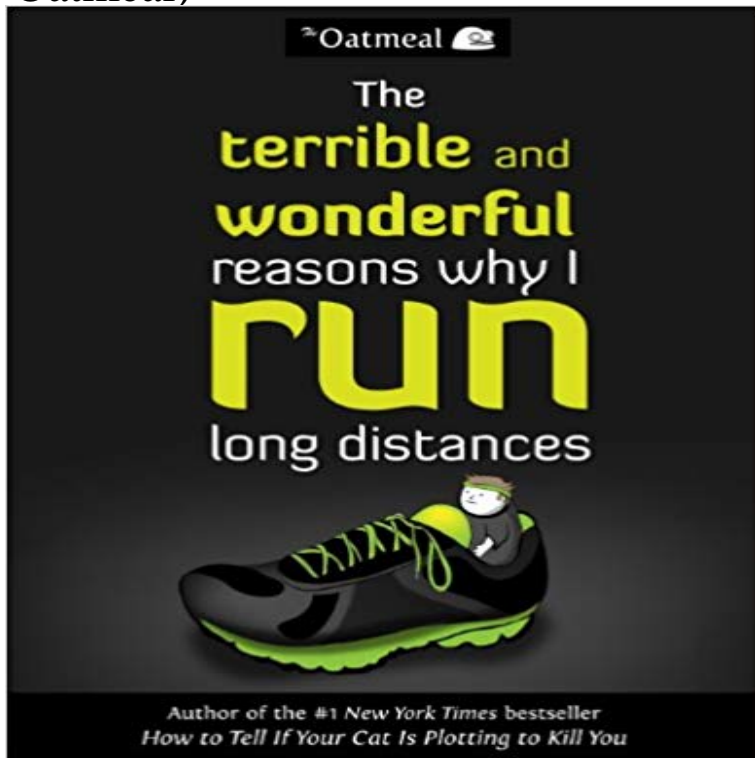


# The Terrible and Wonderful Reasons Why I Run Long Distances (The Oatmeal)



This is not just a book about running. Its a book about cupcakes. Its a book about suffering. Its a book about gluttony, vanity, bliss, electrical storms, ranch dressing, and Godzilla. Its 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 cartoonists reasons for jogging across mountains until his toenails fall off. Containing over 70 pages of never-before-seen material, including A Lazy Cartoonists Guide to Becoming a Runner and The Blerchs Guide to Dieting, this book also comes with Blerch race stickers.

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