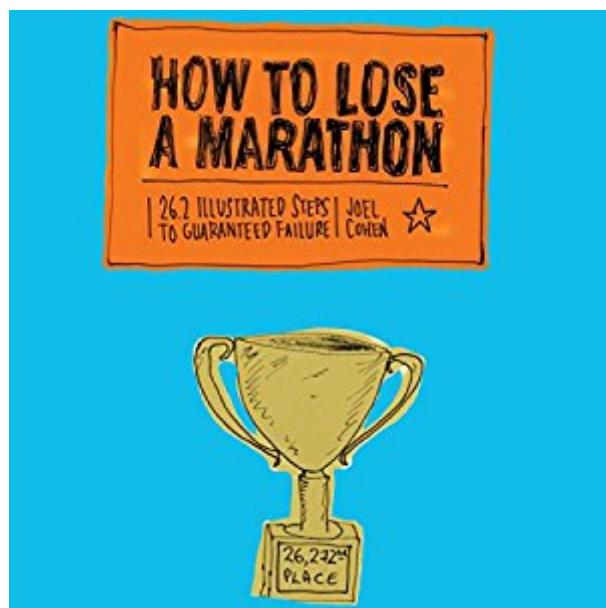


The book was found

# How To Lose A Marathon: A Starter's Guide To Finishing In 26.2 Chapters



## Synopsis

In How to Lose a Marathon, Joel Cohen takes listeners on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips and narrative, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the "Oprah Line", and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner's experience. Offering both real advice and genuine commiseration with runners of all skill levels, How to Lose a Marathon lets you know that even if you believe that the "runner's high" is a complete myth, you can still survive all 26.2 miles of a marathon.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: April 4, 2017

Language: English

ASIN: B01N29O4CE

Best Sellers Rank: #10 in Books > Humor & Entertainment > Humor > Sports #14 in Books > Sports & Outdoors > Other Team Sports > Track & Field #92 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

Cohen writes about training for and finishing his first marathon with wit and self-deprecating humor. Underneath it all is a true appreciation for running and those who dare to run - especially those who have never run before. The title of my review is a nod to Cohen's humor but also to the sense of pure joy - spoiler alert! - he experiences upon finishing the NYC marathon. Runners and non-runners alike will enjoy this entertaining read and be inspired.

A writer for the Simpsons meets the New York City marathon. As a non-athlete, Joel Cohen decided to run and went from barely running a mile to completing the NYC marathon in approximately 26,000th place. His goal in writing this book was to write the book that he wished existed as he was training -- a training guide for non elites. Luckily the explosion of self publishing and the internet

have ended that problem - but this was still a great read. I really enjoyed his humorous take on the training process, it was new light on fairly standard information. I also appreciated his honesty: sometimes decisions such as choosing which charity to run for depending on the fundraising commitment are just that. There doesn't need to be any sugar coating to it. Also appreciated his process of choosing a pace as he learned his abilities and discarded various as being too fast or too slow. Figuring out pace really is one of the hardest things. I disagreed with him on shirts though, I love my race shirts. I swear I'm the only running reader who didn't care for either Born to Run by Christopher McDougall or Murakami's What I Think About... I think I like my running reads on the lighter side.

I started running about a year ago and have just completed my first half marathon. I am interested in participating in the New York Marathon at the end of next year if I can get a lottery slot to participate. I am sure I will finish several thousand places and more than an hour back from the winners but I will love it just the same. This book nicely encompasses what it means to run but never expect to win and is written by one of the Simpsons writers. I love his take on why people run and it is not to win races. I have recommended this book to several of my friends.

Great book Mr. Cohen. As a fellow amateur runner and very amateur comedian I thought this book was both great entertainment as well as pretty spot on as far as the "pain and gain" of running. Well done sir. If you want a quick easy ready, but one that you will really enjoy, check this one out. Preferably not while you are running. JP

As someone training for my first marathon, this book was hugely entertaining. I could relate to Joel's training experience in so many ways. If you've been running for a while you already know most of the terms Joel uses, but his humor is laugh out loud funny. I needed some humor to integrate into my grueling training schedule. I like that he included his training plan & his favorite books on running in the appendix as well.

I am curious about the how to begin running. But I got a wonderful surprise from this read. The author certainly put fun in the word run. Eh! Again enjoyable leisure read for both the elite and novice runners.

Very entertaining

Great book for runners no matter if you're just getting started or have been doing it for year's! I laughed out loud several times!

[Download to continue reading...](#)

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters How to Lose a Marathon: A Starter's Guide to Finishing in 26.2 Chapters Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Wood Finishing Tips: The Go to Guide to Wood Finishing Supplies, Wood finishing Chemistry and More Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond ""the Wall"" The Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way HARDY BOYS STARTER SET, TH The Hardy Boys Starter Set Wood Finishing 101: The Official Guide to Wood Finishing Femboy Finishing School: A finishing school with a difference, where boys will be girls, and the girls play dirty! (Transgender Erotica, Gay, Femboy, Forced Femme, Sissy Fiction) Professional Soccer Finishing Drills: Top Finishing Drills From The World's Best Soccer Clubs National Geographic Kids Chapters: Diving With Sharks!: And More True Stories of Extreme Adventures! (NGK Chapters) National Geographic Kids Chapters: Scraps With Snakes: True Stories of Adventures With Animals (NGK Chapters) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works)

[Contact Us](#)

DMCA

Privacy

FAQ & Help