



Summary of Born to Run: by Christopher McDougall | Includes Analysis

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PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Preview:

Born to Run is a book about the natural virtues of running, based on Christopher McDougall's own experiences, research, and training. It is centered on the Tarahumara, an indigenous Mexican tribe known for their feats of long-distance running.

McDougall, a journalist, is a low-key hobbyist runner himself, but he experiences numerous injuries which threaten to force him to stop. Given the high injury rate among runners, McDougall is fascinated by stories of the Mexican Tarahumara. These native people live in the rugged, hot Copper Canyon, and are known for running more than 100-mile races over broken ground at amazing speeds. More amazingly still, the Tarahumara wear flat sandals rather than running shoes...

Inside this Instaread Summary of Born to Run:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

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