



Night Running: A Book of Essays About Breaking Through

Pete Danko, Kelsey Eiland, Bonnie Ford, Steve Kettmann, Anne Milligan, Emily Mitchell, Joy Russo-Schoenfield, Vanessa Runs, Dahlia Scheindlin, Heather Semb, T.J. Quinn

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This daring volume combines the best of writing on running with the appeal of the best literary writing, essays that take in the sights and sounds and smells of real life, of real risk, of real pain and of real elation. Emphasizing female voices, this collection of eleven personal essays set in different countries around the world offers a deep but accessible look at the power of running in our lives to make us feel more and to see ourselves in a new light.

From acclaimed novelist **Emily Mitchell** and Portland attorney **Anne Milligan** to author **Vanessa Runs** and ESPN reporter **Bonnie Ford**, a diverse lineup of writers captures a variety of perspectives on running at night. These are stories that can inspire people of all ages and backgrounds to take on a thrilling new challenge. The contributors all have distinct tales to tell, but each brings a freshness and depth to their experiences that make *Night Running* a necessary part of every runner's library - and a valuable addition to the reading lists of all thoughtful readers.

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