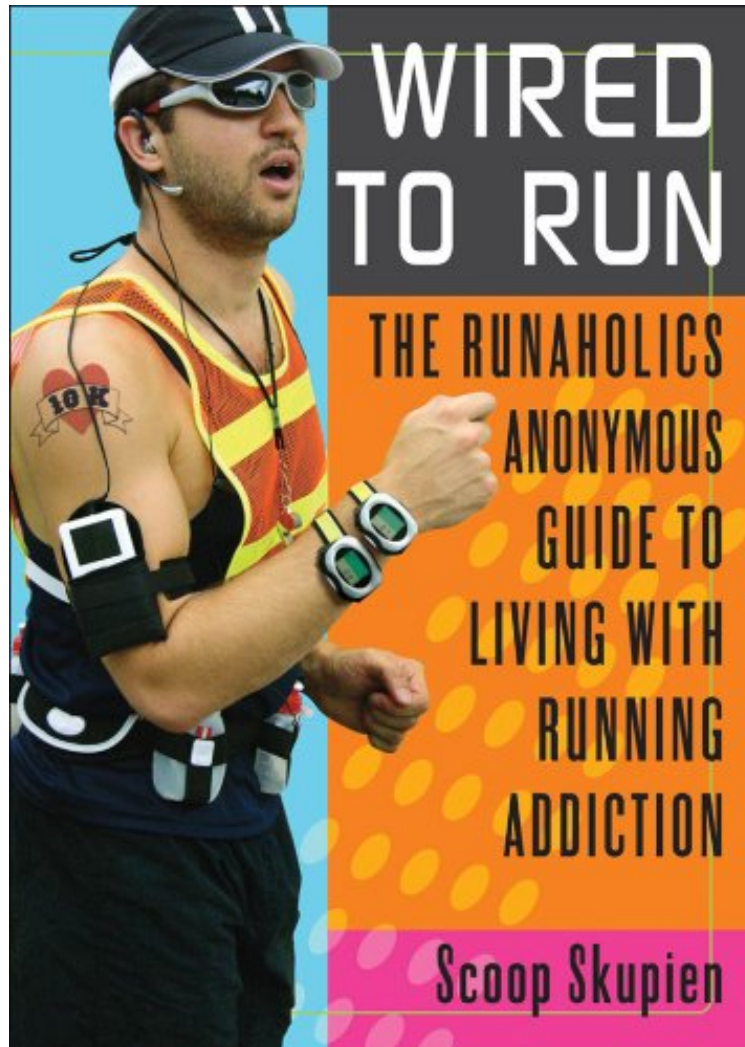


Wired to Run: The Runaholics Anonymous Guide to Living with Running Addiction

Scoop Skupien

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#4617700 in Books Andrews McMeel Publishing LLC 2006-05-01 2006-05-01Original language:EnglishPDF # 1 6.90 x .70 x 4.90l, .56 #File Name: 0740757059192 pages | File size: 60.Mb

Scoop Skupien : Wired to Run: The Runaholics Anonymous Guide to Living with Running Addiction before purchasing it in order to gage whether or not it would be worth my time, and all praised Wired to Run: The Runaholics Anonymous Guide to Living with Running Addiction:

0 of 0 people found the following review helpful. Just... boringBy BJBVery repetitive throughout. Not that funny at all. Disappointed that for all the trials and tribulations of being an obsessed runner, he couldn't come up with more.0 of 0 people found the following review helpful. OKBy chris badolatoSimply not as funny as I thought. Though if you like all things running, there is some humor and even some solid advice in there.0 of 0 people found the following

review helpful. Take a break from running and read this book!!!By Megan M. FrostThis book made me laugh the whole time I read it and most of the time I realized I was laughing at myself. Anyone who has ever felt the "need" to run, with the exception for those that are being chased by something life threatening, can find a bit of themselves in this book. Every runner realizes that they are being stupid when they chance that tornado warning for a quick 5 miler, but many don't realize that there is a whole addicted population out there running around hoping they can outrun the tornado when it so rudely interrupts that run. Every runner should read this book to have a good laugh at themselves, a feeling of unity with other crazy runners, a feeling of superiority over those crazy arm flailers, and a frankly, just to take a few hours off of running to give those knees a break. Of course, afterwards, go out for a celebratory 10K.

Over 35 million people will go running this year in the United States alone. For some of us, it's more than just a hobby--over 11 million of us are runaholics. Runners and addicts. Addicts and runners. The two hardly seem to go together . . . unless you're one of those people who periodically put a couple of miles on your running shoes and then think things like, Boy, this feels good. I could go all day long. Then you do. Or at least try to. Running and addiction--as in running addiction--do indeed go together like chocolate and peanut butter, as *Wired to Run* makes so perfectly clear. Written by Scoop Skupien, a habitual runner for the past 30 years and the founder of Runaholics Anonymous, *Wired to Run* is a humorous trip through the world of runaholics and a host of issues that the running obsessed can't quite leave in their dust. It's a good-natured satire of healing groups that will keep readers--whether they're runners or run enablers--laughing page after breathless page. Central to the book and the whole online Runaholics Anonymous organization is Skupien's 12-Step program for recognizing and dealing with this mental and very physical disorder. From *We admit that we are powerless over running* to *We reach the Pinnacle: the ability to run in moderation*, the self-help style mixes laughs with actual training tips and other helpful advice. The combination--along with hilarious analysis of six different running types that encompass just about anyone who's ever broken a sweat--pokes great fun at runners, their odd habits, and their running rituals. It's definitely fun on the run!

About the Author Scoop Skupien began his road to running ruin at the age of six. For the last 30-odd years, he's run and raced through everything from blistering summer days to snow-drifted winter nights. Scoop has one officially sanctioned marathon in his logbook, but he has binged and run more than 26 miles at a time on numerous occasions throughout his addiction. His personal records include running 547 consecutive days and unintentionally throwing up on spectators in six separate races.