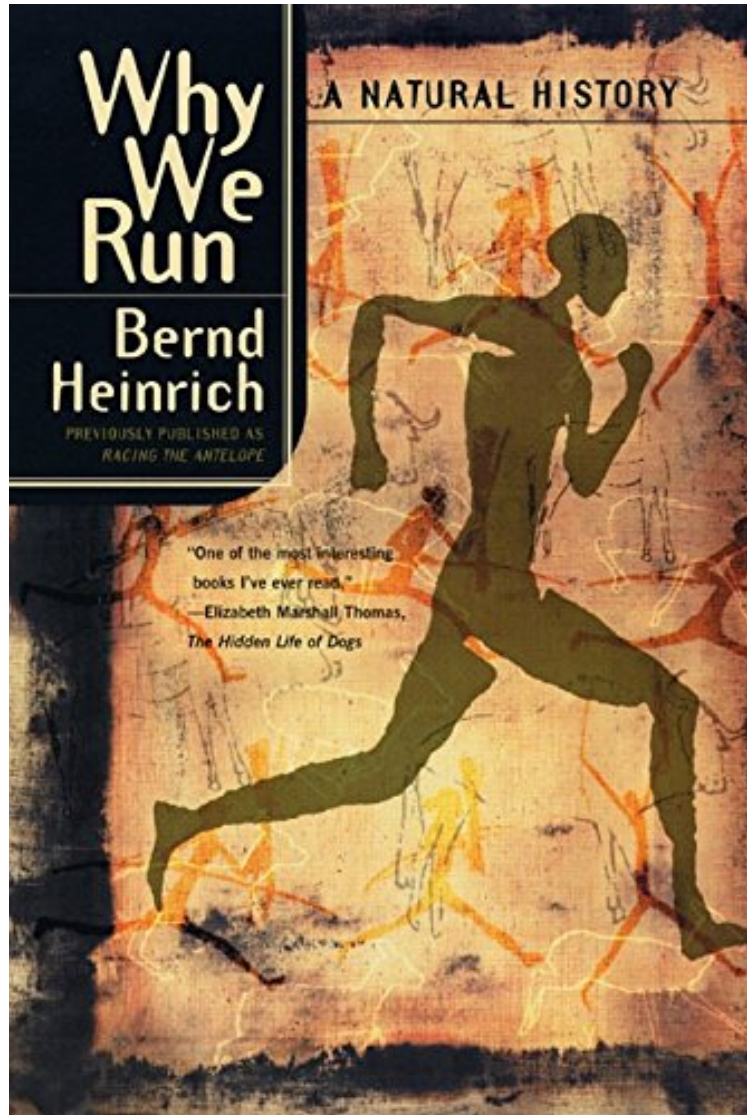


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Why We Run: A Natural History

Bernd Heinrich

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Bernd Heinrich : Why We Run: A Natural History before purchasing it in order to gage whether or not it would be worth my time, and all praised Why We Run: A Natural History:

1 of 1 people found the following review helpful. Why I RunBy Michael LacombeThis was a different type of book about running. I have fun for over forty years and have read hundreds of books about running and runners, but none like this book. As I have matured as a runner, I have become more interested in the physiology of running, rather than psychology. The author describes the science behind the birds migratory flights and animals of the plains hunting expeditions in terms I could relate to the physiology of my running; though their great feats of endurance and speed far

exceed that of humans! A well written, easy to understand book about why we run from a refreshing perspective. 1 of 1 people found the following review helpful. I loved this book because I love running. By Sergio Avila I loved this book because I love running, and have read other books by Bernd Heinrich ("Mind of the Raven" is my favorite). I didn't know he was a runner too! He might spend lots of time explaining evolutionary, genetic or biochemistry terms and processes, which, as biologist myself, I appreciated; but I'm not sure this would grab all sorts of runners. An awesome book, nonetheless. 0 of 0 people found the following review helpful. Scientific, Historical, and Inspiring. By m.j.whisman Heinrich takes a very unique approach here in that his approach is based on his deep background as a biologist and a runner. Some have criticized the science he uses or claim that the book is too much biology and not enough running. You really need to take this book as a whole and notice that this book was written twenty years after his remarkable 100k record setting race in the early 80s. He makes unique biological comparisons to insects, mammals, amphibians, and historical man in regard to endurance and physical performance. His final retelling of his big race preparation and the race itself is honestly gripping, detailed, and inspiring at once. I had some trouble making it through some parts of this book as the biological exploration of camels, antelopes, and insects seemed to drag on for a while; but we see those comparisons brought back up at the end of the book in a thoughtful and creative way that make the last chapter very artful and the entire book well worth your time.

In *Why We Run*, biologist, award-winning nature writer, and ultramarathoner Bernd Heinrich explores a new perspective on human evolution by examining the phenomenon of ultraendurance and makes surprising discoveries about the physical, spiritual -- and primal -- drive to win. At once lyrical and scientific, *Why We Run* shows Heinrich's signature blend of biology, anthropology, psychology, and philosophy, infused with his passion to discover how and why we can achieve superhuman abilities.

About the Author The author of numerous bestselling and award-winning books, Bernd Heinrich is a professor of biology at the University of Vermont. He divides his time between Vermont and the forests of western Maine.