

Girl Running: An Extraordinary Journey of Survival, Resilience, and Triumph



Girl Running by Annette Bay Pimentel

★★★★☆ 4.9 out of 5

Language : English

File size : 39416 KB

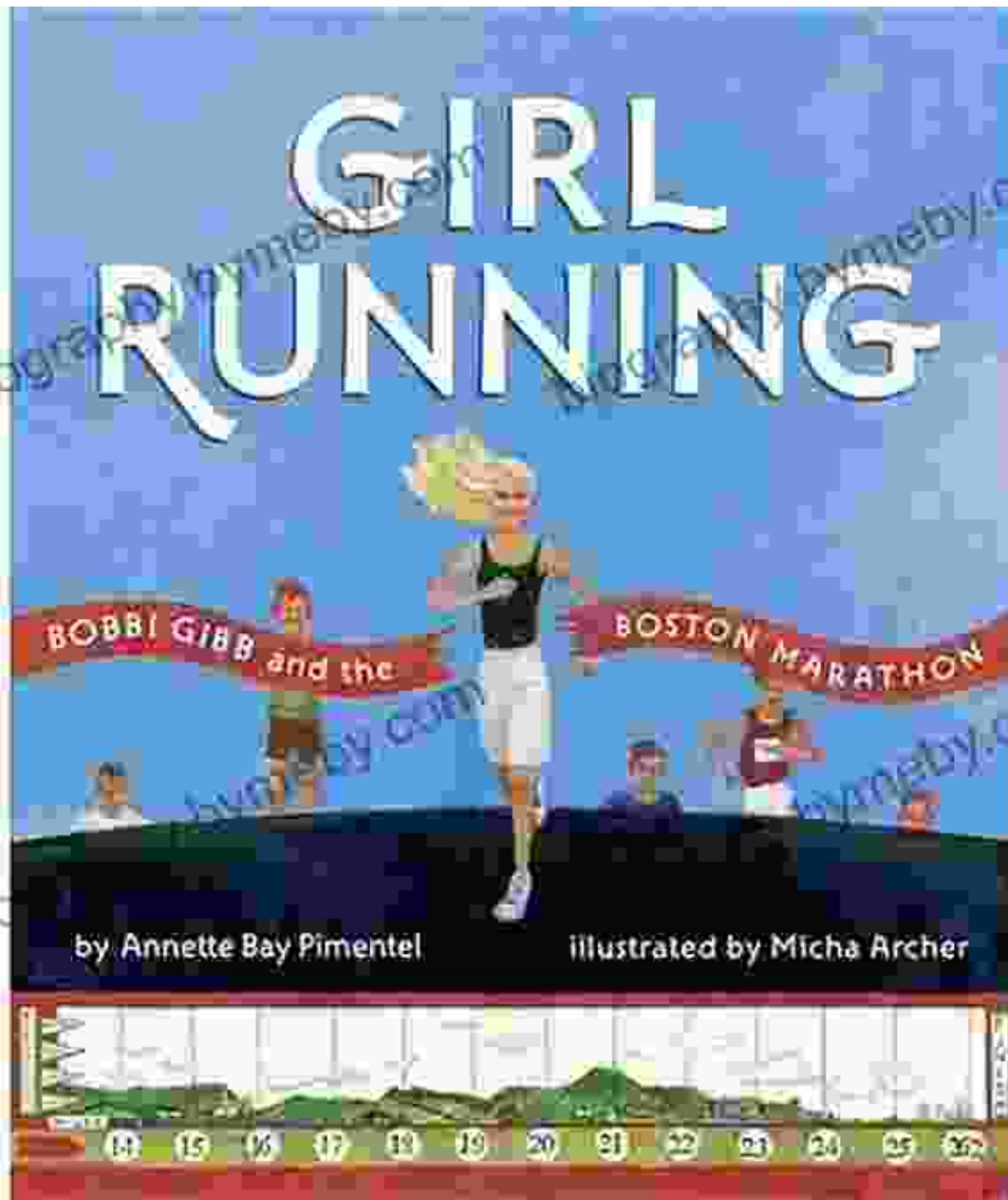
Print length : 32 pages

Screen Reader : Supported

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Uncover the incredible story of an ordinary woman who embarked on an extraordinary journey that would change her life forever.

Girl Running is a powerful memoir that chronicles the remarkable journey of Annette Bay Pimentel, a young woman who overcame unimaginable adversity to become an accomplished runner and advocate for survivors of sexual violence.

Annette's story begins in a small town in the Philippines, where she grew up in a loving but impoverished family. At the age of 13, she was brutally attacked and raped by a group of men. The trauma of this experience left her shattered and filled with shame.

Determined to rebuild her life, Annette fled to the United States, where she struggled to adjust to a new culture and language. She worked multiple jobs to support herself and her family, but the memories of her attack continued to haunt her.

One day, Annette stumbled upon a running club and decided to give it a try. Running became her therapy, a way to release her pain and reclaim her strength. With each step, she felt herself healing and growing stronger.

As Annette's running improved, she began to compete in races. She quickly discovered that she had a natural talent for the sport. She set personal bests and won awards, all while inspiring others with her story of survival.

Annette's success as a runner gave her a platform to speak out about sexual violence. She founded the nonprofit organization Running for Justice, which provides support and resources to survivors of sexual assault. Through her work, she has helped countless others find healing and hope.

Girl Running is a raw and honest account of Annette's journey. It is a story of pain, loss, and resilience. But it is also a story of hope and triumph. Annette's story is a reminder that even in the darkest of times, the human spirit can prevail.

Praise for Girl Running

"Girl Running is an inspiring and powerful memoir that will stay with you long after you finish reading it. Annette Bay Pimentel's story is a testament to the strength and resilience of the human spirit." - Oprah Winfrey

"A must-read for anyone who has ever faced adversity. Annette Bay Pimentel's story is a powerful reminder that we are all capable of overcoming our challenges and achieving our dreams." - Dr. Phil

"Girl Running is a beautiful and heartbreaking story of one woman's journey from victim to survivor to thriver. Annette Bay Pimentel's writing is raw and honest, and her story is sure to inspire readers to find their own strength and resilience." - Brené Brown

About the Author

Annette Bay Pimentel is an accomplished runner, advocate for survivors of sexual violence, and author of the memoir Girl Running. She is the founder of the nonprofit organization Running for Justice, which provides support and resources to survivors of sexual assault. Annette has been featured in numerous media outlets, including The Oprah Winfrey Show, The Today Show, and Good Morning America.

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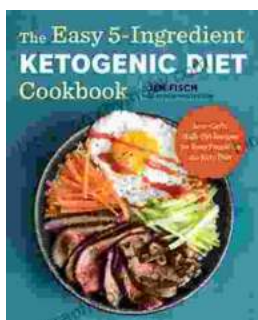
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