

# The Terrible and Wonderful Reasons Why You Should Run Long Distances

By Matthew Inman



## The Terrible and Wonderful Reasons Why I Run Long Distances (The Oatmeal Book 5) by The Oatmeal

★★★★☆ 4.5 out of 5

Language : English

File size : 164640 KB

Text-to-Speech: Enabled

Print length : 148 pages



Running long distances is one of the hardest things you can do. It's painful, it's time-consuming, and it's often boring. But it's also one of the most rewarding things you can do.

In this book, Matthew Inman, the creator of the popular webcomic The Oatmeal, shares his own experiences with running long distances. He talks about the pain, the boredom, and the self-doubt. But he also talks about the joy, the sense of accomplishment, and the feeling of being alive that comes from pushing yourself to your limits.

Whether you're a seasoned runner or you're just thinking about starting out, this book will inspire you to lace up your shoes and hit the pavement.

## The Terrible Reasons

There are a lot of reasons why running long distances is terrible.

- It's painful.
- It's time-consuming.
- It's often boring.
- It can be dangerous.
- It can be expensive.

If you're thinking about running long distances, it's important to be aware of these reasons. Running long distances is not for everyone. It's hard, it's painful, and it can be dangerous. But it can also be one of the most rewarding things you do.

## **The Wonderful Reasons**

There are also a lot of reasons why running long distances is wonderful.

- It's a great way to get in shape.
- It's a great way to relieve stress.
- It's a great way to see the world.
- It's a great way to make new friends.
- It's a great way to challenge yourself.

If you're looking for a challenge, running long distances is a great option. It's hard, but it's also one of the most rewarding things you can do.

Whether you're a seasoned runner or you're just thinking about starting out, I encourage you to give running long distances a try. It's not easy, but it's worth it.

In this book, I share my own experiences with running long distances. I talk about the pain, the boredom, and the self-doubt. But I also talk about the joy, the sense of accomplishment, and the feeling of being alive that comes from pushing yourself to your limits.

I hope this book inspires you to lace up your shoes and hit the pavement.

Happy running!



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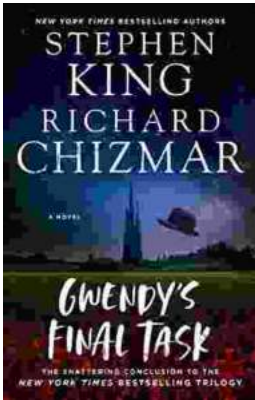
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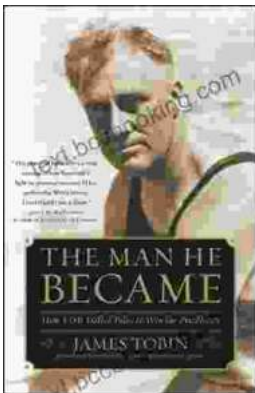
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