



# **A Joosr Guide to... Born to Run by Christopher McDougall: A Hidden Tribe, Superathletes and the Greatest Race the World has Never Seen**

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Humans were born to run and our bodies are designed to excel at it. Find out how you can uncover your inner love of running and develop the skills needed to compete with the best.

Born to Run by Christopher McDougall proves once and for all that we are all inherent runners. Science and history show how the human body was designed specifically for running. Ancient tribes, like the Tarahumara Indians in Mexico, are well aware of this. Running is an integral part of their daily life and is a skill that protects them and helps them find food. What's more, they thoroughly enjoy it! Professional and amateur runners around the world are learning from such cultures and are developing their own love and prowess for running.

You will learn:

- Why 70%-80% of runners experience injuries annually
- Why your expensive running shoes might actually be hindering you

· Why you're never too old to run.

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