

Don t Stop Me Now: 26.2 Tales of a Runner s Obsession



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

DON T STOP ME NOW: 26.2 TALES OF A RUNNER S OBSESSION

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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Funny, inspiring, honestthe perfect listen for anyone with well-worn trainers by the door (or who s thinking of buying a pair.). Vassos Alexander shares the highs and lows of falling in love with running, from his first paltry efforts to reach the end of his street to completing ultra-marathons and triathlons in the same weekend. This is a celebration of runningand what lots of us think about when we run. Part escape, part self-discovery, part therapy, part weight loss. Part simple childlike joy of running when you could be walking. Each of the 26.2 chapters also features a fascinating insight into how others first startedfrom Paula Radcliffe to Steve Cram, the Brownlees to Jenson Button, Nicky Campbell to Nell McAndrew.

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