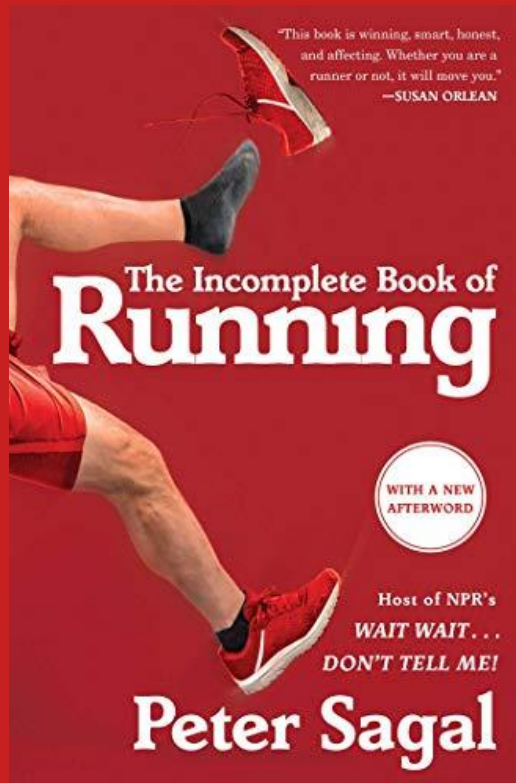


Motivational Memoirs

A yellow sticky note is placed on the red background, held in place by a piece of translucent tape at the top left corner. The note features the words "LET'S DO IT!" written in a blue, hand-drawn, blocky font. The letters are filled with a fine, cross-hatched pattern, giving them a textured appearance. The note is tilted slightly to the right.

LET'S
DO IT!

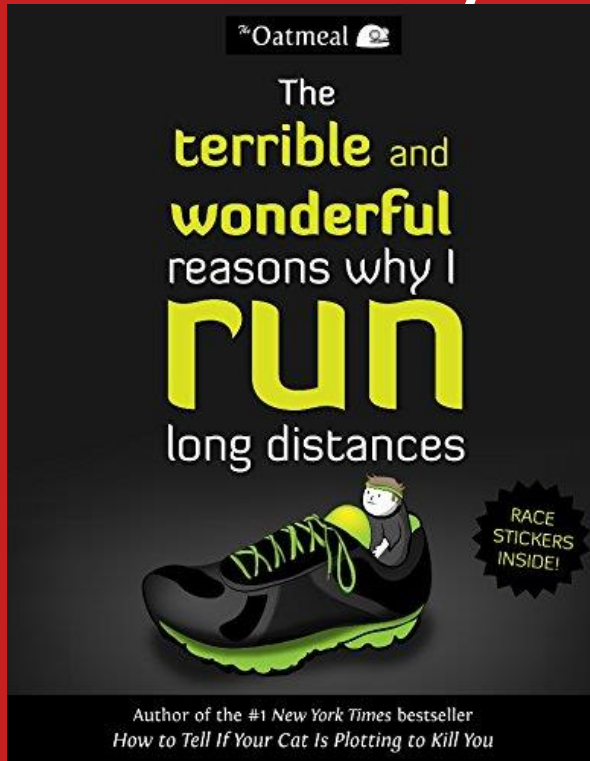
The Incomplete Book of Running



- Host of NPR's *Wait Wait...Don't Tell Me*
- Connoisseur of dad jokes
 - “In just a minute, Carl sees a plastic surgeon about some rhyme-oplasty. It's our Listener Limerick Challenge.”
- Controversial opinions on earphones
- Running through trauma

“Perhaps you would like to start running. You never have tried before, or you did and you hated it, and now you wonder how to begin moving in a way that will keep you going. Get up. Start. Go. Move. Take a rusty first step, like the Tin Man. You will squeak. Go.”

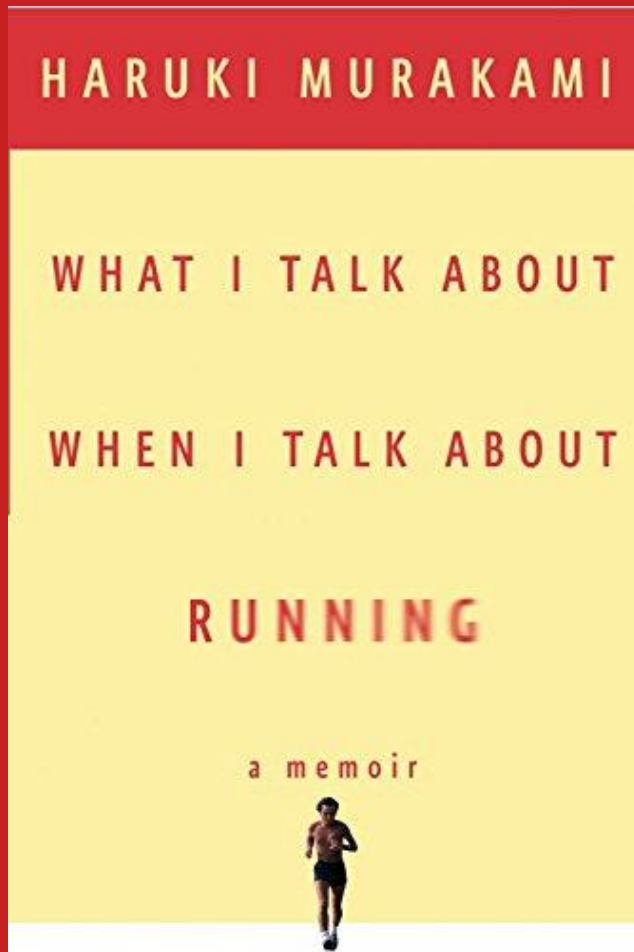
The Terrible and wonderful Reasons Why I Run Long Distances



- [The Blerch](#)
- Author of the long-loved webcomic, The Oatmeal
- Honest. Unflinching. Hilarious. Unapologetically deep.
- [Mini-documentary about Matthew Inman](#)

“Crunches are an exercise where you lie on your back and angrily try to head-butt your crotch.”

What I Talk About When I Talk About Running



- Literary, speculative fiction, Japanese novelist
- Engaging and lyrical style
- Introspective and quietly witty

“All I do is keep on running in my own cozy, homemade void, my own nostalgic silence. And this is a pretty wonderful thing. No matter what anybody else says.”