

Eat, Drink, Run. Scaricare Libri Bryony Gordon (PDF, ePub, Mobi) Gratuito



The new hilarious and inspirational memoir from Sunday Times no. 1 bestselling author Bryony Gordon.

'A courageous account that will inspire us all - bloody brilliant' *Fearne Cotton*

'An honest and damn funny book about daring to dream, about chafing and Vaseline, and running through the pain. I raced through it without getting a stitch' *Matt Haig*

Bryony Gordon was not a runner. A loafer, a dawdler, a drinker, a smoker, yes. A runner, no. But, as she recovered from the emotional rollercoaster of opening up her life in her mental health memoir MAD GIRL, she realised that there were things that might actually help her: getting outside, moving her body and talking to others who found life occasionally challenging. As she ran, she started to shake off the limitations that had always held her back and she saw she had actually imposed them on herself. Why couldn't she be a

runner?

In April 2017, Bryony Gordon ran all 26.2 miles of the London Marathon. In *Eat, Drink, Run.*, we join her as she trains for this daunting task and rises to the challenge one step at the time. Of course, on top of the aching muscles and blistered feet, there's also the small matter of getting a certain royal to open up about his mental health. Through it all, Bryony shows us that extraordinary things can happen to everyone, no matter what life throws our way.

What readers are saying about *Eat, Drink, Run.*:

'One of the best things about this book is how Bryony manages to make you **laugh, make you **tearful**, but ultimately **hopeful about yourself and your own outlook on life and mental health**'**

'I laughed, I cried, I got inspired to run again'

'Bryony at her best by far! Honest, endearing, beautifully written. We all can relate in some way, if you are in doubt about how you feel, or indeed **you are a person that says I can't - read this because you can, we all can'**

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