journey To Ultramarathon Greatness

Scott Jurek, Steve Friedman - pdf download free book



Books Details:

Title: Eat and Run: My Unlikely Jour

Author: Scott Jurek, Steve Friedman

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Description:

"In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn."—Amby Burfoot, author of *The Runner's Guide to the Meaning of Life*

For nearly two decades, Scott Jurek has been a dominant force—and darling—in the grueling and

growing sport of ultrarunning. Until recently he held the American 24-hour record and he was one of the elite runners profiled in the runaway bestseller *Born to Run*.

In *Eat and Run*, Jurek opens up about his life and career as a champion athlete with a plant-based diet and inspires runners at every level. From his Midwestern childhood hunting, fishing, and cooking for his meat-and-potatoes family to his slow transition to ultrarunning and veganism, Scott's story shows the power of an iron will and blows apart the stereotypes of what athletes should eat to fuel optimal performance. Full of stories of competition as well as science and practical advice—including his own recipes—*Eat and Run* will motivate readers and expand their food horizons.

"Jurek's story and ideas should easily manage to speak to and cheer on anyone seeking to live life as fully as possible."—*Denver Post*

"A shockingly honest, revealing, and inspiring memoir."—*Trail Runner*

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