



# RUNNING LIKE A GIRL

by Alexandra Heminsley

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*'If you've ever wept, WHY DO I WANT TO RUN?, your answer is here.'*

**Caitlin Moran**

Alexandra Heminsley had high hopes: the arse of an athlete, the waist of a supermodel, the speed of a gazelle. Defeated by gyms and bored of yoga, she decided to run.

Her first attempt did not end well.

Six years later, she has run five marathons in two continents.

But, as her dad says, you run with your head as much as with your arms. So, while this is a book about running, it's not just about running.

You could say it's about ambition (yes, getting out of bed on a rainy Sunday morning counts), relationships (including talking to the intimidating staff in the trainer shop), as well as your body (your boobs don't *have* to wobble when you run). But it's also about realizing that you can do more than you ever thought possible.

Very funny, very honest and very emotional, whether you're in serious training or thinking about running for the bus, this is a book for anyone who (after wine and crisps for supper a few too many times) thinks they might... just might... like to run like a girl.



Alexandra Heminsley is a journalist, broadcaster and ghostwriter. Until six years ago, she was not a Runner. She has since run six marathons. Follow Alexandra at: [www.twitter.com/hemmo](http://www.twitter.com/hemmo), [www.runninglikeagirl.com](http://www.runninglikeagirl.com) & [www.hemmo.co.uk](http://www.hemmo.co.uk)

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