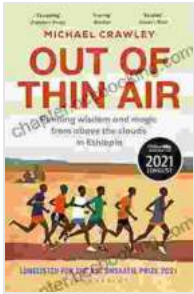


Running Wisdom and Magic From Above the Clouds in Ethiopia



Out of Thin Air: Running Wisdom and Magic from Above the Clouds in Ethiopia by Michael Crawley

★★★★☆ 4.6 out of 5

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| Language | : English |
| File size | : 6505 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 280 pages |



In the heart of Ethiopia, the birthplace of distance running, lies a hidden world of wisdom and magic. It is here that two marathon runners, Robbie Britton and Adharanand Finn, embarked on an extraordinary running adventure to uncover the secrets of the world's greatest runners.

As they ran through the stunning Ethiopian highlands, Robbie and Adharanand encountered a world of vibrant culture and ancient traditions. They met with legendary marathoners, including the barefoot running maestro Abebe Bikila, and delved into the rituals and beliefs that have shaped Ethiopian running for centuries.

In this captivating book, Robbie and Adharanand share the inspiring stories of the people they met and the lessons they learned about running, life, and

the human spirit. They reveal the secrets of the Ethiopian running style, based on a unique combination of natural talent, altitude training, and a deep connection to the land.

Running Wisdom and Magic From Above the Clouds in Ethiopia is a love letter to the sport of running and a celebration of the human potential. It is a book that will inspire you to push your limits, embrace the power of nature, and discover the magic that lies within you.

Praise for Running Wisdom and Magic From Above the Clouds in Ethiopia

"A beautiful and inspiring book that captures the essence of running in Ethiopia. Robbie and Adharanand have written a must-read for anyone who loves running or wants to learn more about this fascinating country." - **Haile Gebrselassie, Olympic marathon champion**

"Running Wisdom and Magic From Above the Clouds in Ethiopia is a wonderful book that celebrates the spirit of running. Robbie and Adharanand have captured the beauty of Ethiopia and the wisdom of its people. This book will inspire you to run with more joy and passion." - **Shalane Flanagan, Olympic marathon medalist**

"A fascinating and insightful look into the world of Ethiopian running. Robbie and Adharanand have done a great job of capturing the culture and traditions that have produced some of the world's greatest runners." - **Sebastian Coe, Olympic champion and IAAF President**

About the Authors

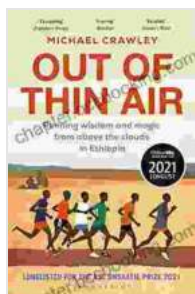
Robbie Britton is a marathon runner and journalist. He has written for The Guardian, The New York Times, and Runner's World. He is the author of the book Running Home.

Adharanand Finn is a marathon runner and author. He has written for The Independent, The Sunday Times, and The Guardian. He is the author of the books Running in the Shadows and The Way of the Runner.

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