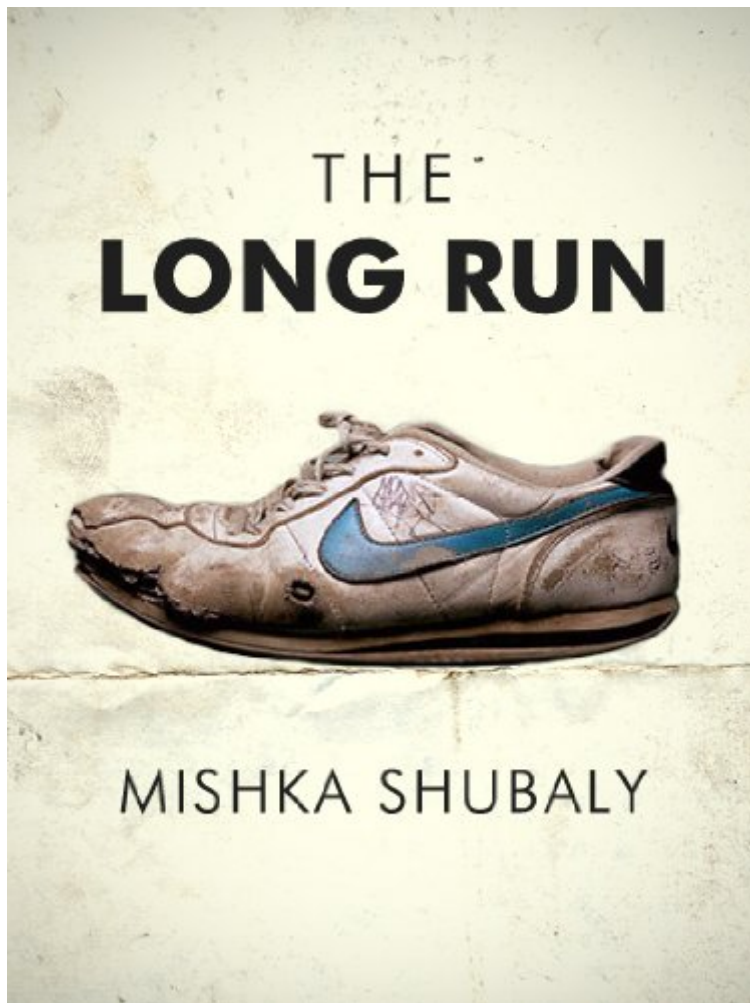


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# The Long Run (Kindle Single)



## 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

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in Kindle Store > Kindle Singles > At Play #8 in 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.

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