

Abstract

Humans are born to run. From their bipedalism to their musculature to their advanced internal systems, humans are perfectly adapted for endurance running. *The Art of Falling* is a written representation of this fact which explores the idea that, just as one is in a perpetual state of falling as they run, so too are they falling through life. This collection of creative prose pieces, informational and philosophical asides, and resources such as quotes or anatomical diagrams tells the tale of the life of a runner, a writer, a student, a brother, a son, a friend. Its collage format is meant to mimic the expansive nature of long-distance running, which, in its own way, also mimics the series of events and choices strung together to create the self. *The Art of Falling* explores, not only the hardship of endurance running, but also the trials of love, family, and life in general through a series of flash nonfiction pieces and asides, which, when experienced as a whole, demonstrates the expansive, chaotic nature of running and, indeed, of life itself.

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