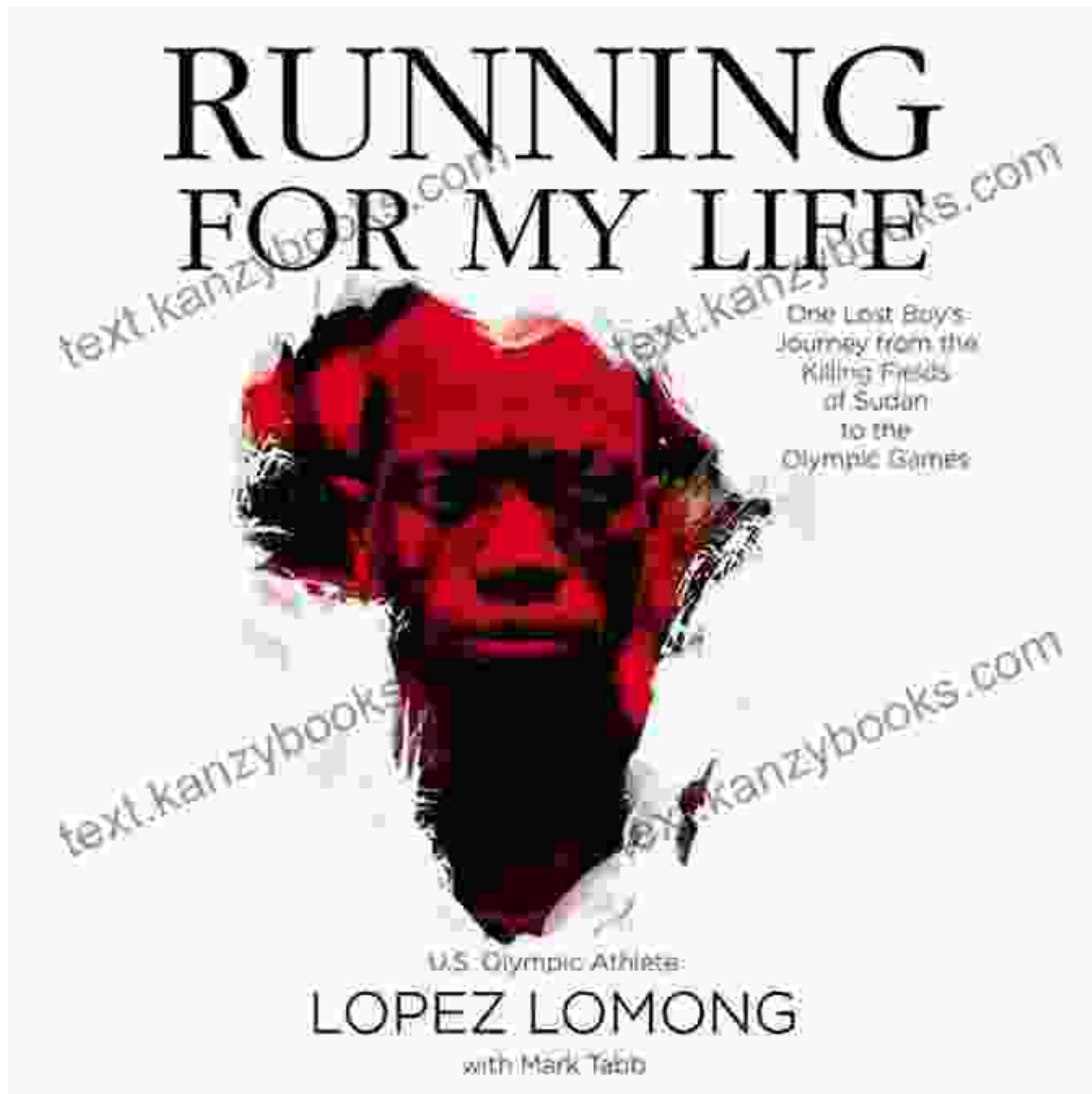


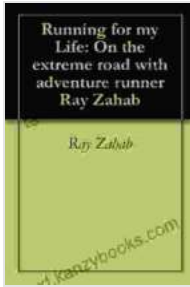
Running for My Life: An Unforgettable Journey of Redemption and Resilience



**Running for my Life: On the extreme road with
adventure runner Ray Zahab** by Max Glover

★★★★☆ 4.2 out of 5

Language : English



File size	: 3626 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 241 pages
Lending	: Enabled



Running for My Life is an inspiring memoir about one woman's journey from addiction and homelessness to marathon runner and advocate for others.

In this powerful and moving book, author Lisa Jung shares her incredible story of overcoming adversity and finding hope through running. Lisa grew up in a loving home, but her life took a downward spiral after she started using drugs and alcohol in her early twenties. She lost everything—her job, her apartment, and her family. She even spent time living on the streets.

But Lisa never gave up on herself. She found the strength to get sober and rebuild her life. One day, she decided to start running. At first, it was just a way to get exercise. But running soon became a metaphor for Lisa's journey of recovery. Every step she took was a step towards a new life.

Lisa's story is an inspiration to anyone who has ever faced adversity. It is a reminder that no matter how far you fall, you can always get back up again. With determination and perseverance, you can overcome any obstacle and achieve your dreams.

Running for My Life is a must-read for anyone who is interested in:

- Overcoming addiction and homelessness
- Finding hope and purpose in life
- The power of running to transform lives

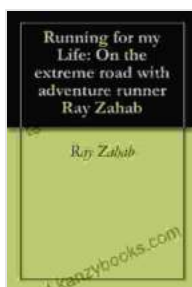
Lisa Jhung is a marathon runner, speaker, and advocate for others. She is the founder of the nonprofit organization Run for Recovery, which helps people in recovery get back on their feet through running. Lisa has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Today Show.

To learn more about Lisa and her work, please visit her website at www.lisajhung.com.

Free Download your copy of Running for My Life today!

Running for My Life is available in hardcover, paperback, and e-book formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookseller.

Thank you for your support!



Running for my Life: On the extreme road with adventure runner Ray Zahab by Max Glover

★★★★☆ 4.2 out of 5

Language : English
File size : 3626 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 241 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



Unveiling the Power of 35 Phytochemicals: Nature's Secret Weapons for Disease Prevention

1. Anthocyanins (blueberries, cherries, cranberries): Powerful antioxidants that protect against heart disease, cancer, and cognitive decline. 2. Beta-carotene (carrots,...



No Hot Sauce Tasting Journal: A Flavorful Journey for the True Connoisseur

Prepare your taste buds for an extraordinary culinary adventure with "No Hot Sauce Tasting Journal: This Taste Good." This comprehensive journal is the ultimate companion for...