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## Running, Eating, Thinking: A Vegan Anthology (Paperback)

By -

Lantern Books,US, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. There are books on food, sport, fictional characters, biographies of the famous and infamous, and writing about almost every imaginable subject. But this is the first book I've read that combines the philosophy of two of my favorite subjects, eating and running. What a joy to read what fifteen other vegan runners have to say about what motivates them, their values, and, very importantly, the benefits they, the animals, and our planet all get from being vegan runners! Read this book and enjoy meeting some extraordinary people! --Ruth E. Heidrich, Ph.D., author, A Race for Life, and Ironman triathlete In recent years, endurance athletes, bodybuilders, and long-distance runners such as Ruth Heidrich, Scott Jurek, Rich Roll, Brendan Brazier, Robert Cheeke, and many others have destroyed the notion that you cannot be a top-flight competitor on a plant-based diet and upended the stereotype that veganism means weakness, placidity, and passivity. But are there deeper connections between veganism and running, for example, that reach beyond attaining peak performance to other aspects of being vegan: such as living lightly on the land, caring for other-than-human life, and connecting...



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