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Dr. George Sheehan was a legend of running and running literature. The best-selling author of eight books on the benefits of exercise and the former medical editor of Runner's World, Sheehan died in 1993.

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## George Sheehan Author of Running Being

Dr. George A. Sheehan is best known for his books and writings about the sport of running. His book, Running & Being: The Total Experience, became a New York Times best seller. He was a track star in college, and later became a cardiologist like his father.

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