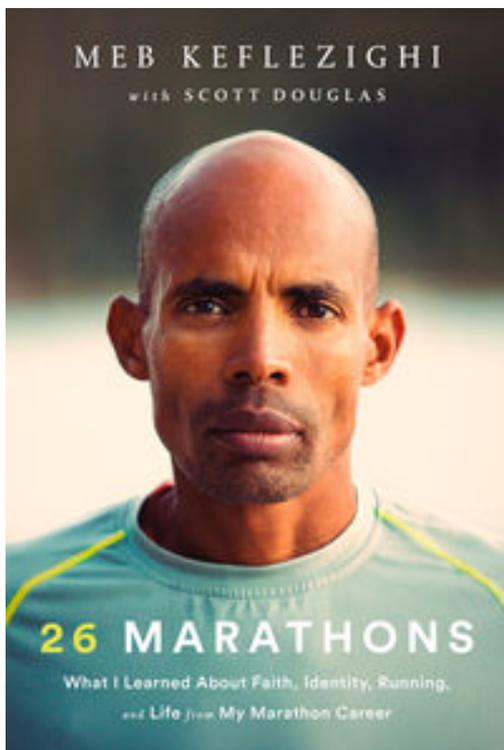


26 Marathons Read eBooks PDF English Meb Keflezighi & Scott Douglas



26 Marathons download or read online Meb Keflezighi & Scott Douglas PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, **NEW YORK TIMES BESTSELLER** • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career.

"An athlete whose wisdom and lessons aren't just for runners."—*The Washington Post*

When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career.

Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes

readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story.

26 Marathons offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the life and success of one of the greatest runners living today.

Praise for *26 Marathons*

"*26 Marathons* is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—*Booklist* (starred review)

"*26 Marathons* gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives."—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist

"Meb's *26 Marathons* is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It's pure gold!"—Shalane Flanagan, 2017 TCS NYC Marathon Champion

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