



Run Like a Girl: How Strong Women Make Happy Lives

Mina Samuels

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Run Like A Girl is about the impact that participating in sports has on women—how the confidence and strength that it helps to build makes us stronger and better prepared for life's many challenges. In this inspiring book, Mina Samuels uses the personal stories of women and girls of all ages and backgrounds—as well as her own—to take a broad look at the power sports have to help us overcome obstacles in all arenas of life.

Run Like A Girl includes the stories of a US-ranked amateur triathlete who's raising an autistic son; a thirteen-year-old girl who falls in love with cross-country running; a woman who runs her first marathon at age sixty; an investment banker who quit her job to become a yoga teacher and adopt a daughter on her own; a young mother with scoliosis who cycled her way back to health and became a jewelry designer along the way; and countless other women—including Kathrine Switzer, Rebecca Rusch, and Molly Barker—who have been changed by their experiences with sports.

Run Like A Girl argues that physical strength lends itself to psychological strength, and that for many women, participating in sports translates into leading a happier, more fulfilling life.

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