



# Eat, Drink, Run: How I Got Fit Without Going Too Mad

*Bryony Gordon*

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**Eat, Drink, Run: How I Got Fit Without Going Too Mad** Bryony Gordon

*The new hilarious and inspirational memoir from Sunday Times no1 bestselling author Bryony Gordon.*

Bryony Gordon was not a runner. A loafer, a dawdler, a drinker, a smoker, yes. A runner, no. Yet somehow, as she began to recover from the emotional rollercoaster of laying her life bare in her mental health memoir MAD GIRL, she started to realise that getting outside, moving her body and talking to others for whom life was also an occasional challenge, might actually help her. Going for a run might not banish her sadness but at least it might show it that she was damn well trying to beat it, which is sometimes half the battle. As she began to run further she started to see the limitations she had imposed on her life more clearly. Why couldn't she be a runner? Or a bungee jumper? Or a deep sea diver? Maybe rather than sitting on the sofa watching the world go by, fulfilling your dreams was just about standing up and taking that first step. Maybe you can do it too.

In April 2017, less than a year after she had weighed herself at over 16 stone but stepped off the scales and started training anyway, Bryony Gordon ran all 26 and 3/4 miles of the London Marathon. Here, in her new typically funny and hugely inspiring memoir, she shows us how extraordinary things can happen to us all, no matter what life throws at us, if we're just willing to keep going.

## Eat, Drink, Run: How I Got Fit Without Going Too Mad Details

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## From Reader Review Eat, Drink, Run: How I Got Fit Without Going Too Mad for online ebook

### Paula says

Really an eye opener for me. Mental health has been a bit of a hot topic around here lately and I just picked this up in passing at the library one day. It appealed, so I read it and got some really good information from it.

I like Bryony's style. Her persistence in the face of such HUGE setbacks. And geez just running a marathon is a crazy big achievement, but then to take that and be able to turn it into a podcast like Mad World (which I am now listening to avidly), is just fantastic.

The book...well I think I will always appreciate where it has led me, and I'll recommend it to anyone I think might be interested, but I'm DEFINITELY telling people about the podcast because it is such a HUGE educational tool for the topic of mental health.

(Don't mistake that as a "the book is really average" comment though. It's not. It's very good. But if I had to pick the one that would offer the most education in an equal space of time, then the podcast would win.)

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### Sarah Benjafield-Clarke says

Literally the best book I have read in a long time! Bryony has inspired me no end!

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### Colin says

Bryony Gordon is a columnist for the Telegraph this is her third memoir which is a bit presumptuous. Her first The Wrong Knickers featured boobs and cocaine, the second Mad Girl was about her battles with OCD, depression and bulimia.

She has a form of OCD that I was not aware of, intrusive thoughts, in her case that she is a paedophile or murderer. Realising that the drink and junk food were not working, it becomes less painful to exercise than lie in bed all day thinking you're a paedophile or murderer. After the publication of Mad Girl she inadvertently finds herself becoming a spokeswoman for mental health. Invited to meet the royals she rashly tells Kate Middleton she's going to run the London Marathon when she weighs 16 stone and can just about run for a bus, smokes and binge drinks. Self-deprecating and engaging enjoyable read. I skimmed some of the bits about marathon training and the interview with Prince Harry. Inspirational!

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### Margie Mendelsohn says

Inspiring

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### **Wendy S. says**

The bestselling author, Bryony Gordon, on her first marathon (raising funds for 'Heads Together,' Prince William & Harry's Charity): 'I keep saying this is going to be really, really hard. Really tough! But it can be no tougher than the days when you have the crushing weight of depression on your chest, and you can't move at all.'

I'm glad this book exists. If you or anyone you know has struggled with OCD, debilitating anxiety and/or depression, you might be too.

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### **Emily Renier says**

If you have ever suffered the effects of mental ill health, this book is a candid, honest read that shares the difficulties that any ordinary person can face in life when faced with mental health issues. It also gives strength to those wanting to achieve something they believe they can't. Here Bryony talks about her preparations to run the marathon but that could clearly be replaced by anything you'd like to give a go at. That said, I found the writing style a little irritating at times and a little angry. Its structure reminded me very much of an 11 year old's style as they are preparing for their SATs... so I did give up 2/3 of the way in as the ending was going to be obvious and the rest of the book a little too predictable.

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### **Jo Weston says**

Well, blow me down, I loved this. Listened almost constantly over a couple of days.

I love and admire her honesty about her highs and significant lows. Some shameless Prince Harry name dropping but entirely deserved and appropriate - just adds to the importance of her message about "It's ok not to be ok". Her achievement both with her marathon training and her Mental Health Mates Groups is inspirational.

Go on Bryony, you did it and you can do it again.

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### **Trish Hills says**

Bryony Gordon is amazing! She has learned to live with mental illness, has run a marathon and is now over a year sober.

This book is, in her usual style, honest, raw, funny, sad and inspiring. I cried, I laughed and I joined a gym, doing supervised classes.

I urge you to read this and then to make a change, no matter how small.

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## **Felicity says**

I had my eye on this when it came out as I really enjoyed Mad Girl (if that's the right sentiment)! I then forgot about this and then saw it in Waterstones and had to buy it.

