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Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon and beyond.

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I recently read an article in Health magazine about a woman who did a marathon for the first time. She discovered self-acceptance in the process of completing this marathon. It was such an inspiring article that I started looking at marathons here in Dallas. Still early stages, so it wasn't something I was set on doing just quite yet.

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