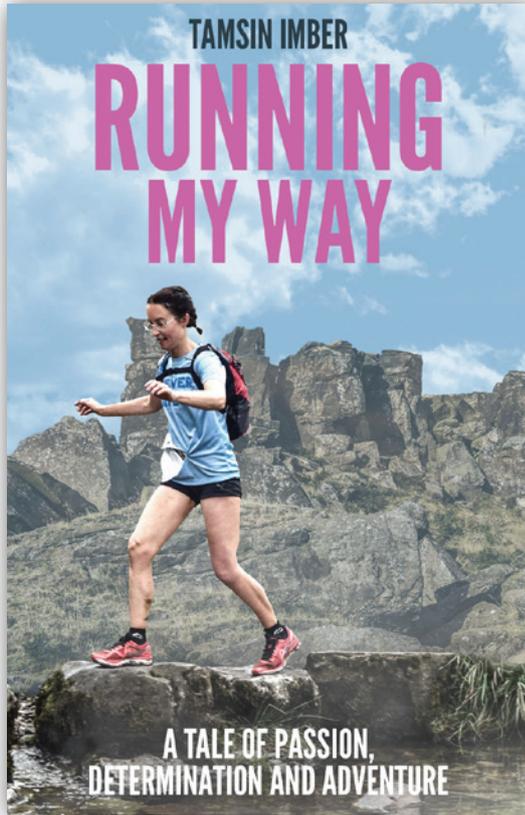




Title information



Running My Way

A Tale of Passion, Determination and Adventure

By Tamsin Imber

Key features

- A true story documenting the running journey of the author
- Funny, inspiring, honest – the perfect read for any runner, or for anyone thinking of taking up the sport
- Encapsulates the pure joy- of running free with wild abandon through glorious countryside and the exciting yet challenging nature of competitive running
- Raises awareness of the debilitating illness of CFS/ME (Chronic Fatigue Syndrome/Myalgic Encephalopathy)
- Colour photo section including pictures from Tamsin's own personal collection
- Publicity campaign planned including radio, newspapers, websites and magazines

Description

The inspirational, bittersweet story of Tamsin Imber's journey as a runner. Starting out as a busy mum, she secretly trains for a marathon – and ends up completing seven in a year, running joyfully in the rainy North York Moors with a group of like-minded lunatics. But talented Tamsin's London Marathon attempt is thwarted by a mysterious fatigue. *Running My Way* explores the empowering sense of freedom and achievement that running can bring into the chaotic, stressful life of a typically selfless mum. Mocked by an old friend, Tamsin sets off on a bumpy road that leads to a rewarding new social life and countless hilarious adventures. Trophy-winning runs attract the attention of a coach who helps her toward qualification for a championship place in the London Marathon. Ultimately, an appreciation of running free with wild abandon – whether in glorious countryside or in competition – is sharpened by Tamsin's diagnosis with debilitating CFS/ME. Now her positivity and sense of humour are sure to inspire others to take up the sport.

Details

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Trade Orders to: LBS Ltd
Faraday Close, Worthing BN13 3RB

Telephone: 01903 828905
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