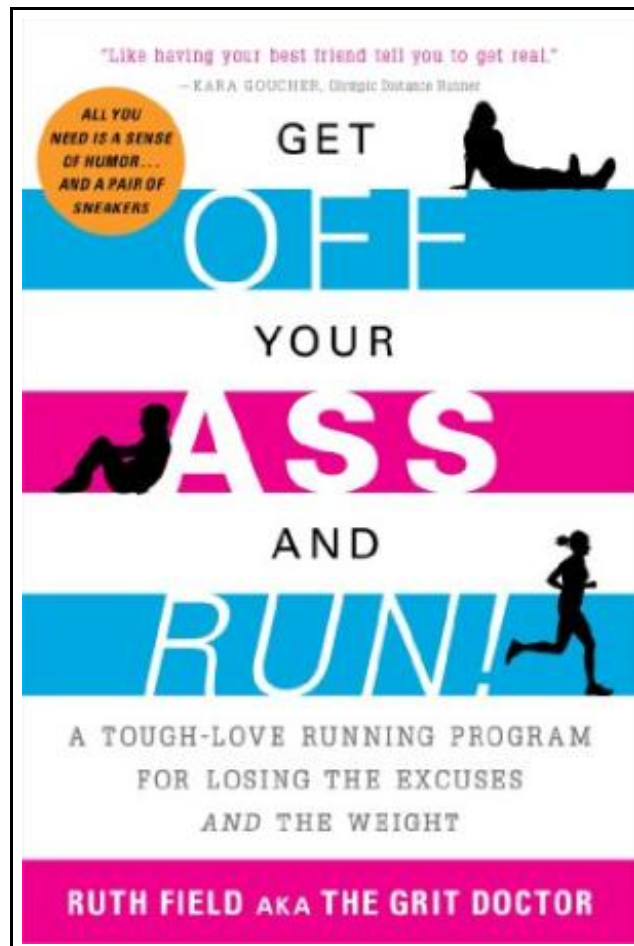


## Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight



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## GET OFF YOUR ASS AND RUN!: A TOUGH-LOVE RUNNING PROGRAM FOR LOSING THE EXCUSES AND THE WEIGHT



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