



Runs for Your Life

David Reed Beatty

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In *Runs for Your Life*, a recovering football player tells his story of change in a series of long distance runs, stopping only for an occasional sports anecdote or quirky poem. Transformations from athlete to student, loner to father, biologist to doctor, husband to partner, and, finally, teacher to herbalist are portrayed with crisp dialogue and minimalist style. If a shy, skinny, snot-nosed kid from small town New Jersey can change again and again, so can just about anyone.

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