



Run Like a Mother: How to Get Moving--and Not Lose Your Family, Job, or Sanity

Dimity McDowell, Sarah Bowen Shea

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The Girlfriendâ€™s Guide to Running.

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??In *Run Like a Mother*, authors Dimity McDowell and Sarah Bowen Shea offer both inspirational advice and practical strategies to help multitasking women make running part of their busy lives.

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??McDowell and Shea understand the various external and internal forces in everyday life that can unintentionally keep a wife--mother--working woman from lacing up her shoes and going for a run. Because the authors are multihyphenates themselves, *Run Like a Mother* is driven by their own running expertise and real-world experience in ensuring that running is part of their lives.

??More than a book, *Run Like a Mother* is essentially a down-to-earth, encouraging conversation with the reader on all things running, with the overall goal of strengthening a woman's inner athlete. Of course, real achievement is a healthy mix of inspiration and perspiration, which is why the authors have grounded *Run Like a Mother* in a host of practical tips on shoes, training, racing, nutrition, and injuries, all designed to help women balance running with their professional and personal lives.

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