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From the author of the international bestseller *Born To Run* When barefoot running guru Christopher McDougall takes in a neglected donkey, his aim is to get Sherman back to reasonable health. But Sherman is ill-tempered, obstinate and uncooperative - and it's clear his poor treatment has made him deeply fearful of humans.

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The man behind *Born to Run: A Hidden Tribe, Superathletes and the Greatest Race the World Has Never Seen*, is a journalist, author, TED speaker and passionate runner. Christopher McDougall wrote the book after his experience of a painful foot injury and his subsequent quest to overcome routine running injuries.

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the journey of a man tying together the idea that he is born to run. Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets.

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