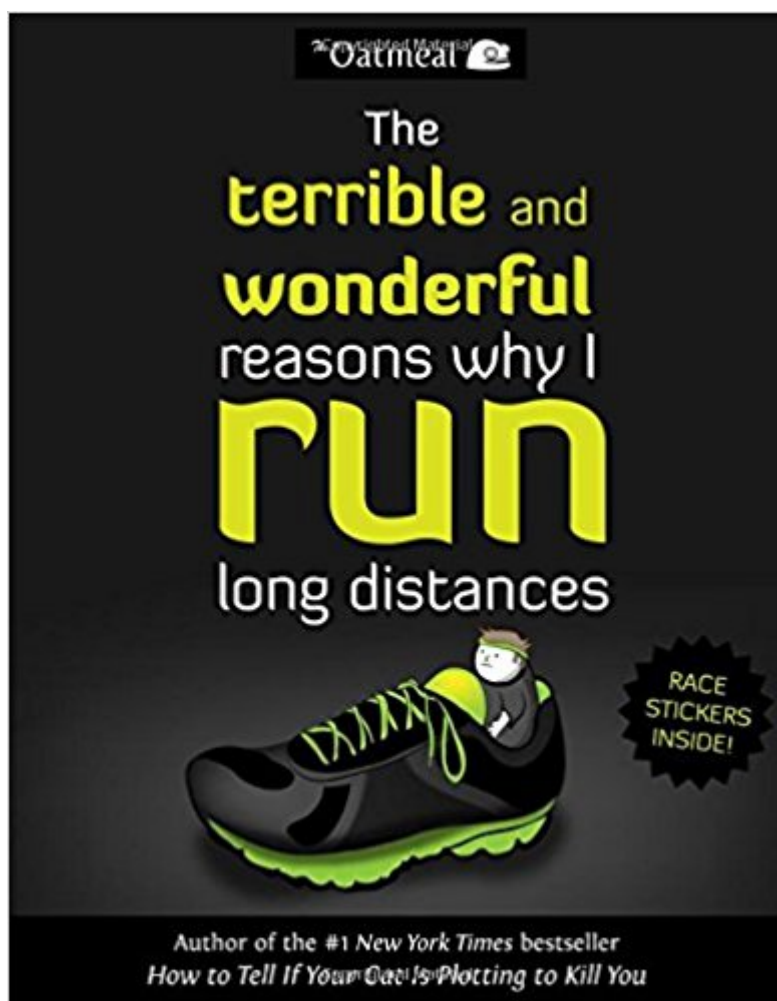


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The Terrible And Wonderful Reasons Why I Run Long Distances (The Oatmeal)



Synopsis

"Praise for #1 New York Times best-selling author Matthew Inman, AKA The Oatmeal: "All runners wonder, at some point or another, why we do what we do. Mr. Inman's explanation is the best I've ever seen. And the funniest. Because he is clinically insane." -Mark Remy, editor at large, Runner's World, author of The Runner's Rule Book "He runs. He sweats. He heaves. He hates it. He loves it. He runs so hard his toenails fall off. He asks himself, why? Why do I do this? Here, gorgeously, bravely, hilariously, is Matt's deeply honest answer." -Robert Krulwich, NPR "Finally! A voice that sings with the Blerches of angels!" -Christopher McDougall, author of Born to Run "This is not just a book about running. It's a book about cupcakes. It's a book about suffering. It's a book about gluttony, vanity, bliss, electrical storms, ranch dressing, and Godzilla. It's a book about all the terrible and wonderful reasons we wake up each day and propel our bodies through rain, shine, heaven, and hell." -From #1 New York Times best-selling author, Matthew Inman, AKA The Oatmeal, comes this hilarious, beautiful, poignant collection of comics and stories about running, eating, and one cartoonist's reasons for jogging across mountains until his toenails fall off. Containing over 70 pages of never-before-seen material, including "A Lazy Cartoonist's Guide to Becoming a Runner" and "The Blerch's Guide to Dieting," this book also comes with Blerch race stickers.

Book Information

Series: The Oatmeal (Book 5)

Paperback: 148 pages

Publisher: Andrews McMeel Publishing (September 30, 2014)

Language: English

ISBN-10: 144946727X

ISBN-13: 978-1449459956

ASIN: 1449459951

Product Dimensions: 7 x 0.5 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 539 customer reviews

Best Sellers Rank: #104,169 in Books (See Top 100 in Books) #16 in Books > Humor & Entertainment > Humor > Sports #70 in Books > Comics & Graphic Novels > Graphic Novels > Educational & Nonfiction #182 in Books > Humor & Entertainment > Humor > Self-Help &

