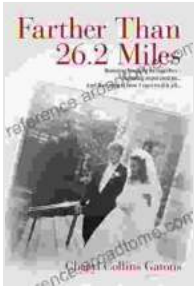


# RUNNING BROUGHT US TOGETHER, RUNNING SEPARATED US, and RUNNING IS HOW WE SURVIVED IT



**Farther Than 26.2 Miles: Running brought us together...Running separated us...And Running is how I survived it all...** by Tsgoyna Tanzman

★★★★☆ 4.5 out of 5

Language : English  
File size : 6554 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 155 pages



In **RUNNING BROUGHT US TOGETHER, RUNNING SEPARATED US, and RUNNING IS HOW WE SURVIVED IT**, author Tara Westover explores the complex and often contradictory role that running has played in her life. From her early days as a solitary runner on the isolated roads of rural Idaho, to her years as a competitive runner at Brigham Young University, to her present-day life as a mother and writer, running has been a constant thread in Westover's life.

In the book, Westover writes about how running helped her to escape the isolation of her childhood, to find her own identity, and to overcome the challenges she faced as a first-generation college student. She also writes about how running became a source of conflict between her and her family,

who were concerned about her health and safety. Ultimately, running was the thing that helped Westover to survive the trauma of her childhood and to build a new life for herself.

RUNNING BROUGHT US TOGETHER, RUNNING SEPARATED US, and RUNNING IS HOW WE SURVIVED IT is a powerful and moving memoir about the power of running to heal and to transform.

### **Praise for RUNNING BROUGHT US TOGETHER, RUNNING SEPARATED US, and RUNNING IS HOW WE SURVIVED IT**

"A beautifully written and deeply moving memoir about the power of running to heal and to transform. Westover's story is both heartbreaking and inspiring, and her writing is as lyrical and evocative as her running." —

**Oprah Winfrey**

"A must-read for anyone who has ever struggled to find their own path in life. Westover's story is a testament to the power of resilience and the importance of never giving up on your dreams." — **Maria Shriver**

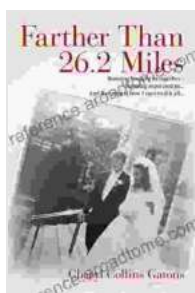
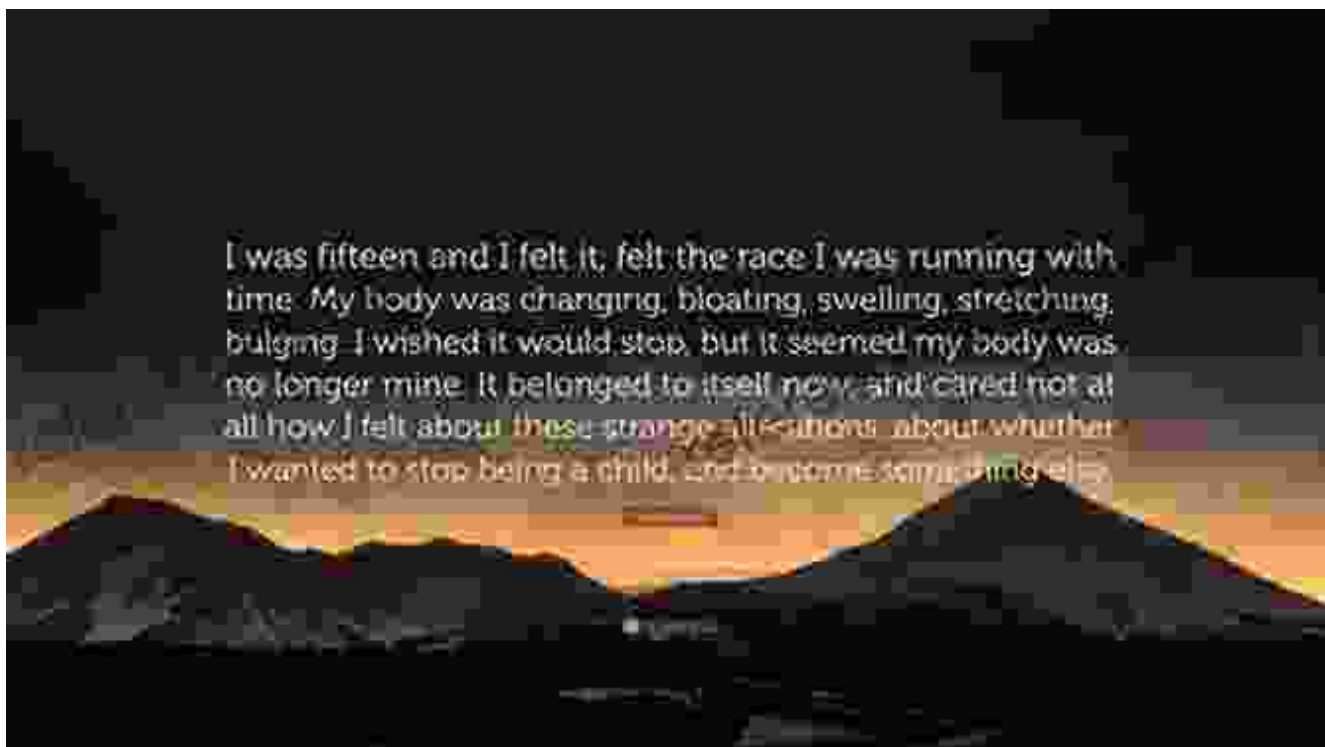
"A powerful and unforgettable memoir about the complex and often contradictory role that running has played in one woman's life. Westover's writing is honest, raw, and deeply moving." — **The New York Times Book Review**

### **About the Author**

Tara Westover is the author of the bestselling memoir *Educated*. She is a graduate of Brigham Young University and Cambridge University, and she currently lives in Idaho with her husband and son.

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RUNNING BROUGHT US TOGETHER, RUNNING SEPARATED US, and RUNNING IS HOW WE SURVIVED IT is available now wherever books are sold.



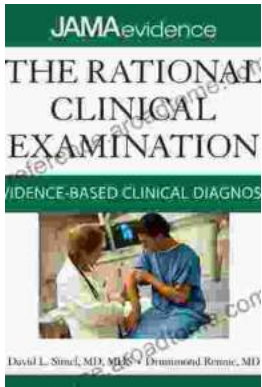
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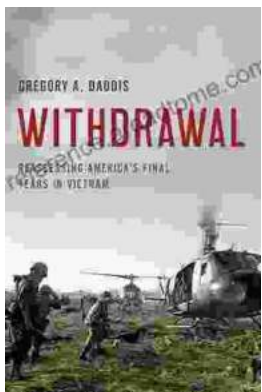
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