

As the wife of a professional baseball player, Alisha Perkins has long struggled to find an identity of her own--a struggle made worse by an anxiety disorder that has plagued her since childhood. One afternoon during spring training, Alisha, eager for a few minutes to herself, decides to take a short run around the neighborhood. What she discovers is her first taste of the elusive runners high, a release of her pent-up anxiety, and a chance to find her voice. As Alisha progresses from shorter distances to full marathons--eventually organizing charity races of her own--she is able to let go of the nagging sense that she is competent but not complete, even as the demands of training compete with those of family and baseball. A memoir that will resonate with anyone who has struggled with self-doubt, Running Home is a poignant meditation on the steps that hold us back, and those that push us forward.

The Boss's Son - Part 3 (My Office Romance) (Volume 3), ?Mira quien rie! (Spanish Edition), Fox River (German Edition), Just What I Needed (The Need You Series), All in the Family (Men Made in America: West Virginia #48), Persecuted (American Prince Book 3), Ja, du (Die Reed Bruder Reihe 15) (German Edition),

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