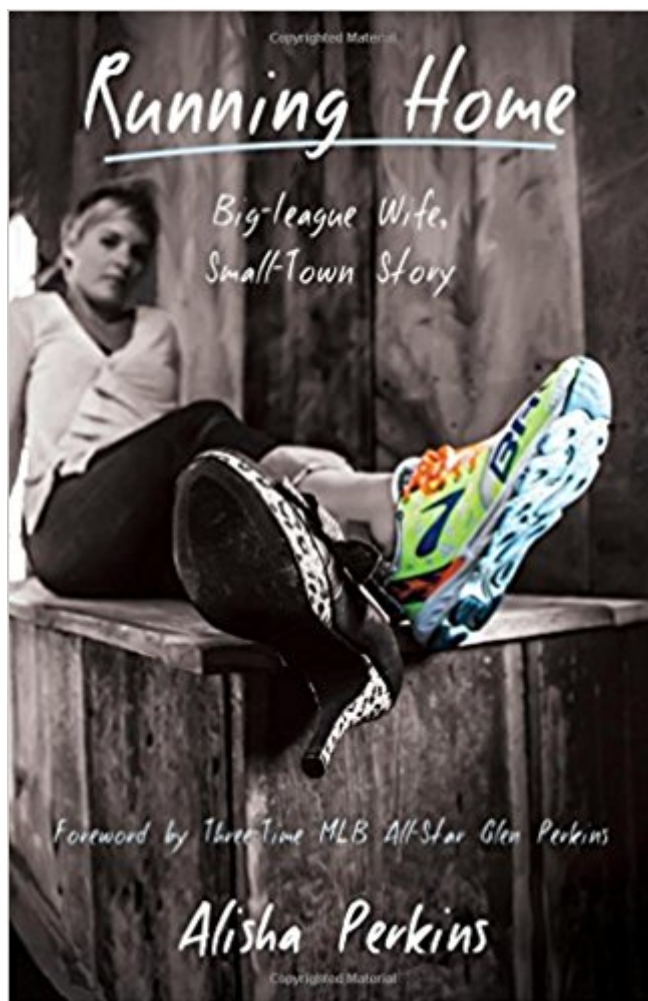


The book was found

Running Home: Big-League Wife - Small-Town Story



Synopsis

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 runner's 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.

Book Information

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Customer Reviews

Alisha Perkins is mom to two girls, wife to three-time All-Star Minnesota Twins closer Glen Perkins, and owner to a dog, Harry Potter. She is a born and raised Minnesotan. Alisha and Glen host Fifteen's 5k, an annual race held in Minneapolis that has benefitted the Cystic Fibrosis Foundation in the past and looks to expand charities in the future. Alisha's writing has appeared in publications including *Women's Running*, *Huffington Post*, *Ultrarunning*, *Like the Wind*, *Red Current*, *Minneapolis Running*, *Most*, *Star Tribune*, *Girls with Sole*, *Twins* magazine, and others. *Running Home* is her first book. You can visit her online at alishaperkins.com.

As a former long-distance runner and as a mom who lives with severe anxiety, I really enjoyed reading this book! I connected with Alisha's down-to-earth, honest writing right away. I appreciated the unique structure of this book through Alisha's documentation of her races, and she depicted every experience so vividly - the Tough Mudder was a major standout! Even if I hadn't been a runner, particularly anxious or a mom, this book has a wide appeal. It's unusual to read a book written by a "baseball wife" and it was fascinating to read behind the scenes of that lifestyle. I enthusiastically recommend this book to anyone who would like fresh insights into using exercise to help manage anxiety, to all runners (especially women!) and to everyone who wants to read a compelling memoir.

This book is amazing! I enjoy reading it. Her book has helped me through things. She is a down to earth writer. I love how true she is in this book. She is a person I can relate to a lot from this book. When you think you're the only person out there dealing with issues you find out you're not. It has helped me come out of my shell a lot. Knowing what I have gone through this past year in my general life this book helped me through a lot. I have marked a whole bunch of spots throughout the book that when I need a boost I go to them and read the parts I need to have highlighted things that have helped me too. I bought this book for my sister too just because I enjoy this book so much! I hope Alisha will be writing another book! I heard there possibly could be another in the mix! She is a very personable person and down to earth and if you like books like that and like how truthful a book can be I highly recommend it. I am also, running my first marathon this summer in Duluth, MN and this was just what I needed to read before doing the run this summer. There is so much more I could say I personally wrote her a message and was excited to hear back from her she is one person I truly look up to!

I admit that I purchased this book because I am a fan of the Minnesota Twins. I enjoy reading about the family side of the players. I have also suffered from anxiety and depression and was interested to see that Alisha was explaining just how I had been feeling. It was a great read!! Loved it

I could not put this book down and want to read it again. It matters not if you are a runner or if you struggle with anxiety (I do BOTH)!! When reading Alisha's story it was almost as though I was reading about myself other than the fact that I don't run a half marathon per month and I do run outside in the FRIGID MN winters... I highly recommend this book and will be sharing with family

and friends. Thank you Alisha for being so brave and sharing your story and your struggles. This book came along at a good time for me and I'm inspired!!! Runner from MN

This book was incredible. I could really relate to Alisha as I suffer from anxiety and have turned to running to help cope. It also helped that I too live in MN and could relate to all of the local running events that Alisha mentions throughout her amazing book. What I really liked, is how Alisha opens up about her struggles and shares that with the world and doesn't hide it. She is true, real and truly inspirational. I would highly recommend this book if you are a runner, with anxiety or not and those looking to get into running. It's a great story of perseverance, determinations and guts. Very well written.

As a lifelong MN Twins fan, and also a fellow anxiety sufferer, I knew I had to read this book. I'm so glad I did. Alisha has a great sense of humor and was able to make me realize that I am not "strange" for having anxiety. My favorite part was how she discussed her faith. That really hit home and helped ease some of my guilt about worrying all the time. I made my husband read this also and he read it in one day and loved it. It really helped him to understand how I feel when having my anxiety moments, and for that I have so much gratitude towards Alisha.

I read this book in roughly one day and as a fellow runner, it hit home pretty close. Running saved me at a hard time in my life and although our hardships and triumphs are different, I couldn't have related more. I would recommend this book to anyone, runner or not. It is humorous, happy, raw and most important, real. I hope there are more books in the making from Alisha!

So far I am only half way through the book, but I absolutely love it! I struggle with anxiety every day and this book is very inspiring to me. I am excited to read the rest of the book and very much look forward to the next one. Thank you Alisha for taking the time to write about this much avoided topic.

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