Bryony Gordon writes for the Telegraph and has a rare form of OCD which involves her having intrusive thoughts where she is convinced she is a serial killer or done some other bad deed. She starts this where Mad Girl finishes and is honest how writing her previous memoir made her feel very vulnerable after opening up so much. She then ends up volunteering to run the London marathon and discovers how regular exercise can help banish the demons (her personal one is called Jareth!) and make you feel stronger and better about yourself. Along the way she ends up getting Prince Harry to open up about his Mental health which breaks down more taboos.

I absolutely loved this and raced through this despite having a big exam next week. Bryony Gordon is an inspiration. She has achieved so much despite the difficult mental health issues she has had to deal with and she keeps helping others with mental health issues by setting up support groups and doing interviews.

Definitely a book to read if you have had any mental health issues, feel alone or if you want to find out what it feels like to feel isolated and vulnerable. This book shows you can achieve anything you want to!

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## **Caroline says**

Great new year read! Another writer bringing to the fore her personal struggles with mental health but with positivity and lots of humour. It's funny, brutally honest and inspiring.

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## **Rach says**

I am not a runner. In fact, I loathe running. I have technically been a 'person who runs', a 'person who enjoys telling people she runs' and a 'person who wishes that it were easier' - but frankly, I hate it. It's sweaty, tiring and excessively hard work, which is why I was intrigued to read Bryony Gordon's latest book 'Eat, Drink, Run', in the hopes that, from one couch potato to another, she might be able to offer me some advice.

I've previously read Bryony's other books, most notably 'Mad Girl', where she gave an in-depth and honest account of her life with OCD. It was after reading that when I fell totally head over heels with her. I've suffered from OCD for the last 15 years, and it's so rare to find a genuinely funny, honest and almost accurate description of the thoughts that I deal with because nobody else seems to be bloody talking about it.

So I guess in a way, I kind of hoped that I'd be able to relate to this book just as much... and even motivate myself into a running type, who ya know... could actually do a marathon one day....

You can read the rest of my review here: <https://gathertherosebuds.com/2018/06...>

## Ailsa says

[Review originally posted on my book blog, linked in my profile.]

I read Mad Girl, Bryony Gordon's previous book, in the autumn. To say I enjoyed it is not quite the right sentiment; it's mostly not a happy book, as it documents Bryony's life living with OCD and the frequent lows that the condition brought her to. It was a very moving book that had a lot of effect on me, though, so I was very interested to see what direction her next book would take. While I enjoyed Eat, Drink, Run., it's a very different book to Mad Girl. The book begins by setting up how she decided to run the London Marathon in the first place. It talks a bit about her OCD and how that led to her setting up a support group, beginning to write a lot more about her mental health in her Telegraph column and working on writing Mad Girl itself. She's invited to an event about mental health hosted by Prince William, Princess Catherine and Prince Harry, where one thing leads to another and she tells them she'll run the marathon.

While it's just as readable as her previous book, there were places where I felt like Eat, Drink, Run. was an extended column. There are a lot of anecdotes that, while funny, don't necessarily tie in to the rest of the book very well. That aside, it manages to be a very entertaining book while looking at the serious subject of mental health, and how we can all tackle something big by taking it in small steps. It doesn't focus much on Bryony's particular marathon training plan (except to say that for a while there really wasn't one). You get a general picture of how training is progress, but it's more of a background, framing how the increased exercise is changing her habits for the better, and how the journey to running the marathon lead to her crossing paths with the royals on several occasions.

The book is light, entertaining and inspiring, while still drawing attention to what it can be like to live with a variety of mental health problems and how we can do better to help people living with them. It's a very accessible book for those who want to learn a little bit more about OCD without getting into something too emotional or draining, and I think that's who I'd most recommend this book to. If you've enjoyed reading Bryony's columns, but didn't feel like Mad Girl was right for you, I'd suggest picking up Eat, Drink, Run. I'd still very much recommend it to people who did enjoy her other books, but just caution that it is quite different from Mad Girl. Overall, I'm giving Eat, Drink, Run. 7 out of 10.

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## Kate Henderson says

Listened via audible. Really enjoyed this, and a huge bonus because it is narrated by Bryony herself! Also huge bonus as it includes the Prince Harry podcasts! Night little surprise that I wasn't expecting!

Only downside to this is that I wanted it to be longer! I felt it would have benefitted from more info about mental health and the charity of etc. It all just felt a bit rushed but I enjoyed it nevertheless

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## Annmarie Millar says

I love Bryony Gordon and totally just read this because it's one of her books, I'm so not interested in running at all, so don't worry if you're not either.

It's a motivational read and again a reminder that you can like Bryony do whatever you want in life if you put your mind to it. Again she reminds us that we shouldn't feel ashamed of our mental health, we all can

feel shit at times, even Prince Harry, who's mentioned.

Overall, another good heart-warming funny read that I can relate to especially now as I'm back trying HARD to get fit, running a tiny wee bit all be it on my treadmill.

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## **Jo says**

Gordon has lived with mental health issues for most of her life. Her previous memoirs talk openly about her severe depression, anxiety and OCD. In this book, she discusses how she decided to try running as a way of combating her illness and accidentally signed up to do the London Marathon at a mental health groups event hosted by younger members of the Royal Family. Gordon has a haphazard style of writing that gives an idea of what it must be like to spend time with her but this is an important book that will help people with mental health issues.

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