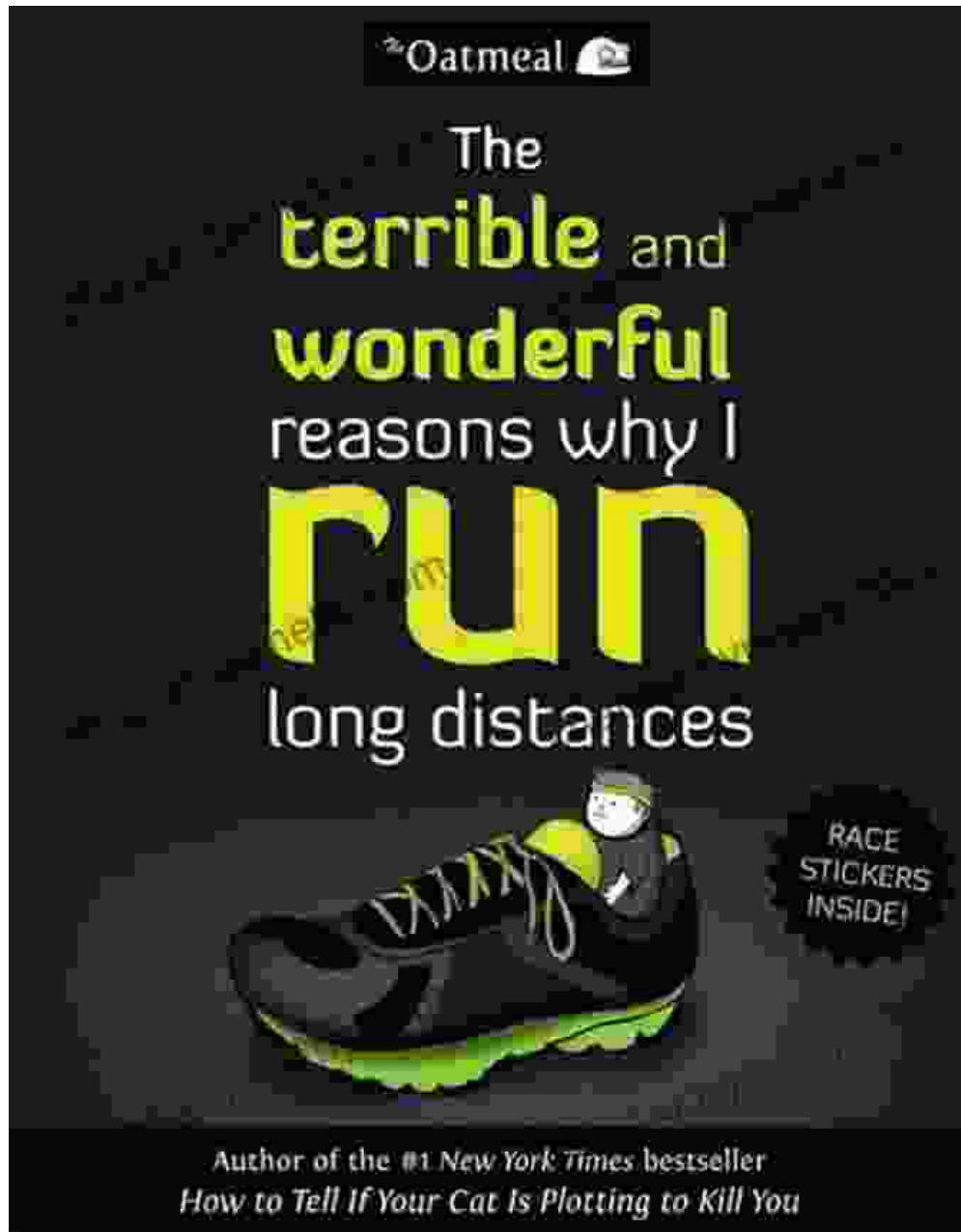


The Terrible and Wonderful Reasons Why You Should Run Long Distances



In his new book, *The Terrible and Wonderful Reasons Why You Should Run Long Distances*, Oatmeal creator Matthew Inman argues that running long distances is not just good for your physical health, but also for your

mental health. Inman shares his own experiences with running, and he talks to other runners about why they love the sport. He also provides practical advice on how to get started with running and how to make it a part of your life.



The Terrible and Wonderful Reasons Why I Run Long Distances (The Oatmeal Book 5) by The Oatmeal

★★★★☆ 4.5 out of 5

Language : English

File size : 164640 KB

Text-to-Speech: Enabled

Print length : 148 pages



Inman is a self-described "reluctant runner." He didn't start running until he was in his 30s, and he only started because he wanted to lose weight. But after he started running, he found that he loved it. Running gave him a sense of accomplishment and helped him to clear his mind. He also found that running helped him to deal with stress and anxiety.

Inman's book, he shares his own experiences with running, and he talks to other runners about why they love the sport. He also provides practical advice on how to get started with running and how to make it a part of your life.

If you're thinking about starting to run, or if you're a runner who is looking for some motivation, I highly recommend reading *The Terrible and Wonderful Reasons Why You Should Run Long Distances*. Inman's book is

funny, inspiring, and full of practical advice. It will help you to get started with running and make it a part of your life.

Here are 10 reasons why you should run long distances, according to Inman:

1. It's good for your physical health.
2. It's good for your mental health.
3. It can help you lose weight.
4. It can help you improve your sleep.
5. It can help you reduce stress and anxiety.
6. It can help you increase your self-confidence.
7. It can help you connect with other runners.
8. It can help you see the world in a new way.
9. It can help you achieve your goals.
10. It can help you live a longer, healthier life.

If you're looking for a way to improve your physical and mental health, I encourage you to give running a try. It's not easy, but it's worth it. And who knows, you might just find that you love it.

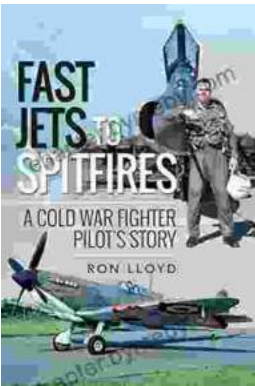
The Terrible and Wonderful Reasons Why You Should Run Long Distances is available now wherever books are sold.

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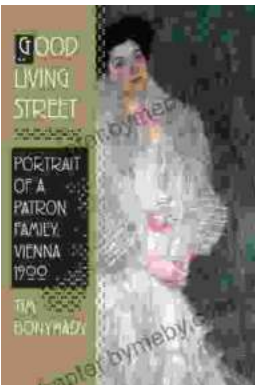


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