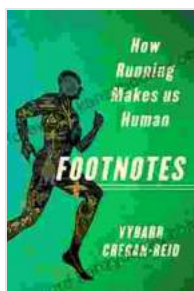


Footnotes: How Running Makes Us Human

In her book *Footnotes: How Running Makes Us Human*, Casey Schwartz takes a deep dive into the history, science, and culture of running. She explores how running has evolved from a survival skill to a global pastime, and how it has shaped our bodies, minds, and societies.



Footnotes: How Running Makes Us Human

by Vybarr Cregan-Reid

★★★★☆ 4.2 out of 5

Language : English
File size : 8969 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 353 pages



Schwartz begins by tracing the origins of running back to our early ancestors. She explains how running helped us to escape predators, hunt for food, and find new territory. As we evolved, running became less essential for survival, but it continued to play an important role in our lives.

Schwartz then examines the science of running. She discusses how running affects our bodies, from our muscles and bones to our heart and lungs. She also explores how running can help to improve our mental health, boost our creativity, and reduce our risk of chronic diseases.

Finally, Schwartz looks at the culture of running. She discusses how running has been used as a form of competition, recreation, and self-expression. She also explores the role of running in different cultures around the world.

Footnotes is a fascinating and informative book that will appeal to anyone interested in running. Schwartz's writing is clear and engaging, and she provides a wealth of information without overwhelming the reader. Whether you're a seasoned runner or just starting out, you'll find something to enjoy in this book.

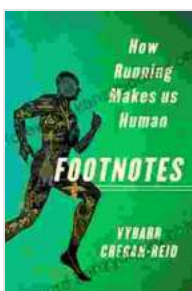
Reviews

"Footnotes is a must-read for anyone who loves running. Casey Schwartz has written a fascinating and comprehensive book that explores the history, science, and culture of running. I highly recommend it." - Dean Karnazes, ultramarathoner and author of Ultramarathon Man

"Footnotes is a beautifully written and thought-provoking book that will change the way you think about running. Casey Schwartz has done a masterful job of weaving together the history, science, and culture of running into a compelling narrative that is both informative and inspiring." - Amby Burfoot, Boston Marathon winner and author of Runner's World Complete Book of Running

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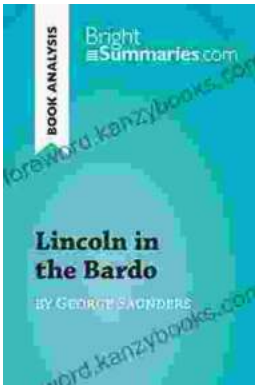
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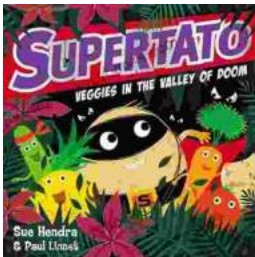
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