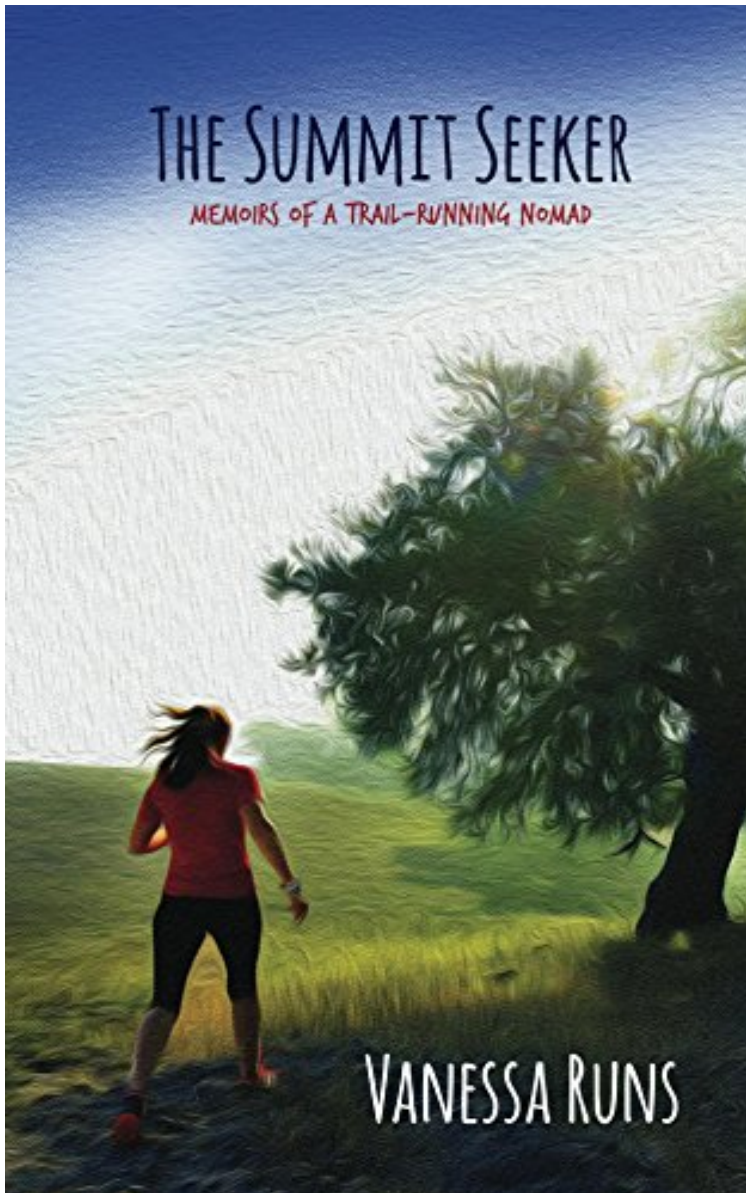


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# The Summit Seeker: Memoirs of a Trail-Running Nomad (English Edition)



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Prsentation de l'diteurSome people run for weight loss, general fitness, or the ability to eat whatever they want. In The Summit Seeker, Vanessa Runs explores trail and ultra running on an emotional, psychological, and spiritual level. Vanessa started running to battle her demons, to heal her deepest wounds, and ultimately, to find her peace in the mountains. Her vivid descriptions of spectacular trails call you into wild places where you will find rugged beauty, expansive wilderness, and deep personal insights.Weaving her personal

stories of struggle, hunger, and adventure, Vanessa tugs at our heartstrings and appeals to our most primitive drive as a species: to survive. Presentation de l'auteur Some people run for weight loss, general fitness, or the ability to eat whatever they want. In *The Summit Seeker*, Vanessa Runs explores trail and ultra running on an emotional, psychological, and spiritual level. Vanessa started running to battle her demons, to heal her deepest wounds, and ultimately, to find her peace in the mountains. Her vivid descriptions of spectacular trails call you into wild places where you will find rugged beauty, expansive wilderness, and deep personal insights. Weaving her personal stories of struggle, hunger, and adventure, Vanessa tugs at our heartstrings and appeals to our most primitive drive as a species: to survive. Biographie de l'auteur Vanessa Runs is an ultra endurance trail runner and journalist. She has written for *UltraRunning Magazine*, *Trail Running Magazine*, and *Active.com*. A 100-mile nerd, an elevation junkie, and a mountain-loving nomad, Vanessa lives and travels in a Rialta RV with her boyfriend, dog, and cat. Read her full bio, check out her articles, and follow her travels at: [vanessaruns.com](http://vanessaruns.com).