



Why We Run: A Natural History

By Bernd Heinrich

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In *Why We Run*, biologist, award-winning nature writer, and ultramarathoner Bernd Heinrich explores a new perspective on human evolution by examining the phenomenon of ultraendurance and makes surprising discoveries about the physical, spiritual -- and primal -- drive to win. At once lyrical and scientific, *Why We Run* shows Heinrich's signature blend of biology, anthropology, psychology, and philosophy, infused with his passion to discover how and why we can achieve superhuman abilities.

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Editorial Review

About the Author

The author of numerous bestselling and award-winning books, Bernd Heinrich is a professor of biology at the University of Vermont. He divides his time between Vermont and the forests of western Maine.

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