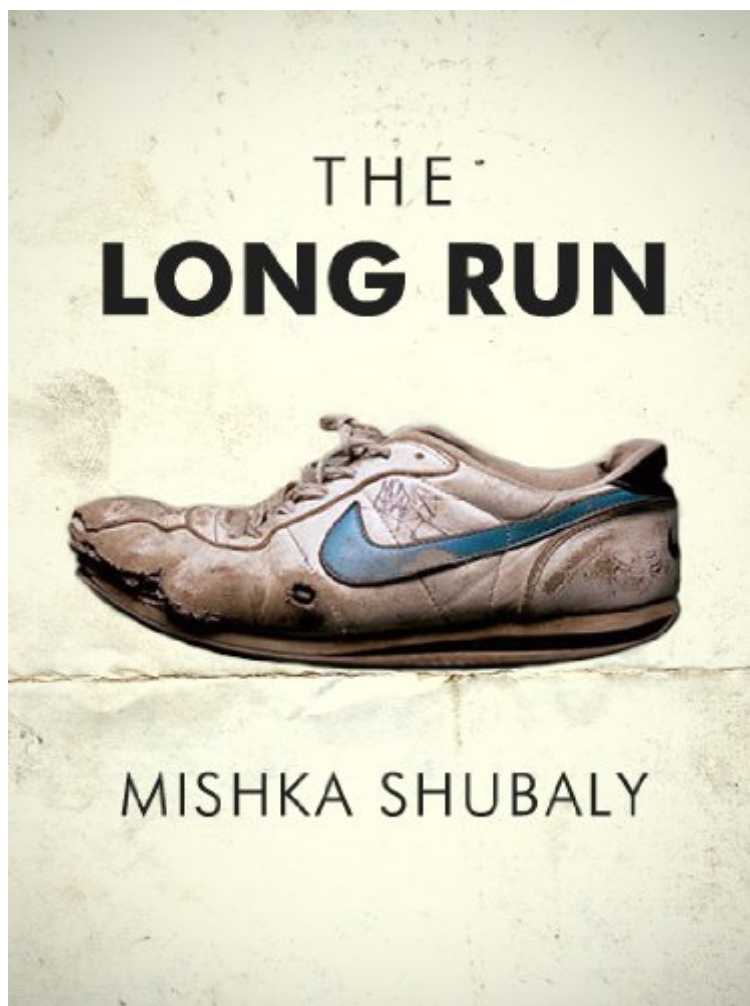


The book was found

The Long Run (Kindle Single)



Synopsis

After nearly twenty years of chasing oblivion, a fight in a bar reveals to a newly sober Mishka Shubaly that he is able to run long distances. Despite his best attempts to dodge enlightenment and personal growth, the irreverent young drunk and drug abuser learns to tame his self-destructive tendencies through ultrarunning. His outrageous sense of humor, however, rages unabated.

Book Information

File Size: 157 KB

Print Length: 61 pages

Publication Date: October 26, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B0060ANFPG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #21,586 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors #4 inÂ Kindle Store > Kindle Singles > At Play #8 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

This was my first experience reading one of Mishka's books. This guy will by no means be leaving the literary scene any time soon. He writes with great detail, able to make you cringe with the change of a paragraph, or the turn of a page. Not only is great at sharing stories, Mishka isn't afraid to pull out the dirty laundry that has been under the bed for months, possibly years. In short, this author needs to be read by all age groups. He shows where addiction can lead and the results. Although addiction can sometimes seem to have no redeeming qualities, he proves that isn't the case, giving evidence with his running activity following giving up on alcohol and drugs. Overall a great story. Last, anyone whom might have experienced addiction personally for themselves or dealt with someone who has had a lifetime of addiction this is a valuable read. Next, I will be moving

onto Shubaly's Beat the Devil and I expect that this book will only shed more light on his life and travels with his band. If there was one complaint, which isn't really a complaint, I wish the Long Run was longer since it was such a great story.

As a stay at home mother of two, my life is filled with snack time, play dates, meal planning. Yet Mishka somehow manages to take me on this hair raising journey with him...and I feel his sorrow, laugh, and celebrate his triumphs as if I, too, were there. In the wee hours of the morning, cuddled on my sofa next to forgotten toys and amidst the soft sounds of my family sleeping, I feel a kinship with him. I marvel his ability to share his story in a way we can all at once relate to and abhor. A fantastic read.

This book will make you want to run, and if you're struggling with consistency, this book will make you feel as though you've got no excuse NOT to run. Mishka Shubaly used running to help him escape serious addiction. This man nearly destroyed his health and, to most people, would have seemed in no way prepared to become a long distance runner, yet he did so, and then went on to run ultras. It's a great underdog story. After all he went through, if he can accomplish these things, we've got no excuse. The odds were stacked against him in ALL regards and yet he became a rockstar runner. This book is about more than just running. It's about the strength of the human spirit, endurance, friendship, and self-sufficiency. And the way Shubaly writes is beautiful. His story may be gritty, but his words make you compelled to keep reading. And to top it off, he's refreshingly unpretentious. Mishka has every right to be prideful, but he's far from it. This was an excellent book. What I took away from it was the therapeutic power of running and fitness in general, and the fact that no matter how bad our lives get or how low we've sunk, there's always a way back up.

