



## Run Wild

By Boff Whalley

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Run Wild, Boff Whalley, Boff Whalley just likes running - the places it takes him, the moments of exhilaration and snapshots of natural beauty that he adds to his mental album. This is not a man who signs up to big city marathons and pounds the pavements. With his down to earth voice and a great sense of humour, Boff writes about how running brings a real world of discovery and adventure, from reaching the top of a mountain with the sun at your back and moon in front creating two shadows to running up Mt Fuji on a break from work. For Boff, running is about freedom, experiencing of the world, your place in it and generally just enjoying yourself. Running is a way to get back to that simplest of relationships - the one between our feet and the earth.



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