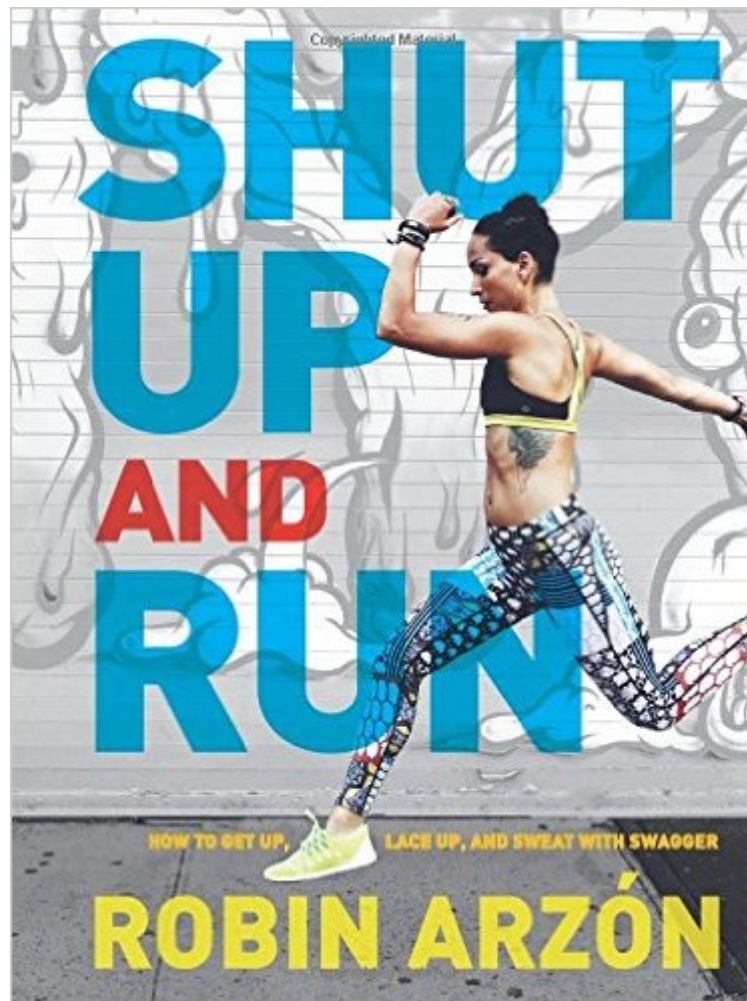


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# Shut Up And Run: How To Get Up, Lace Up, And Sweat With Swagger



## Synopsis

An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book is filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; Shut Up and Run is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

## Book Information

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## Customer Reviews

I have been one of Robin's fitness clients for almost a year now. Funny thing is that she has NO IDEA who I am, nor have we ever met, even though I am a public figure. How is this possible you say? I ride with her nearly everyday in my home studio via Peleton live streaming! "The best thing since gluten-free sliced bread!" Robin is an interesting character. She is absolutely brilliant but often hides it behind tough street language and culture. Why? Because I believe her master plan is to rule the fitness world one day, and she knows that she has something different to offer. She is a former attorney who 1) Left her lucrative career to pursue fitness full time 2) Survived a hostage crisis in NYC 3) Lives with Type 1 Diabetes 4) Runs 100 mile marathons after teaching 3 spin classes in a day and 5) Has the worst curse language you have ever heard. It's so bad, Merriam Webster is effin rolling in his grave. BUT TRUST ME . . . IT ALL WORKS! Her brand of motivation is fantastic and unlike any other fitness professional out there. She is raw, powerful and unapologetic! "like a Marine Boot Camp instructor in a Hip Hop World War. She even has us do things in class like take oaths to promise we will "Never Be a Basic B\*tch," And to top it all off, she looks a lot like Jennifer Lopez, though I doubt she would ever admit to that. I am a full-time novelist, which means I get paid to sit on my rump all day, so fitness is essential to my well-being. I have never run before so this book was perfect for me. The tips, pictures and motivational quotes are enjoyable! " a perfect summer read. I am ready to try it and if anyone can get my mutha-effin sweet ass moving, it's Robin Arzon.

I love how relatable Robin's voice is. This isn't your typical sit down and read prescriptive fitness book! "its way more fun than that! Filled with awesome photos and bursting with color, it's meant to be flipped through, put down, picked up, written in (that's right, there are journal pages in it), all to simply inspire you to just get up and move. There's even training plans and a running bucket list! "I'd like to think one day I'll be able to cross all the races listed on it off! " Overall, great book!

Inspirational, fun, and informative. Ever since I did my half marathon back in January I've gotten into a slump and this book has brought my motivation back. Her story is inspirational and I completely enjoyed this book.

Bought this after hearing Robin on the Rich Roll podcast. I like the "cut to the chase" style this was written in. No excuses, No BS just get out there and be epic! Adversity occurs, go through it! As

someone who started running after having brain surgery this really resonated with me!

Very motivational. Robin is an inspiration to women of all ages, fitness levels and lifestyles. I read this and realized I needed to stop with the stupid excuses and just get out there and exercise. Exercise should be more like a daily routine such as getting cleaned up, brushing your teeth, etc. Just do it. schedule it into your world.

Robin is amazing... Amazingly talented, inspirational, resilient, funny, creative and just overall wonderfully badass. She gets life, people, and the need to move to the best of our abilities. I take Robin's spin classes at home on my Peloton bike. She touches thousands and now hopefully millions of lives with this book. Get the book - for you, for your mind, and for your heart.

This is an amazing book for all run enthusiasts! At first I wanted to buy it to get more info about training but when I started reading it, wow! What an amazing story of survival! How one event can change the perspective of your life! It's great!

I love Robin's mission of "redefining what it means to be an athlete and creating unapologetic greatness in every athlete along the way". We can all be athletes. I agree with other reviews that this book is fun and great inspiration, tools and tips for people to find and spark running. Although the key message in the book applies to other sports as well - Don't think too much, just shut up and do. The book does not go too deep into fancy sports and other science stuff. That's good since too much thinking and rationalizing too much often just holds us back. Shut Up and Run is a great handbook on getting started with running with the right attitude. First and foremost it is inspirational and motivational, with lot of practical tips. Nevertheless, even most pro-athletes have so much to learn from this book. Most importantly that running and training itself is the reason for being, not goals, events, or achievements. Read this book and be a winner every single day for the rest of your life. My favorite and potentially game-changing tips from the book are: Joining a running club (your local + during travels) Find your running heroes Visualization tip: Write down in detail a time you felt invincible Plus many practical tips to overcome the daily excuses of not running (like no place to shower at the office...) 4 stars for the book + 1 supporting Robin's mission. p.s. I personally love running. I run a lot, and run marathons, and just did an Ironman. Still there was much for me to take and learn from this book.

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