Mishka sounds like he has come to understand how truly "lucky" he is to be alive today! I'm actually a therapist by training so I've heard it all believe me. Even "I" had to read this story in three sittings to get through it. Mishka's factual account of how his life went, juxtaposed, with his obvious intelligence based on his choice of phrases and words, interjecting a variety of lingo's and foreign phrases only an educated person would know, made for a most unusual read to say the least, coming from a once hopeless alcoholic and drug addict! In most cases such as Mishka's, life itself becomes an underdeveloped experience leaving a 32 year old young man, functioning at a much younger age level if at all. Mishka's caring for Lon and then going back to round up "superdad" was enough to bring me to tears at the end. In my opinion, this story should be used as an inspiration for

anyone suffering from an addictive personality. There are many different addictions. Food, sugar, smoking, shopping, sex, you name it, ...whatever one's addiction, Mishka has shared an amazing personal experience that truly should be applauded with extreme admiration and used as a model proving the power of the mind. It was incredibly heroic for Mishka to have shared this personal story! This is just the kind of guy, should he stay sober, who will end up being the next Steve Jobs. He'll focus on whatever catches his interest and take it way outside of the box! I can't wait to read what comes next from Mishka! Kathleen Greenwood

This is the first Kindle Single that I have purchased and read. There's something nice about starting and finishing a story in a day. The story itself was very good. (not truly great, in my opinion, but very good) It took me about 3 hours to read the entire thing. The first half felt a lot like *A Million Little Pieces* by James Frey. I read *A Million Little Pieces* just before the whole 'debacle' between James Frey and Oprah Winfrey erupted. I read it believing that it was a real and accurate depiction of what he (Frey) had actually been through. I felt anxious as I read it ... unable to put it down! If you read that book before the 'gross exaggerations' were revealed then you know what I mean. I bought this short story based on the good reviews. When I started reading I wasn't actually sure if it was 'real' or not. As I said, the first pages make you feel like you're reading *A Million Little Pieces*. Overall I enjoyed the story very much. I am 42 years old and only "discovered" running a little more than 2 years ago. Prior to that, I had heard about "the wall" and the "runner's high" but had never experienced either for myself. I firmly believe that exercise (any form, doesn't have to be running) is extremely good for you, both mentally and physically. However, I do think that a singular sport (ex. tennis, golf, running) is especially challenging mentally. I can see how a person might become "addicted" to running and I can see how running short distances might not satisfy the craving.

[Download to continue reading...](#)

4 In 1 Kindle: A Picture Guide on How to Cancel Kindle Unlimited Subscription, Delete Books from Kindle Devices, How to Remove Kindle Device from account, How to Return A Kindle Book
Fire Encyclopedia: Kindle Fire Manual for the latest generation of Kindle E-Readers and Fire Tablets, Kindle Voyage, Kindle Paperwhite, Fire HD 6, Fire HD 8, Fire HD 10, and Fire HDX 8.9
Kindle Unlimited: What To Know Before You Subscribe & Pay For Kindle Unlimited (Is Kindle Unlimited For you?) (Kindle Unlimited, subscriptions, , reading)
The Long Run (Kindle Single)
The Complete User's Guide To the Amazing Kindle 2: Tips, Tricks, & Links To Unlock Cool Features & Save You Hundreds on Kindle Content (#1 Guide to the Kindle US & Global)
From Word to Kindle: Self Publishing Your Kindle Book with Microsoft Word, or Tips on Formatting Your Document So Your

Ebook Won't Look Terrible (Kindle Publishing) Pictures on Kindle: Self Publishing Your Kindle Book with Photos, Art, or Graphics, or Tips on Formatting Your Ebook's Images to Make Them Look Great (Kindle Publishing) The Kindle Publishing Bible: How To Sell More Kindle Ebooks on (Step-by-Step Instructions On Self-Publishing And Marketing Your Books) (Kindle Bible Book 1) KINDLE PUBLISHING: How To Build A Successful Self-Publishing Business With Kindle and Createspace. A Detailed, Step-By-Step Guide To The Entire Process (Kindle Publishing Series Book 1) Kindle Unlimited: How To Cancel Your Kindle Unlimited Subscription By Just Using Three Easy Steps In Under Two Minutes (A Short Guide On Canceling Your Kindle Unlimited Subscription In No Time) Kindle Owners Lending Library: Get Free Books, Movies and TV Shows with your Kindle and Prime Membership (Kindle Owners Lending Library & Prime) Journey to the Edge of the Light: A Story of Love, Leukemia and Transformation (Kindle Single) (Kindle Singles) Anthony Bourdain: The Kindle Singles Interview (Kindle Single) Gloria Steinem: The Kindle Singles Interview (Kindle Single) Brian Greene: The Kindle Singles Interview (Kindle Single) The End of Nice: How to be human in a world run by robots (Kindle Single) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Who Will Care For Us? Long-Term Care and the Long-Term Workforce: Long-Term Care and the Long-Term Workforce Nolo's Guide to Single-Member LLCs: How to Form & Run Your Single-Member Limited Liability Company

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)