Customer Reviews

"A short, laugh-out-loud graphic book about the promises and perils of exercise. The hilarious and the profound are often only inches apart, and Inman (Why Grizzly Bears Should Wear Underpants, 2013, etc.) consistently nails the space between them. Sure to delight Inman's fans and probably win him some new ones." (Kirkus Reviews)"This graphic novel of sorts is for those of us who run so that we can have a guilt-free donut or five; those of us battling our inner fat kids. Writer and illustrator Matthew Inman, aka The Oatmeal (from his blog), chronicles his arc from a chubby sometimes jogger to a ultramarathoner who runs until his toenails fall off. You can't help but conclude: If The Oatmeal and his inner Blerch (the ultimate self-underminer) can do it, you can, too." (New York Post)"Finally! A voice that sings with the blerches of angels!" (Christopher McDougall, author of "Born to Run")"He runs so hard his toenails fall off. He asks himself, why? Why do I do this? Here, gorgeously, bravely, hilariously, is Matt's deeply honest answer." (Robert Krulwich, NPR)"All runners wonder, at some point or another, why we do what we do. Mr. Inman's explanation is the best I've ever seen. And the funniest. Because he is clinically insane." (Mark Remy, Editor at Large, Runner's World and author of "The Runner's Rule Book")"You will have seen many of these cartoons on his website, The Oatmeal, but there is so much more in this book, and the price is well worth the extra content. Not only that, there is no excuse to not have this if you are a runner. I cannot express how many times I put this down and cried laughing." (Joe Hempel, Top of the Heap Reviews)

TheOatmeal.com is an entertainment website full of comics, quizzes, and stories. The site gets more than 7 million unique visitors and 30 million page views a month, and 250,000 blogs and websites have linked to it. TheOatmeal.com is written, drawn, and coded by Matthew Inman, a king of all trades when it comes to the Web. Matthew lives in Seattle, Washington, with his dogs, Rambo and Beatrix.

I read this while eating a pizza and drinking diet Mountain Dew. I feel really bad about myself now, so I'm thinking about going out and getting ice cream. But I'm also thinking about going out for a run instead, which wasn't in the cards before. So the book has changed my way of thinking. Basically, this book is dangerous and should probably be made illegal.

Matthew Inman doesn't claim to be a health guru. He's not trying to sell a product or diet plan. And his blood is likely composed of 30% Nutella. Inman knows that true nirvana doesn't lie in counting calories and mindless trotting on ellipticals. This is a story about outrunning your demons and leaving them in the dust behind you. It's a story about moving - when society tells us to be still. And it's a story about the terrors of giant hornets and gazing into the infinite abyss through a bottle of sugary purple liquid. His methods may not be for everyone, but be prepared to have the sudden desire to get off your ass and go outside after reading this book. An excellent gift for people who need a little inspiration and a good laugh to get them off their chairs.

I laughed, I cried, I now have a bastardized version of a Ramones song- "Blitzkrieg Butt"- stuck in my head. And my cheeks hurt a little from smiling. And I think I'm going to go for a run. It's weird how he can capture the humor and the emotion of running. It's funny, sarcastic, sweet, and poignant at times.

I read most of these online. But I bought the book because I wanted to make sure I put money in the pocket of someone who said a bunch of true things.

Only reason this didn't get 5 stars is that the binding of the cover completely separated from the book (brittle glue?) on the first read, had to glue it back on. The book is beautiful otherwise, and hilarious.

I met my wife because we both run. I got away from it because of grad school and work while she keeps "beating the Blerch". This book is very amusing and reminded me about why I used to run. I want to run again. I signed up for my 3rd marathon. I will also work to "beat the Blerch" alongside my wife! It only took 3 sittings to read this book, but it is a book I'll keep coming back to because there are certain chapters that I might need to reread to remind myself why I keep running. I highly recommend this book for someone who "sort of" runs, wants to think they can't run a marathon when you know they can, someone who wonders what all the fuss about running is, or someone who wants to enjoy that amazing feeling you get when you finish a hard run again. Enjoy! I did! :^)

Bad news first- I was only about 10 pages in when the cover decided to fall off the book so I spent the rest of the book trying to hold it in place (why I didn't stop to glue it back on, I don't know). The

good news is that the copy appears to be signed. Whether it's actually signed by The Oatmeal (or Matthew Inman) I will likely never know, but that's a fun bonus idea. The story itself is brilliant and actually inspiring and hits way too close to home. I believe in the Blerch. Now, with a newly glued cover, the book is making its way through my family: it's fun listening to my daughter laugh as she reads it and exclaims that she is now inspired to start running.

Thanks to the Oatmeal (the author of the book's online persona) I finally understand my friends who are obsessed with running crazy long distances like marathons and triathlons. It's funny and also illuminating for those of us who can't fathom getting up before dark to run.

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