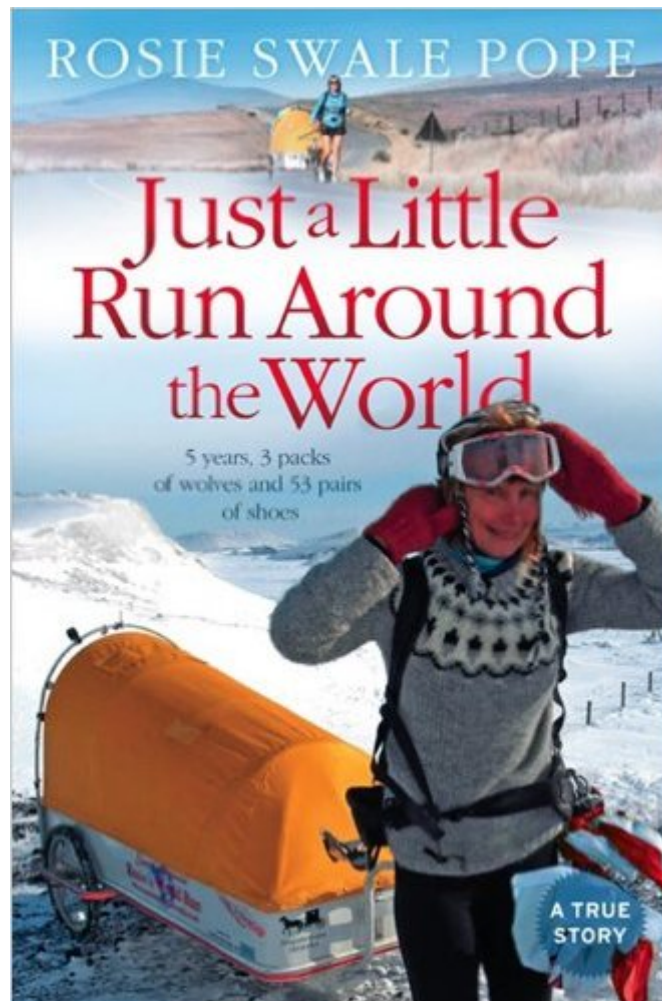


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# Just A Little Run Around The World: 5 Years, 3 Packs Of Wolves And 53 Pairs Of Shoes



## Synopsis

After her husband died of cancer, 57-year-old Rosie set off to run around the world, raising money in memory of the man she loved. Followed by wolves, knocked down by a bus, confronted by bears, chased by a naked man with a gun and stranded with severe frostbite, Rosie's breathtaking 20,000-mile solo journey is as gripping as it is inspiring. Rosie's solo run around the world started out of sorrow and heartache and a wish to turn something around. Heartbroken when she lost her husband to cancer, Rosie set off from Wales with nothing but a small backpack of food and equipment, and funded by the rent from her little cottage. So began her epic 5-year journey that would take her 20,000 miles around the world, crossing Europe, Russia, Asia, Alaska, North America, Greenland, Iceland, and back into the UK. On a good day she'd run 30 miles, on a bad day she'd only manage 500 yards, digging herself out of the snow at -62 degrees C, moving her cart inches at a time. Every inch, every mile, was a triumph, a celebration of life, and 53 pairs of shoes later Rosie arrived home to jubilant crowds in Tenby, Wales. Rosie's incredible story is a mesmerizing page-turner of the run of her life. It will wake up the sleeping adventurer in you; it will inspire hope, courage and determination in you; but most of all it will convince you to live your life to the full and make every day count.

## Book Information

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## Customer Reviews

I am not a big nonfiction reader but this book was very easy to read for me. I became interested in Rosie after she ran through my town here in CT and was too late to meet up with her after finding out what she was doing by going to her web site after seeing her running down the road. I would

have loved to have met her after reading the book and am very sorry I did not while she was here. I would recommend this book to any one that wants to read about a real adventurer on a real adventure around the world. I could not imagine doing this myself but I can see how she did it after reading her story.... Thank you Rosie....

I would highly recommend this book if you are wanting a great read written by a great lady. TRULY INSPIRING. There is only one Rosie. She is a gem. I hope to see her again on her travels so I can thank her for her selfless contributions to bring about cancer awareness.

An inspiring true life account of who is inspirational. Her gratefulness for all things and her love of life comes through on every page. It inspires others to overcome all the little bumps in life and make the efforts required.

Too bad Rosie doesn't have more professional publicity representation. She wanted her trek to raise awareness and funding of prostate cancer research. I heard about her only because she appeared on Martha Stewart's TV show when she was passing through NYC in a latter stage of her trek. By the time she came through Boston, the Red Sox had won the World Series so she was ignored by the media when she came through New England. I followed her website after that, and eagerly-awaited the memoir. If her tale were a novel, people would dismiss it as being inconceivable. Her indefatigable determination and strength are awe-inspiring.

'Just a Little Run Around the World' is Rosie Swale-Pope's account of her journey around the world on foot in aid of cancer awareness. It is wonderfully written and completely engaging and her descriptive language often transports you to the various points around the globe with her. One main point of this book that stood out is her positivity and ability to see the best in most situations. Despite broken ribs, frostbite, attempted robbery and whole host of other exploits, Rosie manages to put a positive spin on things and keep going. Another thing that stood out is the human kindness she received along her route. People went out of their way to assist her and help her achieve her goals and in a world that seems at times frightening and hostile it is great to read about the goodness that is out there as well. I have to agree with another reviewer that this needed to be better edited and proof read and I too would have loved a map of her route. I had to get my battered atlas down to plot the route as I read and considering most other travel books provide a map of some description, this was sorely missing in this book. That minor point aside, this is till a great book to read about one

woman's determination and the amazing things she experiences on her staggering and impressive run around the world. If you enjoy adventure or travel books then this is well worth checking out. Feel free to check out my blog which can be found on my profile page.

It's a great story of overcoming roadblocks in life and a celebration of positivity. I think this would have been better as a series of articles. Although she does succeed no matter how miserable the situation. I got tired of going from one hellish adventure to the next - yes she could do it - but I was starting to get cold feet about what next miserable situation she would have to endure. Is she a hero - no doubt - along with her indomitable spirit.

Unbelievable in the face of hardship, grief and the astounding round-the-world-run is Rosie herself. I kept on reading and turning each page in wonder as Rosie tells us of her desire to honour her husband by doing something momentous. He died of prostate cancer and Rosie wants to encourage people globally to get checkups so as to pick up any early warning signs of the disease. Most of us would plant a tree or donate to a charity, Rosie runs. She sets off with the support of friends and family from Tenby, Wales. She is determined and succeeds thanks to the amazing people she meets in every country and her supporters who meet up with her to deliver her next pair of Sauconys, or PHD designed extreme exploration gear, or villagers who dried her stinky socks along the way. Rosie runs through Europe, Russia, Siberia in winter, Iceland and Greenland...Alaska in winter...you name it, she ran through, consecutively. The sheer determination she shows is an inspiration. We are going through tough times here in Christchurch right now and Rosie has helped to grasp the bigger picture, what is within our grasp even in hardship. Mostly she shows an attitude of great thankfulness and humility at people's ability to give, to help and to encourage. Read this book, be encouraged. Check out her at <http://www.rosiearoundtheworld.co.uk/> I would like to read of her other adventures, including her solo sailing round the world, her 26 marathons in 26 days to raise funds for hospices in the UK.. Boundless energy!

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